

# Liddington Multi Activity Center

Sunday 4<sup>th</sup> June – Wednesday  
7<sup>th</sup> June 2023



<https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>

Jackie Mobile (for emergencies):  
07734956059

**PGL 2022/ 2023**

**Parent Information Evening**

# Dates and Times

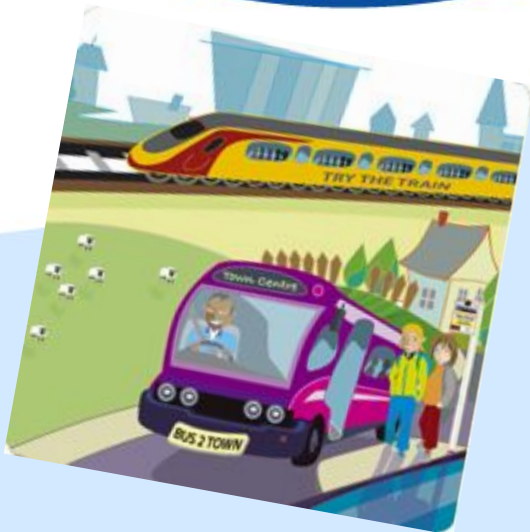


## Sunday 4th June

- Please arrive at school by 11:15am.
- Children should bring a picnic in a carrier bag and a water bottle. We will eat together before we leave school.
- We will leave school at 12:00pm.
- We should arrive at PGL at approximately 15:30pm.
- An evening meal will be provided.
- We will update you when we arrive.
- Non-electronic travel games for the coach are fine to send.

## Wednesday 7<sup>th</sup> June

- We will leave PGL at approximately 14:00pm.
- We should arrive back at school at approximately 17:30pm.
- Updates will be sent to you if our arrival time changes significantly.





# Who and Where?

## Liddington Multi Activity Center

- Approximately 3hr -3.5hr drive. Coach has been risk assessed.
- Centre managed by PGL.
- There are 150 acres of grounds packed with activities - so everything is just a short walk away.
- As well as recently constructed accommodation, dining room and indoor activity zone, there are more than 20 activities all situated on site.





# Staff Attending

Mrs Chambers

Mr Jobber

Ms Bashford

Miss Fagg

Mrs Rew

Miss Crook

Mrs Dearlove

Miss Ingram

Miss Jamieson



# Activities

- All activities are run by experienced instructors, who will go through safety rules and explain how to undertake the activities before the children take part.
- School staff also supervise the activities and take part!
- We will encourage children to attempt all activities, but they will not be forced to do anything they are not comfortable with.
- There is first aid available on site and all instructors are fully trained.





	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:30 - 20:30
<b>Sunday</b>	1						Arrive on Centre	Capture The Flag (CTF-RF1)
	2						Arrive on Centre	Capture The Flag (CTF-RF1)
	3						Arrive on Centre	Capture The Flag (CTF-RF1)
	4						Arrive on Centre	Capture The Flag (CTF-RF1)
	5						Arrive on Centre	Capture The Flag (CTF-RF1)
	6						Arrive on Centre	Capture The Flag (CTF-RF1)
	7						Arrive on Centre	Capture The Flag (CTF-RF1)
	8						Arrive on Centre	Capture The Flag (CTF-RF1)
<b>Monday</b>	1			Canoeing (OC1)	Zip Wire (ZW1)	Vertical Challenge (VC4)	Archery Tag (AT1)	Campfire (CF1)
	2			Canoeing (OC2)	Zip Wire (ZW2)	Vertical Challenge (VC5)	Archery Tag (AT2)	Campfire (CF1)
	3			Zip Wire (ZW1)	Canoeing (OC1)	Archery Tag (AT1)	Vertical Challenge (VC4)	Campfire (CF1)
	4			Zip Wire (ZW2)	Canoeing (OC2)	Archery Tag (AT2)	Vertical Challenge (VC5)	Campfire (CF1)
	5			Zip Wire (ZW3)	Archery Tag (AT1)	Canoeing (OC1)	Vertical Challenge (VC6)	Campfire (CF1)
	6			Archery Tag (AT1)	Zip Wire (ZW3)	Vertical Challenge (VC6)	Canoeing (OC1)	Campfire (CF1)
	7			Zip Wire (ZW4)	Archery Tag (AT2)	Canoeing (OC2)	Giant Swing (GS2)	Campfire (CF1)



	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:30 - 20:30	
	8			Archery Tag (AT2)	Zip Wire (ZW4)	Giant Swing (GS2)	Canoeing (OC2)		Campfire (CF1)
<b>Tuesday</b>	1			Survivor (SU1)	Abseiling (AB1)	Jacob's Ladder (JL5)	Climbing (CL5)		Silent Disco (SD-LS)
	2			Survivor (SU2)	Abseiling (AB2)	Climbing (CL5)	Jacob's Ladder (JL5)		Silent Disco (SD-LS)
	3			Abseiling (AB1)	Survivor (SU1)	Jacob's Ladder (JL6)	Climbing (CL6)		Silent Disco (SD-LS)
	4			Abseiling (AB2)	Survivor (SU2)	Climbing (CL6)	Jacob's Ladder (JL6)		Silent Disco (SD-LS)
	5			Abseiling (AB3)	Climbing (CL5)	Survivor (SU1)	Jacob's Ladder (JL4)		Silent Disco (SD-LS)
	6			Climbing (CL5)	Abseiling (AB3)	Jacob's Ladder (JL4)	Survivor (SU1)		Silent Disco (SD-LS)
	7			Jacob's Ladder (JL2)	Abseiling (AB6)	Survivor (SU2)	Vertical Challenge (VC2)		Silent Disco (SD-LS)
	8			Abseiling (AB6)	Jacob's Ladder (JL2)	Vertical Challenge (VC2)	Survivor (SU2)		Silent Disco (SD-LS)
<b>Wednesday</b>	1			Giant Swing (GS4)	Sensory Trail (ST5)	Depart			
	2			Giant Swing (GS5)	Sensory Trail (ST6)	Depart			
	3			Sensory Trail (ST5)	Giant Swing (GS4)	Depart			
	4			Sensory Trail (ST6)	Giant Swing (GS5)	Depart			
	5			Giant Swing (GS6)	Sensory Trail (ST1)	Depart			
	6			Sensory Trail (ST1)	Giant Swing (GS6)	Depart			
	7			Sensory Trail (ST4)	Climbing (CL6)	Depart			
	8			Climbing (CL6)	Sensory Trail (ST4)	Depart			



# Liddington Multi Activity Center

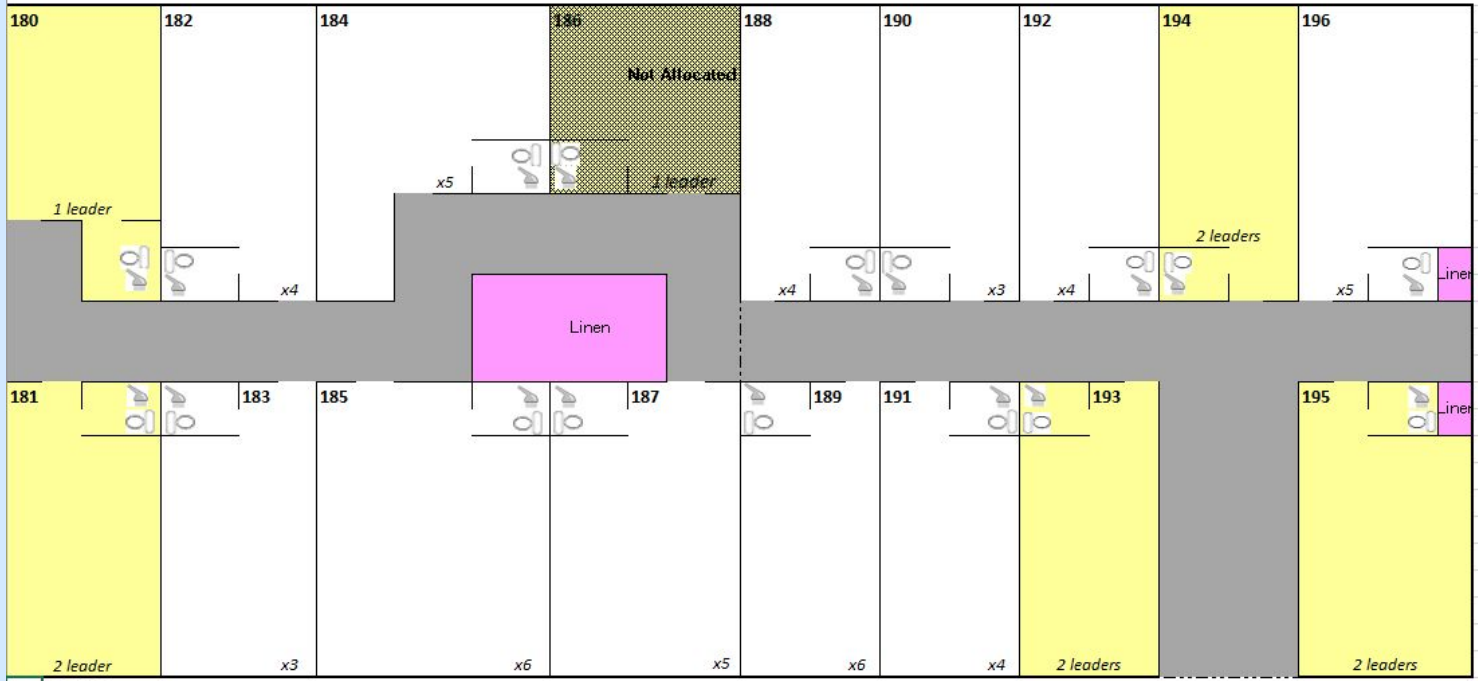
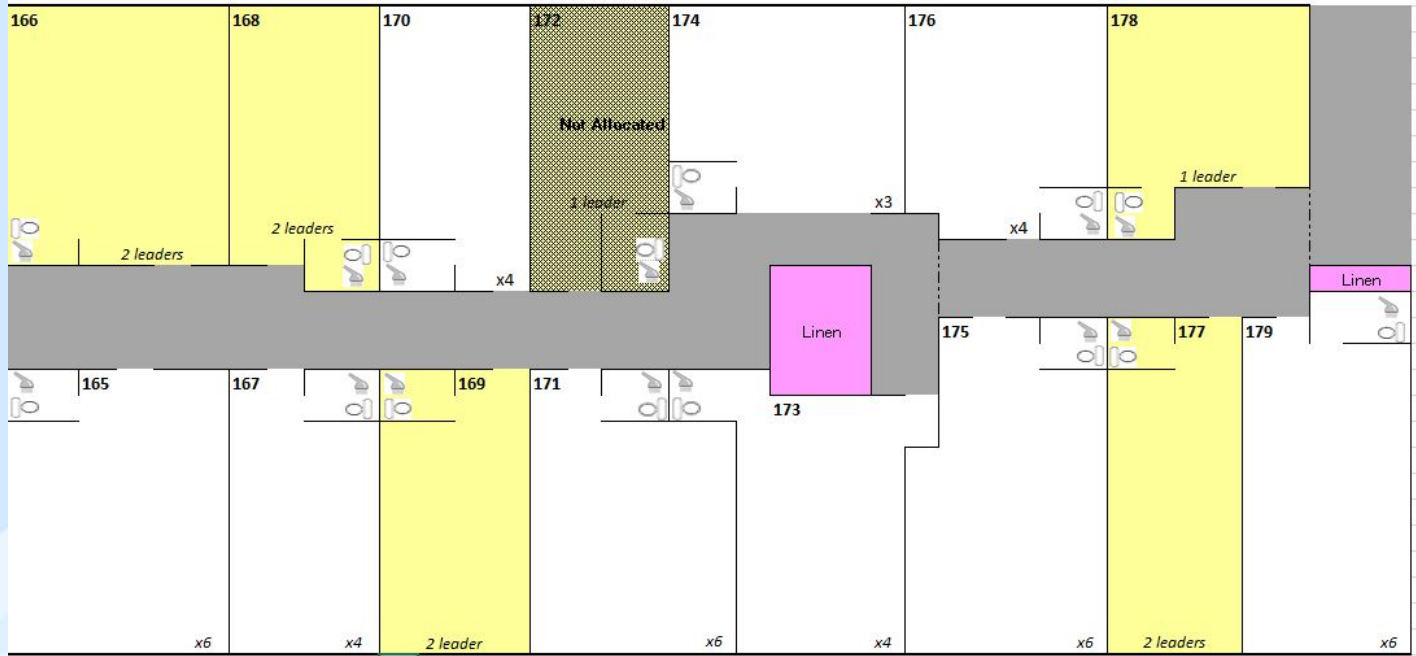
## Accommodation

### Timber clad chalets:

- 4-6 bedded rooms.
- Rooms en suite.
- On site security and first aid.
- Teacher rooms at the end of the corridor and dispersed between.
- Boys and girls have separate rooms.









# Liddington Multi Activity Center

## Accommodation

- Rooms will be assigned before we go - taking into consideration, where we can, who the children would like to be with.
- The children will find out which room they are in when we arrive at the centre.
- The children will be in separate day-time groups. Again, we will take into account, where we can, who they would like to be with.





# Safety and Medication



- Fully risk assessed site and activities.
- Equipment checked and fitted by fully qualified instructors
- On-site first aid.
- Please complete the survey monkey medical form asap so that we know how to administer any medication correctly / to consent to calpol, ibuprofen and piriton.
- We will print your form ready for the morning of the trip.
- All medication will need to be handed to Mrs Chambers and signed in by her on the morning of the trip. This will need to be handed over in a plastic bag with your child's full name on the front of the bag and also on each packet / box of medication being sent in. Full administration details will need to be on the medical form survey monkey and on the medication packet.

<https://www.surveymonkey.co.uk/r/SSBGJV2>







# Food

The PGL breakfast - hot options, cereals, toast, yoghurts, pastries & more!

Lighter tasty lunches - a pit-stop to prepare for a busy afternoon. Refuel with fresh sandwiches, soups, pasta or salads.

Delicious 'kids favourites' evening meals - crowd pleasing classics such as fish & chips, roast dinners and bangers & mash.



# REFUEL

WITH OUR

# DELICIOUS MENU



BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve) (218424)	Baked Beans (ve) (218424)	Baked Beans (ve) (218424)	Baked Beans (ve) (218424)	Baked Beans (ve) (218424)	Baked Beans (ve) (218424)	Baked Beans (ve) (218424)
Hash Browns (ve) (218424)	Hash Browns (ve) (218424)	Hash Browns (ve) (218424)	Hash Browns (ve) (218424)	Hash Browns (ve) (218424)	Hash Browns (ve) (218424)	Hash Browns (ve) (218424)
Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)	Fresh Mushrooms (ve) (218424)
Sausages (202948)	Bacon (281442)	Sausages (202948)	Bacon (281442)	Bacon (281442)	Sausages (202948)	Bacon (281442)
Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)	Quorn™ Vegan Cumberland (ve) (218424)

Available every day: Porridge with toppers\* (218424), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads.

Pepperoni Pizza (218424)	Beef Burger (208424)	Battered Chicken Chunks (202948)	Homemade Beef Bolognese (432342)	Battered Fish (218424)	Jacket Potato (ve) (218424) Served with your choice of: Grated Mild Cheddar (v) (218424), Baked Beans (ve) (218424) or Tuna Mayo (202948)	Roast Beef (281442)
Margherita Pizza (v) (218424)	Meatless Farm™ Plant Based Burger (202948) Served with: Ziggy Fries (ve) (218424)	Vegetable Nuggets (ve) (202948) Served with: Potato Wedges (ve) (208424), Garden Peas (ve) (218424), Sweetcorn (ve) (208424), Sweet Chilli Sauce (ve) (218424)	Homemade Vegetable Ratatouille (ve) (202948) Served with: Penne Pasta (ve) (208424), Garlic Bread (v) (218424), Grated mild cheddar (v) (218424)	Jumbo Sausage (202948)	Homemade Chilli Non Carne (ve) (218424) Served with: White Rice (ve) (218424)	Meatless farm™ Plant- based Chicken Breast (ve) (202948) Served with: Roast Potatoes (ve) (208424), Yorkshire Pudding (v) (208424), Fresh Broccoli (ve) (218424), Baby Carrots (ve) (208424), Gravy (ve) (218424)

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

Chicken Katsu Curry (218424)	Fish Fingers (218424)	Chicken Curry (432342)	PGL's Sausage Pasta Bake (202948)	Beef Burger (202948)	Battered Chicken Chunks (202948)	Fish Fingers (218424)
Homemade Beef Lasagne (232342)	Hunters Chicken (202948)	Baked Cheesy Meatballs (202948)	Chicken Kiev** (218424)	Homemade Mac 'n' Cheese (v) (218424)	Homemade Beef Lasagne (202948)	PGL's Sausage Pasta Bake (202948)
Vegetable Lasagne (ve) (218424) Sides: Garlic Bread (v) (218424), Rice (ve) (218424), Garden Peas (ve) (218424), Fresh Broccoli (ve) (218424)	Shepherdless Pie (ve) (202948) Sides: Baby Potato (ve) (208424), Baby Carrots (ve) (208424), Whole Green Beans (ve) (202948)	Vegetable Curry (ve) (202948) Sides: Rice (ve) (218424), Penne Pasta (ve) (208424), Mixed Vegetables (ve) (202948)	Homemade Sausage & Bean Casserole (ve) (218424) Sides: Mashed Potato (v) (202948), Fresh Broccoli (ve) (218424), Baby Carrots (ve) (202948)	Meatless Farm™ Plant Based Burger (ve) (202948) Sides: Ziggy Fries (ve) (218424), Sweetcorn (ve) (218424), Whole Green Beans (ve) (202948)	Vegetable Lasagne (ve) (202948) Sides: Garlic Bread (v) (218424), BBQ Sauce (ve) (218424), Skinny fries (v) (202948), Mixed Vegetables (ve) (218424)	Shepherdless Pie (ve) (202948) Sides: Cheesy Garlic Potato (v) (202948), Baby Potato (ve) (202948), Sweetcorn (ve) (218424), Whole Green Beans (ve) (202948)
Homebaked Iced Sponge Cake (v) (202948)	Chocolate Muffin (v) (202948)	Jam Doughnuts (v) (202948)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (202948)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (202948)	Chocolate Muffin (ve) (218424)	Chocolate Cookies (v) (218424)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

## 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.

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 frozen in tank.

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.

ASK ABOUT ALLERGENS  
WE ARE HAPPY TO HELP

# What to bring ...



## NAMED ITEMS ONLY...

- Lunch in a carrier bag for first day. Reusable water bottle.
- Non-electronic travel games for the coach.
- Sports bag / suitcase – must be able to be carried by child.
- Small rucksack for carrying daily requirements: water bottle, fruit/snack, inhaler.
- Old clothes – a mixture of outdoor clothes for warm and cold conditions (long sleeves / trousers are needed on all three full days for the activities).
- Spare clothes and underwear incase things get wet.
- Waterproof jacket.
- Swimming costume.
- Torch (optional).
- 2 towels.
- 2 pairs of trainers (1 likely to get wet).
- Disco clothes.
- Wash kit.
- Sun cream, hat, water bottle, etc.
- Sleeping bag.
- Pillow.
- Pocket money (£5 max).
- Black bin bag – named – for dirty clothes.





# 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.



T-shirts

*Your arms will need to be covered to do some activities.*

### Tops & jackets

- 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

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

### 1 or 2 sets of clothes for the evening



### Suitable nightwear

## TRAVELLING IN THE...

### ...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

### ...WINTER?

- Warm coat
- Hat and gloves

## 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 these 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)

## PLEASE DO NOT BRING

- Electrical devices
- Computer games
- Food items that contain nuts
- Jewellery/valuables
- Aerosols

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







## What not to bring ...

- Sweets or snacks (except for the first lunch).
- Any electrical items / equipment.
- Mobile phones.
- Cameras - we will take lots of pictures and share them with you!
- Anything that you don't want damaged or you don't want lost.
- Spray deodorant or glass bottles.
- Fizzy drinks.



# Spending Money

- We are suggesting a maximum of £5 for spending money.
- We ask for the money to be in coin form and in a money bag / wallet with your child's name on.
- It is your child's responsibility to look after their spending money.



# PGL Blog



REPTON MANOR  
PRIMARY SCHOOL

- HOME
- OUR SCHOOL
- OUR CHILDREN
- OUR PARENTS
- OUR COMMUNITY
- STAFF HANDBOOK
- CONTACT US

Joining our Repton Family

School Day

Our Curriculum from September 2022

Nurture

Subjects

Year Group Pages

School Council

House Captains

Home Learning

Remote Education

Your Safety

Clubs

Opal Playtimes

YOU ARE HERE / HOME / OUR CHILDREN / YEAR GROUP PAGES / PHASE 2: KEY STAGE TWO / YEAR 6 / PGL BLOG

## OUR CHILDREN

Joining our Repton Family >

School Day

Our Curriculum from >

September 2022

Nurture >

Subjects >

Year Group Pages >

Phase 1: Reception and Key >

Stage One

Phase 2: Key Stage Two >

Year 3 >

## OUR CHILDREN PGL Blog

Page Coming Soon ... Sunday 4th - Wednesday 7th June 2023!