

SCHOOL TRIP TO WINDMILL HILL



Responsibility

Respect

Compassion

Courage

WHY?

Provide the children with the opportunity to take part in 'adventurous activities' that they would not typically experience at school

Allow the children to challenge themselves in a safe, secure learning environment

Develop a sense of community within Year 6

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ADULTS ATTENDING

Ms McKnight

Mrs Ridgers

Mrs Billings

Mrs Brand

Mrs Martin

Mrs Beckingham

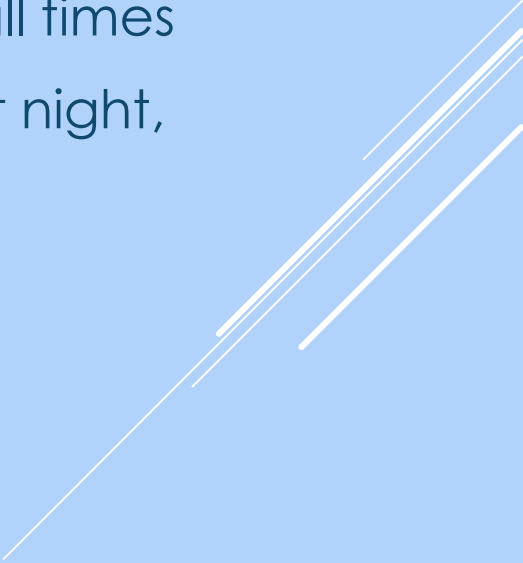
Day time activities will be delivered by qualified outdoor activity instructors provided by PGL.

SAFETY AND SECURITY

- The site has 1 entrance
- There is a security night guard
- Staff available on site 24 hours
- First aid trained staff available
- There is a doctor in the immediate vicinity in case of emergency
- A special relationship with the ambulance service has been developed with PGL
- The group is allocated a group leader, who remains with the children all week
- Children will be expected and reminded to follow our Core Values and a code of conduct needs to be signed



- ▶ **Core Values – Windmill Hil**
- ▶ Our Core Values will be demonstrated at all times whilst at Windmill Hill
- ▶ • We will show responsibility by promptly following adult instructions
- ▶ • We will show respect for our surroundings, environment, ourselves and other people
- ▶ • We will show compassion for others as we take on new experiences/challenges together
- ▶ • We will show courage in trying new activities in an unfamiliar setting

- ▶ **Code of Conduct – Windmill Hill**
 - ▶ • Core Values will be followed at all times
 - ▶ • Instructions given by adults will be followed promptly for health and safety reasons
 - ▶ • Children will stay with their group unless given permission by an adult to leave
 - ▶ • Respectful language will be used at all times
 - ▶ • Children will stay in their own rooms at night, unless there is a medical emergency
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▶ Support Steps

- ▶ • Reminder
- ▶ • Last chance to reflect and change behaviour
- ▶ • Time to be able to reflect and restore with group leader
- ▶ • Time to be able to reflect and restore with senior leader away from group
- ▶ • Parents will be called to discuss their child's behaviour and asked to speak to their child
- ▶ • Parents will be called to resume responsibility for the child by collecting them from the site and taking their child home overnight
- ▶ Parents will be called to resume responsibility for the child by collecting them from the site and child will be unable to participate in the rest of the week



<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/windmill-hill>

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DAY OF DEPARTURE

- 08:00 Children arrive with their luggage through the hall doors where the teachers will welcome and register them
- If you are sending your child with any medicine, Mrs Brand will be available to receive them at the hall doors
- 08:30 We will depart for PGL
- 09:30 Arrive at PGL (approx.)

The children must arrive at school with their backpack including:

- Fruit snack
- Named water bottle
- Jumper
- Waterproof

All other clothing should be named and packed in their case.

WHAT WILL THE CHILDREN DO ALL DAY?

5 activity sessions each day

2 in the morning

2 in the afternoon

1 in the evening



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WHAT WILL THE CHILDREN DO ALL DAY?

Sample Day **FULL DAY**



Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

WHAT COULD THEY BE DOING?

- All activity sessions are led by well trained, enthusiastic instructors and are specially designed to motivate, build confidence and encourage development in children
 - Each evening there will be a activity programme to enjoy too.
- Aeroball
 - Abseiling
 - Camp Fire
 - Jacob's Ladder
 - Challenge Course
 - Climbing
 - Orienteering
 - Buggy building
 - Sports and Team Games
 - Tunnel trail
 - Zip Wire

FOOD

Wednesday: On the day of departure, children are required to bring a fruit snack. Lunch will be provided.

Thursday: Children will have breakfast, lunch and dinner

Friday: Children will have breakfast and lunch

Meals are freshly prepared, balanced and will give the children plenty of energy to keep them going throughout the day

Mix of hot and cold meals with vegetarian options

Self-service salad bar and fresh fruit with every meal

Allergies, intolerances and special diets catered for

No snacks or sweets please. We need to know exactly what children are eating (allergic reactions, choking etc.)



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SLEEPING ARRANGEMENTS

Chalets – all rooms sleep a maximum of six and have en-suite facilities

We will organise the groups based on children's preferences, which they have submitted to us



EQUIPMENT

All clothing and personal property must be clearly labelled with child's name

- Luggage – holdall or small case which has to be carried or wheeled **by your child**
- Bedding – sleeping bag/duvet with cover and bottom sheet/pillow with pillow case (if not pre-ordered from PGL)
- Plastic carrier bags for dirty clothing
- Named water bottle
- Towel(s) and wash bag including soap, toothbrush, toothpaste, shampoo, comb/hairbrush (suntan lotion if weather looks it might be required)
- **NO** aerosols please – these set off the fire alarms!
- Hair-bands for tying back long hair (a PGL requirement)
- Small old towel for wiping down!
- Reading book
- Torch (optional)
- Pocket or card game (optional)
- **NO MOBILE PHONES, SMART WATCHES OR ANY ELECTRONIC DEVICES (including no hair straighteners) THANK YOU**
- No money is needed

CLOTHING

The weather may be unpredictable, so please make sure your child has a variety of clothes which they can layer. In addition, there are activities that the children cannot join in with unless they have a **long sleeved top**. PGL also stipulates that the clothing should not be too baggy.

- 3-4 long sleeved t-shirts
- 3-4 t-shirts
- 2 **warm** jumpers (at least 1 without hood as these get caught in harnesses)
- 3 pairs of full length lightweight trousers (no jeans please) e.g. cargo trousers/jogging bottoms
- Pyjamas
- Underwear – a new set for each day (and a few spare sets due to the water activities)
- Socks – 4 pairs
- Trainers for outdoor use that do up securely (but not new ones!)
- Old pair of shoes that will get wet in the lake! (if your child has swim shoes these would be ideal)
- Indoor shoes/slippers for the chalet
- Swimwear
- Waterproof jacket – preferably a lightweight slip-over as this is more practical
- Gloves and hat
- Waterproof trousers (optional)
- Wellies (optional)



MEDICINES

All medicines required during the week should be clearly named with written instructions and consent, and handed to the First Aider, Mrs Brand on the day of departure

TRAVEL SICKNESS

Before leaving home on the first day, could parents please give their child (if needed) the necessary preventative travel sickness tablets. Tablets for the return journey should be handed to Mrs Brand as above.



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EMERGENCY

If you need to contact your son/daughter in an emergency during that week, please telephone the school office (01342 323906) during school hours.

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COMING HOME

We should arrive back in school at approximately
2:30pm on the Friday

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QUESTIONS?

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