

Year 7 Residential Information Evening



PGL Osmington Bay - Dorset

Where we are so far...

Hopefully, you have already:

- Paid the first 2 instalments
- Completed the medical consent form
- Completed the 'room preferences' form

Still to do:

- Final payment is due on Friday 30th May



Getting There and Back

Getting there:

Thursday 12th June – Arrive to the year 7 Quiet Area at **9am for registration**. On the road by 9.30am for arrival at midday.

Please park down Grove Road or at the ends of Manygate Lane. The coaches will be outside, and the carpark will be full.

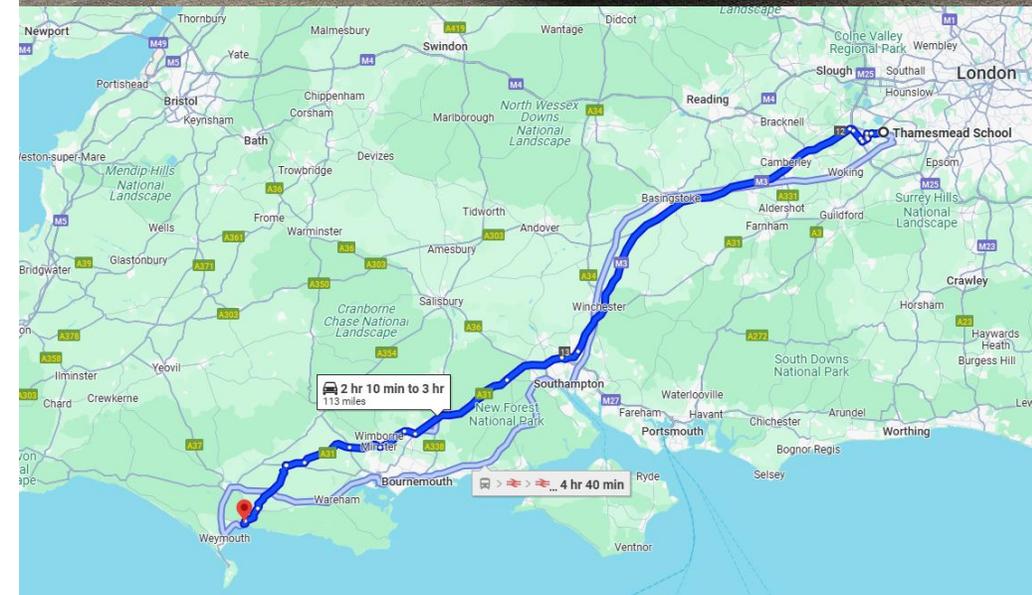
Lunch **will not** be included when we arrive so please **bring a packed lunch – strictly no nuts**

We will be getting stuck straight into activities on arrival so please make sure they are dressed for action!

Coming home:

Saturday 14th June - Students will be given lunch before leaving PGL at 2pm. Arrive **back at school at 4.30pm approx.**

You will be kept updated with expected arrival time.



Accommodation

We have been allocated 4 chalets.

Each chalet has 8 rooms that sleep **4 students**.

Each room has an **en suite** shower, toilet and sink

Beds with mattresses provided. Students will need to bring a sleeping bag/duvet, pillow and towel.

3 Thamesmead staff per chalet.

All students will be in a room with **at least** one friend.

These will be publicised after half term and emailed home to parents.



Activities

Students will be in groups of 12 (3 rooms) with a PGL instructor and a member of Thamesmead staff.

All students will take part in:

- Dragon boating



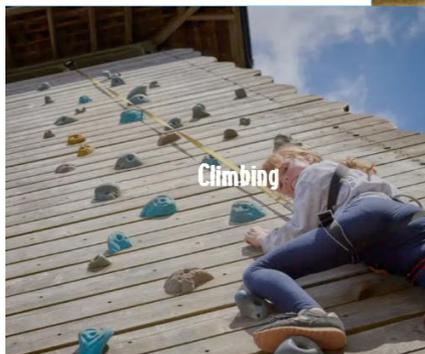
- Trapeze



- Archer Tag



- Climbing



- Axe Throwing



- Zip Wire



- Jacob's Ladder

Weekend Schedule

Thursday 12th June

Arrive at midday – packed lunch

14.15 till 17.25 – 2 sessions of activities per group.

17.30 till 19.00 – settling into rooms and dinner

19.00 till 21.00 – PGL games

Friday 13th June

8am breakfast

9.00 till 12.10 – 2 sessions of activities

12.30 till 14.00 – Lunch Break

14.15 till 17.25 – 2 sessions of activities

17.30 till 19.00 – Dinner

19.00 till 21.00 – Campfire

Saturday 14th June

8am breakfast and packing up rooms

9.00 till 12.10 – Last 2 sessions of activities

12.30 till 13.30 – Lunch

14.00 - Depart



Kit List

Do not bring anything you would be sad to lose/get damaged – no jewellery or electrical items

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
 - Fleeeces/jumpers
 - Trousers or leggings
but not jeans as they get heavy and cold when wet
 - Underwear & socks
 - Swimming costume/trunks
for water activities
 - 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.*

Saturday only



Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

On arrival



Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Kit List

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)

- Hair ties for long hair

- Torch

- Pocket money £10-20 Recommended



FOOTWEAR

- 2 pairs of trainers → 1 for activities

- 1 pair of dry shoes for evening activities

1 old pair for watersports



**NO
MOBILE
PHONES**

- We want students to be focused on where they are and who they are with rather than contacting home and watching videos.
- Phones create a safeguarding concern relating to taking or sharing images and videos, especially in their room. We also don't want them conspiring to meet outside of their rooms in the middle of the night!
- We will take photos for you and will be in touch if there is a desperate need, but there will be 11 staff to handle any issues that arise while we are away.
- If there is a medical exception (diabetes) that means your child will need their phone, you must let us know.
- Card games are however very welcome!

Behaviour and Expectations

The residential will be **fun**, and we hope that students will be more **relaxed** than at school

However, to ensure that everyone has fun and is safe students are expected to be behaving **kindly, safely** and to **follow all instructions from PGL and Thamesmead staff.**

We will be sharing the site with other school groups, some of which might be primary school. We are ambassadors for the school! **Strictly no swearing**

Failure to follow instructions or unkind behaviour may lead to activity bans.

If your child is misbehaving and causing us concern for their safety, you will be asked to come and collect them.

All students are **expected to attend school** on Monday following the trip.



Medical and Emergency Contact

- If your child will need to be taking medication, please make sure that you have this in a labelled bag with **their name, the medication type and instructions** and drop this at reception by Tuesday 10th .
- They should have Inhalers and EpiPens on them. We can hold spares
- Paracetamol, Ibuprofen and Antihistamine consent please
- In an emergency, we will be in contact with you.
- In an emergency where you need to get in contact with us you can do so via

School Mobile Number: 07490 543 221



Questions

Q: Will they miss out on exams?

A: No. Any exams that have been scheduled for while they are away will be postponed for their first lesson back in that class.

Q: If my child already can take their own medication, can they have this on them and look after it themselves?

A: Yes, but please make sure that we are aware (medical consent form) so that we can check that they are remembering to take it. This does not apply to paracetamol.

Q: Will there be a night-time curfew?

A: Yes. Activities will finish at 21.00 and the students will be expected to be in their own rooms by 21.30 with lights out by 22.00. The students will need a good sleep as they will be having a very busy day!



Q: Should their sleeping bag/duvet be able to fit into their suitcase?

A: Ideally yes, and for that reason I strongly suggest going for a sleeping bag over a duvet. If you go with a duvet then please make sure that this is in a labelled bin bag so that it can fit in the luggage holdall.

Please let me know if you have any further questions!