

**THE JOHN HARROX PRIMARY SCHOOL, MOULTON**

**INFORMATION FOR PARENTS**

**PGL ADVENTURE**

**BAWDSEY MANOR**

**Monday 27<sup>th</sup> September – Friday 1<sup>st</sup> October 2021**

**Full Postal Address:** PGL Bawdsey Manor, Bawdsey, Woodbridge IP12 3BH.

In case of emergency, please contact school and they will contact the centre.

Centre number: 0333 321 2100

**Accompanying Adults (provisional):** Mr Broughton (Party Leader), Mrs Amess, Mr Taylor, Mrs Drumm, Miss Mason, Mrs Lambe and Mrs A. Capper

**Accommodation:** Bawdsey Manor is in Suffolk and has panoramic views, beautiful beaches and over 140 acres packed with adventure for primary schools.

**Please note that pillows and bedclothes are not provided. Sleeping bag and pillow must be taken.**

**Travel Arrangements:** The Cropley coaches will leave school on Monday, 27<sup>th</sup> September at approximately 12:15p.m. There is one planned stop for a toilet break, we hope to arrive at PGL by approximately 3:30p.m.

On the day of departure, please provide you child with a packed lunch and two drinks. Pupils will be having an early lunch before departing but will require an additional drink to have for when they arrive.

The coaches will return to school on Friday, 1<sup>st</sup> October at approximately 4:00p.m. You will be updated regarding our arrival time at school via ParentMail.

**Meals:** Three meals are provided each day. If there are any dietary requirements, (not just likes and dislikes) please ensure this information has been clearly written on the medical form.

**Supper:** We ask for each parent to donate a packet of biscuits, so that the children can have a snack with their drink before bedtime and during activities.

**Medicines:** All medicines and travel sickness tablets that you have previously completed a parental agreement form for, should be clearly labelled with the child's name and dosage requirements. They should be given to Mr Broughton on the morning of the trip.

Asthmatics- One inhaler should be carried by the child; a second inhaler should be handed to Mr Broughton on the morning of the trip.

**Potential Activities:**

- Aeroball
- Challenge Course
- Archery
- Rifle shooting
- Raft building
- Beach/coastal walk
- Jacob's ladder
- Zip wire
- Problem Solving
- Orienteering
- Survivor (survivor skills)

**Evening Activities:**

- Ambush
- Campfire
- Snapshot
- Wacky Races

### **What to wear:**

- No new or expensive equipment is required.
- Jeans are not practical for activities – jogging bottoms/ tracksuit are more suitable. Leggings are too thin.
- For all activities, old trousers and tracksuits, tee shirts, sweatshirts and trainers are most suitable.
- Warm jumpers or fleece must also be included.
- A warm, waterproof coat or a fleece jacket with a waterproof jacket to go over the top.
- Waterproof trousers

N.B. The challenge course exercise and raft building will involve the children coming into contact with water and mud, and therefore old trainers and clothing are essential. These items should be in a bag of their own, clearly labelled **CHALLENGE!** keeping them separate from other clothing, so your child is clear that they are to be used for the 'dirty' activity only and not before. Wet shoes are suitable for the challenge course and for raft building. The same footwear can be used for both.

The children should also have a '**DRY**' bag, a small shower gel and a complete change of clothes for further activities. This should also be sealed and clearly labelled.

**Suggested list:** Please ensure that all items are marked with the child's name and school. Remember we are away for five days so please provide

- 6/8 Underwear
- 6/8 Socks – not trainer socks as they slip and cause rubbing
- 5 T-Shirts and sleeved tops (mixture)
- 1 Thermal under layer or 'skins' are ideal for cold days
- 4 Trousers – jogging trousers are ideal
- 2 Fleece jumpers/ sweatshirts
- Washing kit – shampoo, body wash, flannel, deodorant, hair brush, lip salve
- Two towels – one for washing & one for activities
- Nightwear – ones you want to be seen in!
- Hat and gloves- weather is unpredictable
- Three pairs of trainers:
  1. Trainers for travelling (wear these on the bus) – these will be your indoor trainers whilst on the trip.
  2. For the challenge course/ wet activities (these will get muddy and wet)
  3. For the Hiking/Activities. (These should be suitable for a Coastal Walk, Walking boots are of course suitable)
- A warm, WATERPROOF COAT
- Waterproof trousers
- Please provide two spare black bin liners labelled with the child's name already attached for bedding and for wet/dirty clothes for the journey home.

**SLEEPING BAG/PILLOW/CASE:** In a black bin liner and clearly marked with child's name.

**Pocket Money:** Pocket money should be a maximum of £10 preferably made up of £1 or £2 coins. The money should be with Mr. Broughton by Friday 17<sup>th</sup> September. **Please put the money in a named money bag or purse, NOT an envelope.** It must be re-sealable.

**Cameras:** Cameras may be taken on the visit but are the responsibility of the children. Please make sure they are clearly marked. Please note – this is an 'activity' holiday. There are no facilities available to charge electronic devices; therefore, it is inadvisable to use an iPod to take photographs. No mobile phones or electronic devices should be taken.

**Telephone:** The children will not be able to telephone from the centre. If you wish to contact the centre in an emergency, please do so via the school in the first instance if at all possible.