



**Bramley Church of England  
Primary School**

**Welcome!**

**PGL 2022**

**Monday 7th November  
- Friday 11th  
November**

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2022**





# Bramley Church of England Primary School

- What is the accommodation like?

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What is the accommodation like?

- En-suite shower / bathroom for each room.
- 4 children per room
- Children will, of course, have a say in who is in their room
- Adult accommodation on each floor



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# Bramley Church of England Primary School

- **A Typical Day**

- 07.00 Staff wake up the group
- 07.45 **Room Inspection!**
- 08.00 Breakfast (English or Continental, cereal, toast and drinks)
- 8:50 First activity session
- 10.20 Break
- 10.25 Second activity session
- 11.55 **Hot lunch**
- 13.55 Third activity session
- 15.25 Break
- 15.50 Fourth activity session
- 17.00 Supervised free time
- 17.30 - 19.00 - **2 course evening meal**
- 19.30 - 21:00 - Evening entertainment



# Food! Salad bar & bread available for all meals. We will share the actual menu

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
 <b>BREAKFAST</b>	Bacon	Sausages	Sausages	Bacon	Sausages	Sausages	Bacon
	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)
	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam							

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
 <b>LUNCH</b>	Pizza	Hot Dogs	Pasta	Hot Sandwich	Burger	Fajitas	Sausage Rolls
	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:
	Pepperoni	Pork Hot Dog	Pasta Bolognese	Ham & Cheese Panini	Beef Burger	Chicken	Jumbo Sausage Rolls
	Margherita (v)	Plant-based Hot Dog (ve)	Tomato & Basil Pasta (ve)	Plant-based Fish Finger Sandwich (ve)	Plant-based Burger (ve)	Plant-based Fajita (ve)	Plant-based Sausage Roll (ve)
	Plant-based Margherita (ve)	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
Skippy Fries	Potato Wedges	Garlic Bread	Crisps	Curly Fries	Tortilla Chips	Peas Mashed Potato	

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
 <b>DINNER</b>	Bangers & Mash	Piri Piri Chicken	Chicken Curry	Pork Meatballs in Tomato Sauce	Fish & Chips	Sweet Chilli Chicken Chunks	Sweet & Sour Chicken
	Chicken Fillets with a BBQ Sauce	Sausage Pasta Bake	Fishcakes	Chicken Kiev	Chicken Katsu Curry	Lasagne	Fish Fingers
	Plant-based Bolognese (ve)	Plant-based Chicken Schnitzel (ve)	Chilli non Carne (ve)	Plant-based Meatballs in Tomato Sauce (ve)	Plant-based Fishless Fillet (ve)	Vegetable Curry (ve)	Plant-based Nuggets (ve)
	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
	Penne, Mashed Potato Sweetcorn, Carrots	Skippy Fries, Peas, Cauliflower	Rice, Potato Wedges, Broccoli, Carrots	Penne, Mashed Potato, Sweetcorn, Green Beans	Skippy Fries, Rice, Peas, Carrots	Rice, Garlic Bread, Country Veg	Curly Fries, Rice, Carrots, Green Beans
Doughnuts (v)	Fruit Muffin (ve)	Chocolate Crispy Cake (v)	Waffles (v)	Chocolate Eclairs (v)	Chocolate Muffin (ve)	Profiteroles (v)	

## Healthy Cho

Available daily

## Fresh fruit

- every mealtime

## Unlimited salad

- from our salad bar  
dinner

## Unlimited Dr

Coffee, tea, chilled s

## Dietary & Allergens

We can cater for a w  
of food requirement  
notified in advance,  
allergies, intoleranc  
conditions, and tho  
by culture and relig

It may not always be  
to cater for more sp  
such as weight man  
programmes, organ

Some of our dishes  
ingredients that are  
in a factory which h  
nuts - please ask us  
information.



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# Bramley Church of England Primary School

## Our activities during the week

- During their week away the children will be extremely busy!
- They will be split into groups of 10-12 at the start of the week and remain in these groups for the whole of the week. They will complete the activities as a team and will always be accompanied by at least one adult.
- All of the activities will be led by specially trained staff at the centre



# Bramley Church of England Primary School

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:35 - 12:05	Session 3 14:15 - 15:45	Session 4 15:50 - 17:20	Evening 19:30 - 20:30
<b>Monday</b>	1						Arrive on Centre	Ambush (AMB1)
	2						Arrive on Centre	Ambush (AMB1)
	3						Arrive on Centre	Ambush (AMB1)
	4						Arrive on Centre	Ambush (AMB1)
<b>Tuesday</b>	1			Abseiling (AB1)	Sensory Trail (ST1)	Archery (A2)	Survivor (SU1)	Splash (SPL1-AZ)
	2			Sensory Trail (ST1)	Abseiling (AB1)	Survivor (SU1)	Archery (A2)	Splash (SPL1-AZ)
	3			Fencing (F1)	Rifle Shooting (R1)	Abseiling (AB1)	Sensory Trail (ST1)	Splash (SPL1-AZ)
	4			Rifle Shooting (R1)	Fencing (F1)	Sensory Trail (ST1)	Abseiling (AB1)	Splash (SPL1-AZ)
<b>Wednesday</b>	1			Climbing (CL1)	Low Level Ropes Course (LR1)	Giant Swing (GS1)	Buggy Building (BB1)	PGL Sports Night (SN2-BC)
	2			Low Level Ropes Course (LR1)	Climbing (CL1)	Buggy Building (BB1)	Giant Swing (GS1)	PGL Sports Night (SN2-BC)
	3			Archery (A1)	Survivor (SU1)	Climbing (CL1)	Low Level Ropes Course (LR1)	PGL Sports Night (SN2-BC)
	4			Survivor (SU1)	Archery (A1)	Low Level Ropes Course (LR1)	Climbing (CL1)	PGL Sports Night (SN2-BC)
<b>Thursday</b>	1			Zip Wire (ZW1)	Orienteering (OR1A)	Trapeze (TR1)	Aeroball (AE5)	Disco (D1-AZ)
	2			Orienteering (OR1A)	Zip Wire (ZW1)	Aeroball (AE5)	Trapeze (TR1)	Disco (D1-AZ)
	3			Giant Swing (GS1)	Aeroball (AE5)	Zip Wire (ZW1)	Orienteering (OR1A)	Disco (D1-AZ)



	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:35 - 12:05	Session 3 14:15 - 15:45	Session 4 15:50 - 17:20	Evening 19:30 - 20:30
	4			Aeroball (AE5)	Giant Swing (GS1)	Orienteering (OR1A)	Zip Wire (ZW1)	Disco (D1-AZ)
<b>Friday</b>	1			Fencing (F1)	Rifle Shooting (R1)	Depart		
	2			Rifle Shooting (R1)	Fencing (F1)	Depart		
	3			Trapeze (TR1)	Buggy Building (BB1)	Depart		
	4			Buggy Building (BB1)	Trapeze (TR1)	Depart		


If you want to explore the activities with your child before they go, go to the link:  
<https://www.pgl.co.uk/en-gb/adventure-holidays/centres/osmington-bay>

Select an activity for a full description

Zip Wire

### Zip Wire

Travelling at high speed, maybe even through a forest or over a lake, suspended and harnessed from an overhead cable isn't something forgotten easily! A truly exhilarating activity you'll want to try again and again.



# Kit list

- 1 Small bag/suitcase that the children can carry themselves.
- **A bottom sheet, sleeping bag and a pillow**
- Warm, casual clothes – please don't buy new
- Long and short sleeve t-shirts, jogging bottoms, leggings, etc
  - (*preferably not jeans*)
- Fleece jumpers / hoodies
- Underwear & Long Socks
- Nightwear / Washing kit – no aerosols
- 1 towel for showering
- Torch
- Named Bin Bag
- Water Bottle
- Hat and gloves
- Waterproof coat
- Waterproof trousers (if you have them)
- 2 Pairs of trainers (these will get muddy)
- Dry shoes for evening
- £5 pocket money in a named envelope and handed in to the 'pocket money' station.
- Evening clothes
- Small rucksack
- Packed lunch in plastic bag for Monday

# Little things to note

- We are outside all day, so we would suggest lip balm to hydrate chilly lips!
- Hats/gloves/scarves will be needed
- Bedding! A bottom sheet, a sleeping bag and pillow
- Please practise making a bed & putting away a sleeping bag with your children



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# **Bramley Church of England Primary School**

## **Please do not bring**

Sweets, fizzy drinks, etc. → make children feel ill then homesick!

Mobile phones – not allowed

Electronic games - *(Children can be bring other forms of entertainment e.g. cards, books, travel games)*

# Things to know

- **Arriving and departing**

- Departures

- -You will drop your child off at 8:30 (normal time) at the hall. We will be leaving at around 10:30/11:00. If your child takes medication, this will need to be handed over on the day to the medical station. Pocket money will also be handed over. Children need a small rucksack with their lunch & water bottle in it.

- Luggage

- Bring into the hall with your child.

- Packed lunch

- We will be having a picnic lunch on the journey at Moor Valley Country Park. Lunches need to be able to be thrown away so that they children haven't got to look after a lunchbox all week.

- Arrivals

- You will be available to collect your child on 4:45pm Friday 11<sup>th</sup> November.



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## Any questions?

Please speak to any of the staff if there is something you feel we need to know about your child including if they are celebrating their birthday while we are away.