

TRIP PHONE
07557747677

Year 9 PGL Boreatton Park

June 2024

What we will address this evening:

About PGL

Travel arrangements

What to pack

Dormitory Requests

Code of Conduct & Behaviour

Any Questions

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What is PGL about??

***Problem
Solving***

Good fun

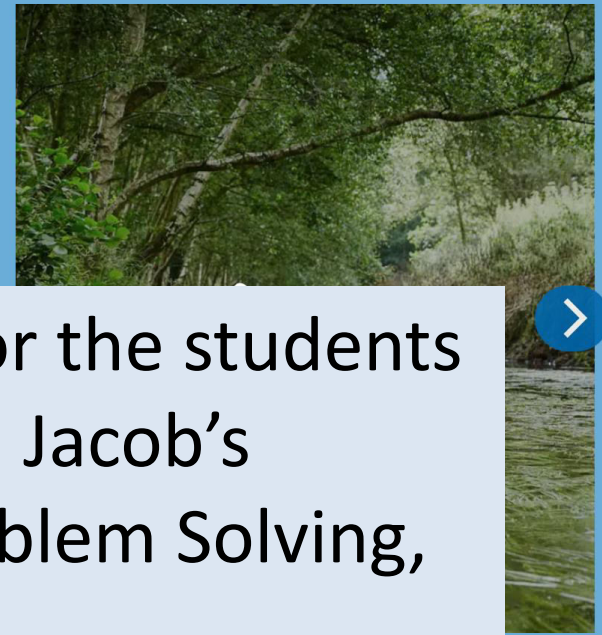
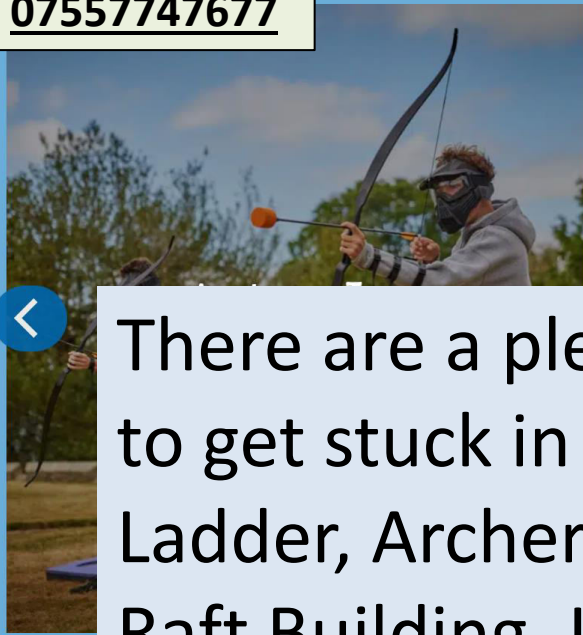
Challenge

***Making
Friends***

***Work as a
team***

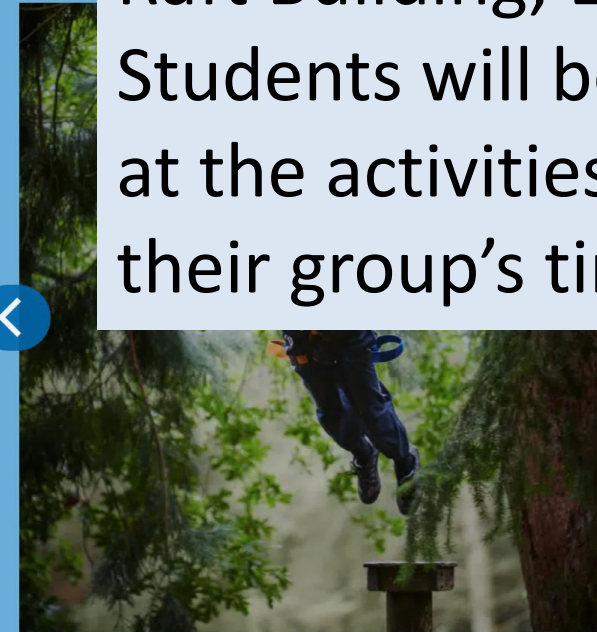
Independence

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There are a plethora of activities for the students to get stuck in with! These include; Jacob's Ladder, Archery Tag, Abseiling, Problem Solving, Raft Building, Laser Tag and more...

Students will be assigned a group and have a go at the activities across the three days, following their group's timetable.



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Travel Arrangements

Students will arrive at school normal time to attend registration until 9.10am with the aim of leaving school by 09:45am. We will leave PGL at 14.00pm on Wednesday and aim to be back at school for approximately 3.45pm.

We will be travelling on 4 coaches.

There will be no food or drink on the coach journey!

09:45am pick up from Arthur Terry to arrive at PGL for 11am.

02:00pm pick up from PGL to arrive at Arthur Terry for 03:45pm.

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On Monday 3rd June

Students will need to arrive at school **at the normal time.**

Students should be wearing non-uniform ready to start activities as soon as we get there.

They will leave bags in the atrium and attend tutor time until 9.10am as usual.

At the end of tutor time students will make their way to the canteen to wait for the coaches, complete final checks and ask any last minute questions.

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When we get there

When we arrive at the centre students will eat their packed lunches and then they will meet their PGL Instructors, be told their groups, rooms and find out which member of staff will be with them for the trip.

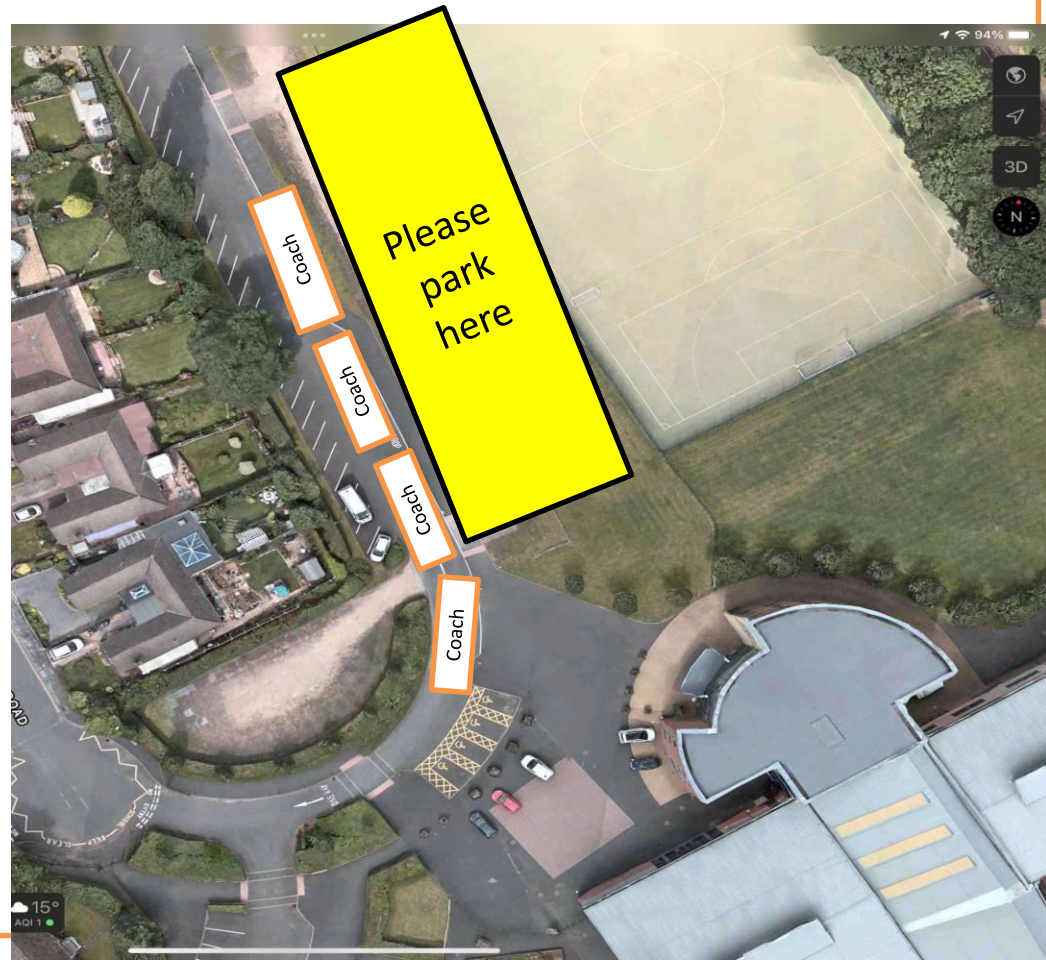
If there are any students that have free school meals and would like a lunch from school please let me know as this can be arranged.

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Return to Site

We will ask the coaches to pull up alongside these to let the students off. Do not park in the disabled bays.

Students will be moving around, scrambling for bags, trying to find parents and hugging friends goodbye which they will be able to do in the area in front of school away from parked cars.



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What to pack...

Bring two bags with you.

1) Suitcase or holdall

- Clothes, wash bag, towel, slippers, suncream, sunhat, sunglasses, sleeping bag, pillow, plastic bag for washing.

2) Day bag

- Very small, only room for a drink and packed lunch.

Clothing...

Check the weather forecast

For the days...

- Layers for warmth.
- Water proof clothing.
 - Hat and Glasses.
- Lots of socks and pants

For the evenings...

- Not a fashion show
- Still need to be functional

For the nights...

- Pyjamas

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<u>Items of Clothing</u>	<u>Footwear</u>	<u>Accessories</u>
Pyjamas	One pair of trainers/shoes that will get wet.	Personal Towel
Jumpers/fleece	One pair of trainers/shoes that will be suitable for around the centre and naturally may get muddy.	<u>Sleeping bag and pillow</u>
Overcoat/waterproofs, hat and gloves.	Perhaps another pair of shoes to travel there and back in.	<u>Medications (these must be declared to us prior to the trip date)</u>
Few T-shirts	<u>Do not bring crocs, sliders or any open toed shoes.</u>	Limited amount of spending money and fun items for any down time students may have. Snacks.
Joggers/Leggings		Toiletries and suncream
Plenty of pants and socks (some will get wet!)		Sunglasses and caps

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REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)	Baked Beans (ve) (218kcal)
Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)	Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)	Fresh Mushrooms (ve) (254kcal)
Sausages (200kcal) or Quorn™ Vegan	Bacon (162kcal) or Quorn™ Vegan	Sausages (200kcal) or Quorn™ Vegan	Bacon (162kcal) or Quorn™ Vegan	Bacon (162kcal) or Quorn™ Vegan	Sausages (200kcal) or Quorn™ Vegan	Bacon (162kcal) or Quorn™ Vegan
Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)	Cumberland (ve) (214kcal)

Available every day: Porridge with toppers* (445kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

ASK ABOUT ALLERGENS
WE ARE HAPPY TO HELP

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water.

* Small children can choke on seeds

** Chopped and shaped chicken.

LUNCH

Pepperoni Pizza (279kcal)	Beef Burger (209kcal)	Battered Chicken Chunks (227kcal)	Homemade Beef Bolognese (163kcal)	Battered Fish (214kcal)	Jacket Potato (ve) (269kcal) Served with your choice of: Grated Mild Cheddar (v) (205kcal), Baked Beans (ve) (214kcal) or Tuna Mayo (102kcal).	Roast Beef (209kcal)
Margherita Pizza (v) (274kcal)	Meatless Farm™ Plant Based Burger (247 kCal)	Vegetable Nuggets (ve) (239kcal)	Homemade Vegetable Ratatouille (ve) (202kcal)	Jumbo Sausage (162kcal)	Quorn™ Fishless Fingers (ve) (172kcal)	Meatless farm™ Plant-based Chicken Breast (ve) (232kcal)
Plant-based Margherita Pizza (ve) (276kcal)	Served with: Ziggy Fries (ve) (184 kCal)	Served with: Potato Wedges (ve) (209kcal), Garden Peas (ve) (279kcal), Sweetcorn (ve) (205kcal), Sweet Chilli Sauce (ve) (179kcal)	Served with: Penne Pasta (ve) (209kcal), Garlic Bread (v) (162kcal), Grated mild cheddar (v) (214kcal)	Served with: Skinny Fries (ve) (234kcal), Garden Peas (ve) (279kcal)	Served with: White Rice (ve) (249kcal)	Served with: Roast Potatoes (ve) (198kcal), Fresh Broccoli (ve) (143kcal), Baby Carrots (ve) (284kcal), Gravy (ve) (161kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (275kcal)	Fish Fingers (279kcal)	Chicken Curry (162kcal)	PGL's Sausage Pasta Bake (169kcal)	Beef Burger (162kcal)	Battered Chicken Chunks (162kcal)	Fish Fingers (279kcal)
Homemade Beef Lasagne (162 kCal)	Hunters Chicken (162kcal)	Baked Cheesy Meatballs (224kcal)	Chicken Kiev** (275kcal)	Homemade Mac 'n' Cheese (v) (161kcal)	Homemade Beef Lasagne (162kcal)	PGL's Sausage Pasta Bake (169kcal)
Vegetable Lasagne (ve) (271kcal)	Shepherdless Pie (ve) (168kcal)	Vegetable Curry (ve) (229kcal)	Homemade Sausage & Bean Casserole (ve) (214kcal)	Meatless Farm™ Plant Based Burger (ve) (248kcal)	Vegetable Lasagne (ve) (271kcal)	Shepherdless Pie (ve) (168kcal)
Sides: Garlic Bread (v) (162kcal), Rice (ve) (212kcal), Garden Peas (ve) (279kcal), Fresh Broccoli (ve) (143kcal)	Sides: Baby Potato (ve) (246kcal), Baby Carrots (ve) (284kcal), Whole Green Beans (ve) (224kcal)	Sides: Rice (ve) (212kcal), Penne Pasta (ve) (209kcal), Mixed Vegetables (ve) (164kcal)	Sides: Mashed Potato (v) (274kcal), Fresh Broccoli (ve) (143kcal), Baby Carrots (ve) (284kcal)	Sides: Ziggy Fries (ve) (184kcal), Sweetcorn (ve) (205kcal), Whole Green Beans (ve) (224kcal)	Sides: Garlic Bread (v) (162kcal), BBQ Sauce (ve) (81kcal), Skinny fries (v) (234kcal), Mixed Vegetables (ve) (143kcal)	Sides: Cheesy Garlic Potato (v) (229kcal), Baby Potato (ve) (246kcal), Sweetcorn (ve) (205kcal), Whole Green Beans (ve) (224kcal)
Homebaked Iced Sponge Cake (v) (209kcal)	Chocolate Muffin (v) (209kcal)	Jam Doughnuts (v) (228kcal)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (258kcal)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (238kcal)	Chocolate Muffin (ve) (209kcal)	Chocolate Cookies (v) (161kcal)

On Monday, our first meal will be **DINNER**.
On Wednesday, our final meal will be **LUNCH**.
Please ensure that students bring a packed lunch with them to school on Monday – this will be for their lunch upon arrival to PGL.
If your child receives Free School Meals, please let us know before leaving today so that we can ensure a lunch is provided for them.
If you have an allergy you must go to the front of your line.

NO NUTS!

'Emergency' Rations...

- Although the centre does the absolute best to provide food for everyone... We would still advise students that may be a bit picky or those used to being able to open a cupboard at home to bring a few things of food in their bags!
 - Cereal bars
 - Some flavoured water
 - Few chocolate bars
 - **NO NUTS!**

- We have followed the requests put in via the Forms link and ensured all students have at least one named person with them in their lodge.
- Any damage to rooms or equipment will have to be met by the student.

Rooms



Please note, some students are concerned that they're in groups with people that they dislike and have found this information from other peers. We have not shared any rooms and/or groups with any students, parents and/or carers yet and assumptions on who students are sharing with should not be made at this stage. We will share this information with students once finalised.

Expensive items...



- We are advising that **no phones** are bought for the trip. Students don't have time to use them and they can be a distraction during group activities.
- PGL have a no phone policy during activities so will not be able to use them at these times.
- We suggest that **any other expensive items are left at home.**
 - We will be taking pictures and videos.
 - School insurance **will not cover** student losses.
- Spending money.
 - Minimal amount for the **merchandise** shop at centre. No more than £20.

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Medical Equipment...

- If a student declares any medical issue requiring medication or treatment during our trip **YOU MUST** hand this to a member of staff and/or have a spare e.g. inhaler with you **at all times.**
- Clearly labelled **with your name and form.**
- If students aren't able to self-medicate then **please include instructions for us to be able to safely administer any medication.**

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Medications



Medications

If there are any medications needed for the trip they need handing into staff. Please hand these in to school ASAP so that they can be stored safely if appropriate.

If not, Mrs Wilson will be stationed at the doors to the canteen on the morning of our departure ready to collect them.

We recommend that you provide spares of any required medications. If your child needs an EpiPen, we **MUST** have 2 of those in order to administer them properly.

Regardless of when they are handed in, they **MUST** be accompanied by a medication form and **MUST** be clearly labelled. If you think you may need one, please take one at the end of this session. If you need another one, please email year9@arthurterry.bham.sch.uk to get one sent and/or emailed to you.

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Keeping in touch

- We will have the Trip Phone with us during this trip. Please save this number in your phones, now: [07557 747677](tel:07557747677)
- This phone will be manned by myself and Mrs Ridley during the trip. If you need to get in touch with us – please contact us via the Trip Phone.
- Please note that we will not be able to monitor our emails as closely as we usually do.
- If you cannot get in touch with us via the Trip Phone, please contact the school via year9@arthurterry.bham.sch.uk with the subject: PGL Trip. This will be picked up by the staff in school and triaged appropriately.
- For any urgent enquiries, please call the school directly: [01213232221](tel:01213232221), if you cannot get through to us on the Trip Phone: [07557 747677](tel:07557747677)
- Please ensure that any communication with the Trip Phone, relates strictly to the trip. For any other enquiries, please email year9@arthurterry.bham.sch.uk as usual.
- We will aim to send a message on our arrival and when we are on our way back.
- We also have an Arthur Terry School Twitter account that we will be posting on: [@arthurterrersch](https://twitter.com/arthurterrersch)

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Student Behaviour - Expectations

- Do not disrupt the enjoyment of the trip for other students.
- Do not enter any dorm room other than your own.
- Do not enter a building with dorms of the other gender.
- Do not take any videos and/or pictures in the dorm/bathroom/toilets.
- Do not post anyone on social media, without their permission.
- If you have issues or concerns speak to me or any other member of staff.
- Respect all staff and follow their instructions.
- Failure to meet these expectations, will result in sanctions.

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Student Behaviour – Praise and Sanctions

Praise Point – Students are meeting our standards, being a credit to themselves and the school.

Phase 2 – Students verbally reminded of their behaviour and how it isn't meeting the requirements of the School or PGL Organisation.

Phase 3 – If student behaviour continues to be of concern then students will be removed from activities for a defined period of time.

Phase 4 – If student behaviour continues to be of concern then parents will be contacted and students to be removed from their group.

Phase 5 – Parents contacted for students to be picked up.

- Please note that PGL will also have rules and expectations that must be met by all of their visitors. If these expectations are not met, they reserve the right to request they leave the site. E.g. anyone found to be vaping on their site will be asked to leave immediately. This will also trigger a phase 5 under our behaviour policy.

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Code of Conduct

I SHALL

- 1 Co-operate fully with my teachers, other adults, activity instructors and other pupils to make this visit trouble free, enjoyable and rewarding.
- 2 Behave in a manner, which will bring credit to my school and myself.
- 3 Respect all property and possessions of my school, teachers and other adults with whom I am in contact.
- 4 Respect the property of other pupils. I should not cause damage to any property.
- 5 Participate fully in all activities and follow the instructions of the staff.
- 6 Not leave my school bag or any other items in the hall or any other part of a school building.
- 7 Remain in the school premises at all times.
- 8 Not smoke or drink alcohol.
- 9 Wear my school uniform and shoes.
- 10 Avoid using mobile phones or other electronic devices.
- 11 Not act in any way or manner, which might jeopardise my safety or that of other people.
- 12 Agree that a full report of any misconduct shall be forwarded to my parents and contact home will be made if appropriate.

Please ensure that you have read through this, signed on both pages and leave it in the box at the front of the hall as you leave. Students will sign their sections in school and take home the student copy.

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I understand the ownership for any taking any personal valuable equipment and understand that School insurance will not cover any loss or damage.