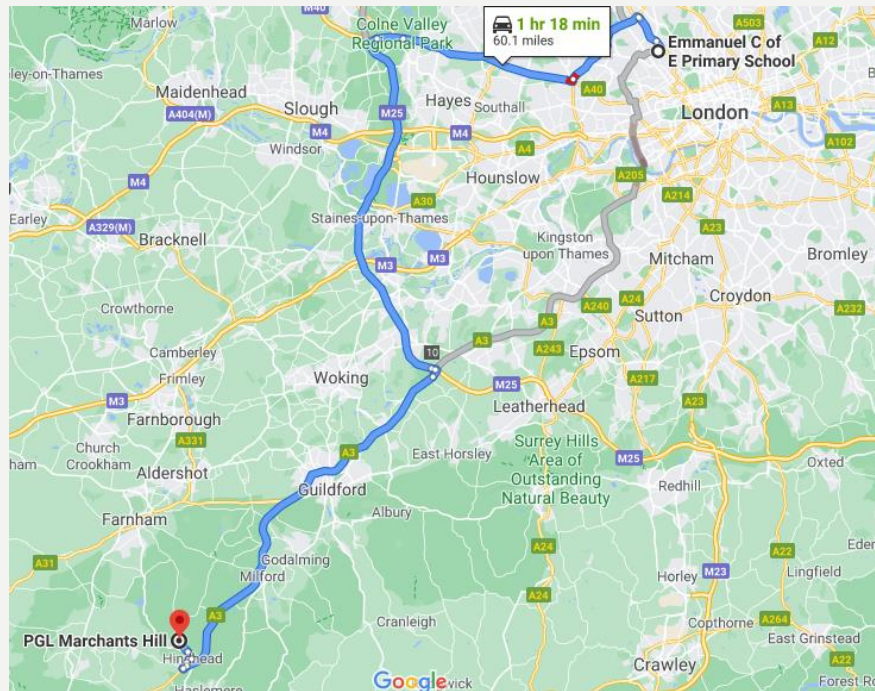


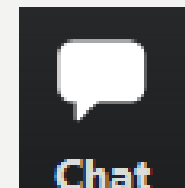


# EMMANUEL SCHOOL JOURNEY 2024

Tuesday 15<sup>th</sup> October – Friday 18<sup>th</sup> October  
PGL Marchants Hill



Introduction to PGL  
Key information  
Next steps  
Questions



# AIMS OF TODAY'S MEETING:

- To share reasoning behind why we have changed the time of year for PGL
- To look at benefit of the PGL experience
- To share some organisational information about PGL, including:
  - What a typical day looks like
  - The types of activities available for us
  - The food!
  - The accommodation
- How you can stay in touch while they are away
- Payment information
- What's next

# INTRODUCTION TO SCHOOL JOURNEY...



*Teamwork*

**New experiences**

*Preparation  
for secondary*

*Independence*

**Confidence building**

# WHY PGL?

- Leading provider for outdoor education in the UK.
- Our experience of PGL:
  - Everything is onsite and purpose-built.
  - Exemplary record in health and safety.
  - Low ratio of adults to children for all activities, including the evening events.
  - Adapted provision for pupils with additional needs including SEND.
  - Excellent staff knowledge on First Aid and support for pupils with medical needs.
  - High standards of cleanliness and food.

# ORGANISATION

- Everything is onsite and purpose-built.
- The 4 days has been customised to our specific requirements.
- Low ratio of children to adults: group leader, activity leaders, night staff as well as school staff.
- During the day, children will be in 3 separate activity groups; each with a member of school staff.



# A TYPICAL DAY...



## Sample day for Primary Schools at Windmill Hill

Schedule	Activities
07.00 - 09.00	Get up, get ready and fuel up for the day ahead
09.15 - 12.30	Morning activities - usually 2 sessions with a 15 minute break in-between
12.30 - 14.00	Dry off & clean up. Time for a fresh & tasty two-course hot lunch
14.15 - 17.30	Afternoon activities - 2 exciting sessions with a 15 minute break in-between
18.00 - 19.00	Time to eat again - a different menu each day
19.00 - 21.00	Talent shows, campfires, quizzes and more. The evening entertainment programme keeps you laughing until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!



# ACTIVITIES



Many fun activities during the trip:  
water activities, high rope activities and team work activities.

# FOOD

- Wide variety of food is served at all meal times.
- Something for everyone!
- Adapted menus for pupils with allergies or those with special dietary requirements.





# Sample Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Scrambled Egg Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (V) Vegetable Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk As sorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (V) Vegetable Sausages Omelette Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads  Pizza with Potato Wedges Choice of Meat or Vegetarian Toppings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potatoes Choice of Meat or Vegetarian Dish  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Wrap and Tacos with Meat or Vegetarian Fillings Tortilla Chips and Salsa  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta served with Garlic Bread Choice of Meat or Vegetarian Dish  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Meat or Vegetarian Burger served with a choice of Relishes Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Sausage Casserole Fish Fingers (V) Seasonal Vegetable and Chickpea Stew Chips and Rice Broccoli & Baked Beans  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Meatballs in Tomato Sauce Chicken and Vegetable Pie (V) Creamy Vegetable Kiev Roast New Potatoes or Pasta Peas & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day  Beef Lasagne Oven-Baked Chicken Nuggets (V) Sun-dried Tomato & Mozzarella Tart Sautéed Potatoes Green Beans & Carrots  Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day  Chicken and Vegetable Curry with Naan Bread Cottage Pie with Gravy (V) Quorn & Vegetable Enchilada served with Salsa Rice or New Potatoes Cauliflower & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Chilli Con Carne (V) Four Cheese Ravioli in Tomato Sauce Chips or Rice Mixed Vegetables & Mushy Peas  Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks

# ACCOMMODATION

- Girls and boys are in separate bedrooms.
- The rooms have bunk beds for 4 or 6 pupils and there is an en-suite bathroom.
- Teachers' rooms are at the end each of block, and within the row.
- We will ask the children with whom they would like to share a room and we will try to accommodate their requests.
- Children will need to bring a sleeping bag and a pillow as quilts are not provided.
- Regular room checks, by both male and female Emmanuel staff.



# STAYING IN CONTACT

- There will be at least one message every day.
- Photos will be shared.
- Children will **not** be allowed to bring mobile phones (or other electronics e.g. iPads). Playing card, books and small games instead.
- If your child is unwell and needs to be collected from the centre, we will contact you.



# PAYMENT

- The cost of the trip is £390
- Subsidy requests to the school office by Friday 2<sup>nd</sup> February
- The deadline for payment is 13<sup>th</sup> September— either one payment or the cost can be spread over the 3 months.
- Payments online using Scopay
- This information was included in a letter sent on 11<sup>th</sup> January





# WHAT'S NEXT

- Fill in your permission slip on Parenthub
- Organise your payment for the trip
- Plan a sleepover, particularly if your child has not had one before.
- A further meeting in September (kit lists, medical information, keeping in contact)





# NEXT MEETING IN SEPTEMBER 2024

At this meeting we will discuss:

- What clothing to bring on school journey
- Medical information
- Communication
- Rooms