

Year 4 Residential

PGL CAYTHORPE COURT

Please grab a handout on
your way in



Where is it?

Caythorpe Heath Ln,
Caythorpe, Grantham
NG32 3ER

It is about an hour away




Kit list

Don't send your child in their best party clothes as they may get wet, dirty and torn (it's unlikely that they will tear, but they could get snagged on something).

We are only going for 2 nights. Children need to be able to carry all of their kit.

There is a gift shop so the children can take £5 to buy a souvenir (it would be better if it is kept in their main bag, in an envelope or purse).

Although the kit list says a sleeping bag or duvet, a sleeping bag is far more suitable as it is easier to carry.



WHAT TO BRING

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ Tops & jackets
 - ☐ T-shirts
 - ☐ Long sleeved shirt/T-shirts
 - ☐ Waterproof jacket
 - ☐ Fleece/jumpers
- ☐ Trousers or leggings but not jeans as they get heavy and cold when wet
- ☐ Underwear & socks
- ☐ 1 or 2 sets of clothes for the evening
- ☐ Suitable nightwear

your arms will need to be covered to do some activities.

your socks will need to cover your ankles to do some activities.

FOOTWEAR

- ☐ 2 pairs of trainers
 - 1 for activities
 - 1 old pair for watersports
- ☐ 1 pair of dry shoes for evening activities

OTHER ITEMS

- ☐ 2 towels
 - 1 for showering
 - 1 old one for activities
- ☐ Reusable drinks bottle
- ☐ Small rucksack/bag
- ☐ Labelled bin bag for wet and dirty clothing
- ☐ Sleeping bag or duvet and pillow (unless otherwise advised)
- ☐ Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- ☐ Torch (for evening adventures)

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for those activities.

Children will need a packed lunch on the first day.

Full kit list is available on the PGL website.

Activities

There are plenty of activities to keep the children busy. We will get a full itinerary nearer to the time.

We do up to 5 activities from this section:

Raft building

Survivor

Aeroball

Problem Solving

All Aboard

Zip Wire

Abesiling

High Ropes

Canoeing

Climbing

We do one from this section:

Zip wire

Abseiling

High Ropes

Two from this section:

Challenge course

Orienteering

Archery

Buggy building

Tunnel Trail

Sensory Trail

Two evening activities from:

Campfire

Capture The Flag

Ambush

Cluedo

Sports Night

Disco

Wacky Races

Quiz Show

Snap Shot

Splash

The full day will look like this:

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 zzzs ready to do it all again tomorrow!

Accommodation

The children will be in rooms that sleep between 3 and 8 children, with en-suite toilets.

We will choose who goes in which rooms and tell the children who they are sharing with, as this ensures that no one feels left out. They won't get to know until we arrive (as we don't want the focus to be who is with who etc).



Food

The children will need a packed lunch on the first day.

All the other meals are provided in a cafeteria. They can cater to many different dietary needs – coeliac, dairy free, vegetarian, vegan etc.

Make sure you let us know in advance (the sooner, the better) if anything has changed – the office should have a record of any current dietary requirements.



Staff

The activities are all run by the PGL staff who have the correct training and certificates for the particular activities.

They may or may not look like the people on the photo, but I am going to guess they will be happy.



Lady Bay Staff: Full Y4 team

Mr Shelley, Mr Fallows, Mrs Horner, Miss Naylor, Mrs Latham

+1.....

We really hope that the children get as much out of this as we expect them to.

We will be focusing a lot on independence: they will be responsible for sorting their clean/dirty clothes, keeping their room tidy, being ready on time in the morning etc.

We know there will be some children who are nervous, who haven't spent a night away from home before, who may have a fear of heights or something else etc. Nobody will be forced to do anything they are really frightened of, but we will try to strongly encourage them to try and overcome those fears. And make the most of what opportunities they have.

Useful Links

PGL Caythorpe website: <https://bit.ly/3rmlwAJ>

Virtual tour of the site (really good!): <https://bit.ly/3GB4ZQT>

Parent Guide: <https://bit.ly/3FGa0GI>



Kit List



Food



Accommodation



Activities



Shop



Peace of Mind



Wi-Fi

Any questions?
