

PGL - Bawdsey Manor



What is PGL?

- The purpose of the trip is for children to gain experiences they wouldn't normally have e.g.
- Physical challenge
- mental challenge
- promoting independence
- team work
- supporting others
- and lots more!
- **Monday 14th – Friday 18th Oct 2024** - leaving after an early lunch on Monday and returning around 3.30pm on the Friday

While we are there...

- 4 activities per day (1 ½ hours each) completed in small groups with an evening activity before bed.
- Children complete activities in groups of approx. 12 with an Abacus member of staff with each group and trained staff who run the activities.
- Although swimwear is not on the kit list, it would be advisable for children to bring, along with an old pair of shoes, in case we have a water-based activity.

Example Timetable

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening 19:30 - 21:00	
Monday	1						Arrive on Centre		Ambush (AMB1)
	2						Arrive on Centre		Ambush (AMB1)
	3						Arrive on Centre		Ambush (AMB1)
	4						Arrive on Centre		Ambush (AMB1)
Tuesday	1			Giant Swing (GS1)	Challenge Course (CC3)	Abseiling (AB2)	Sensory Trail (ST1)		Campfire (CF1 - CF1)
	2			Challenge Course (CC3)	Giant Swing (GS1)	Sensory Trail (ST1)	Abseiling (AB2)		Campfire (CF1 - CF1)
	3			Challenge Course (CC4)	Abseiling (AB3)	Giant Swing (GS1)	Sensory Trail (ST2)		Campfire (CF1 - CF1)
	4			Abseiling (AB3)	Challenge Course (CC4)	Sensory Trail (ST2)	Giant Swing (GS1)		Campfire (CF1 - CF1)
Wednesday	1			Problem Solving (PS1)	Buggy Building (BB3)	Rifle Shooting (R1)	Archery (A1)		Capture The Flag (CTF1 - FF5)
	2			Buggy Building (BB3)	Problem Solving (PS1)	Archery (A1)	Rifle Shooting (R1)		Capture The Flag (CTF1 - FF5)
	3			Buggy Building (BB4)	Rifle Shooting (R1)	Problem Solving (PS1)	Archery (A2)		Capture The Flag (CTF1 - FF5)
	4			Rifle Shooting (R1)	Buggy Building (BB4)	Archery (A2)	Problem Solving (PS2)		Capture The Flag (CTF1 - FF5)
Thursday	1			Zip Wire (ZW3)	Aeroball (AE3)	Beach/Coastal Walk (CW1)	Jacob's Ladder (JL1)		Passport To The World (PTTW1 - ACC)
	2			Aeroball (AE3)	Zip Wire (ZW3)	Jacob's Ladder (JL1)	Beach/Coastal Walk (CW1)		Passport To The World (PTTW1 - ACC)
	3			Beach/Coastal Walk (CW1)	Jacob's Ladder (JL1)	Zip Wire (ZW2)	Aeroball (AE2)		Passport To The World (PTTW1 - ACC)
	4			Jacob's Ladder (JL1)	Beach/Coastal Walk (CW1)	Aeroball (AE2)	Zip Wire (ZW2)		Passport To The World (PTTW1 - ACC)
Friday	1			Trapeze (TR1)	Survivor (SU1)	Depart			
	2			Trapeze (TR2)	Survivor (SU2)	Depart			
	3			Survivor (SU1)	Trapeze (TR1)	Depart			
	4			Survivor (SU2)	Trapeze (TR2)	Depart			

Staff Attending

To be confirmed

Food and drink

- The buffet style restaurant means that children can 'mix and match' the items they love most.
- There is unlimited access to the salad bar and bread basket and children can help themselves to fruit.
- A vegetarian alternative will always be provided and they accommodate most special diets required on medical or religious grounds
- Water and squash are available with all meals and children are encouraged to refill their water bottles for regular use throughout the day. There are also water fountains available around the centre.

Example menu

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
 <p>BREAKFAST</p>	Sausages	Sausages	Bacon	Sausages	Bacon	Sausages	Bacon
	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)
	Scrambled eggs	Hash brown	Scrambled eggs	Scrambled eggs	Hash brown	Scrambled eggs	Hash brown
	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
<p>AVAILABLE EVERY DAY Choice of cooked & continental breakfast</p> <p>Continental options: Choice of cereals Porridge Assorted yoghurts White or brown toast & jam</p>							
 <p>LUNCH</p>	<p>AVAILABLE EVERY DAY Homemade soup of the day & roll Choice of meat, vegetarian or vegan option</p>						
	Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
 <p>DINNER</p>	Mains	Mains	Mains	Mains	Mains	Mains	Mains
	Crispy chicken breast pieces with sweet & sour sauce	Beef bolognese	Chicken vegetable tikka & naan	Sausages & onion gravy	Battered fish fillet & tartare sauce	Meat pizza	Roast dinner, Yorkshire pudding & gravy
	Chickpea, lentil & coconut curry, naan (v)	Piri Piri chicken	Fish fingers	Chicken & vegetable pie	Margherita pizza (v)	Chicken Kiev	Mac & cheese (v)
	Vegetable Kiev (v)	Vegetable biryani (v)	Feta & roasted vegetable lattice (v)	Quorn & vegetable chow mein (v)	Vegetable & mushroom pilaf (v)	Roast potatoes, roasted root vegetables	
	Sides	Sides	Sides	Sides	Sides	Sides	Sides
Chips, rice, broccoli, carrots	Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	Chips, rice, peas, carrots	Mashed potato, mixed vegetables	Chips, spaghetti, peas, carrots	Cajun fries, green beans, broccoli	Profiteroles & chocolate sauce	
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	
Doughnut	Raspberry ice cream cake	Chocolate crispy cake	Apple crumble & cream	Ice cream		Waffles & strawberry sauce	

Healthy Choices

Available daily

Fresh fruit - every mealtime



Unlimited salad from our salad bar - lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

MCT = MAY CONTAIN TRACES	GLUTEN	PEANUTS	TREE NUTS	MILK	CRUSTACEANS	MOLLUSCS	EGGS	FISH	CELERY	LUPIN	MUSTARD	SE-SAME	SOYA	SULPHITES
PIRI PIRI CHICKEN														
TUNA PASTA BAKE	• WHEAT			•				•						
PLANT BASED CHICKEN SCHNITZEL	• WHEAT													
FRIES														
PEAS														
CAULIFLOWER														
TOMATO SAUCE									•					•
PENNE PASTA	• WHEAT													
CHOCOLATE MUFFIN	• WHEAT			•			•							•



Medicine and First Aid

- 24 hour on site First Aid area and trained staff from PGL. All Abacus staff are first aid trained.
- Any medication needed during their stay is kept with Abacus staff who administer and keep a record of this.
- Please fill out the contact/medical form ASAP when sent out

Communication

- Children must not bring mobiles or tablets with them
- Staff will regularly update Mrs Blakeley and this will be passed onto parents
- Mrs Blakeley will send a test text on the Friday before the residential
- Unfortunately, children are not allowed to bring personal cameras. However, photos taken by staff will be shared every day on the school website.

Dorm rooms

- Children will be allocated same sex dormitories in small groups (usually 4 or 6) with en-suite bathrooms
- Children should bring a sleeping bag and pillow with them (Duvets and pillows are available to rent at an additional cost.)
- Dorm allocations will be organised the week before we go and children will be in a room with their friends
- Staff bedrooms will be made clear to children. Staff doors will be open during the day while in the dorms and children can knock on the doors at night if they have any concerns

Other information

- Children can bring up to £12 with them to spend in the gift shop. Please could this be split into 4 individual envelopes of £3 per day. They will be given a short amount of time to visit each day.
- The coach will leave school during the morning of **Monday 14th October** and so children will need a packed lunch in order to eat earlier.
- The coach will leave PGL at approx. 1:30pm on the Friday and so should arrive back at school around 3:30pm.

Other information

- Children should wear their own clothes to school on the morning of Monday 14th October.
- They should bring their cases through the office entrance and parents should present staff with any necessary medication then
- Children should be able to carry their own case as they may need to take them up stairs (so try not to over pack!)

Payment

The total cost of the trip is £390 per child.

To secure the booking, a non-refundable deposit of £120 should be made by 22nd September 2023.

The remaining balance of £270 (instalments) should be paid by 28th June 2024.

If you have any concerns regarding payment, please speak the office.

Thank you!







