ST MARY'S
RC PRIMARY SCHOOL

PGL School Journey 2023

What is it?

A residential school journey spread over a long weekend

Time away with class mates to enjoy some independence and to take part in a range of challenging activities

Who is it for?

Every Year 6 child if possible

Plus four or five staff members

depending on the numbers of children

1:10

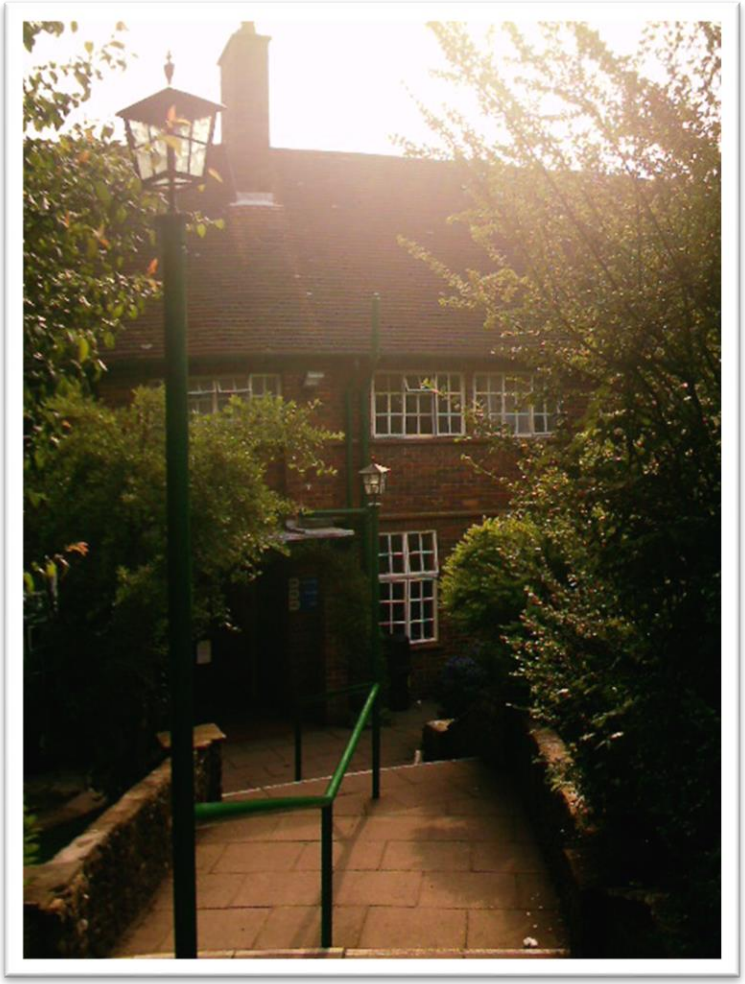
When will it be?

Friday 23rd June 2023

to

Monday 26th June 2023

Where does it take place?



Bethany House

PGL Marchants Hill Multi Activity Centre

Marchants Hill

Hindhead

Surrey

How do we get there?

Leaving school at 10.30am
on Friday 23rd June

Travelling by coach for just over an hour
The PSA generously help us to pay for the coach

Arriving on site at around midday

Returning by coach on Monday 26th June
just in time for the end of school

Where do we sleep?

We all stay together in Bethany House, a converted convent on the edge of the beautiful Hindhead Forest

We sleep in en suite bedrooms - sleeping four to eight girls or boys in bunk beds



The house is locked at night and there is a security patrol

What do we eat?



All meals are provided for children and there is always a choice

Breakfast

a range of cereals, cooked items and toast

Lunch

soup, bread, salad, a choice of hot dishes and fruit

Dinner

soup, bread, salad, a choice of hot dishes and desert

Fresh fruit and juice/ water is available at every meal

Dietary requirements can be catered for

What do we do?

Over the four days children will take part in ten or eleven challenging activities within the forest

Everybody is encouraged to have a go and to do what they can

Activities are always with a qualified instructor, apart from the Hike, which St Mary's staff supervise

School staff always accompany groups to the activities and they may even take part!



Activities – we did last time…

- Climbed **JACOB'S LADDER**
- Played **'CAPTURE THE FLAG' –** basketball on a trampoline
- Challenged ourselves on the **CHALLENGE COURSE**
- Conquered the **CLIMBING** wall
- Swung on the **GIANT SWING**
- **HIKED** through the forest
- Let our arrows fly in **ARCHERY**
- Learned how to cope in the wild in **SURVIVOR**
- Faced our fears on the **ABSEILING** wall
- Learned all about the sport of **FENCING**
- Tested our skills in the **SPORTS AND TEAM GAMES** activities

Activities



Fencing







Challenge Course





Jacob's Ladder





Abseiling





Climbing





Giant Swing





Three Mile Hike





Archery



Survivor



Capture the Flag



Sports and Team Games





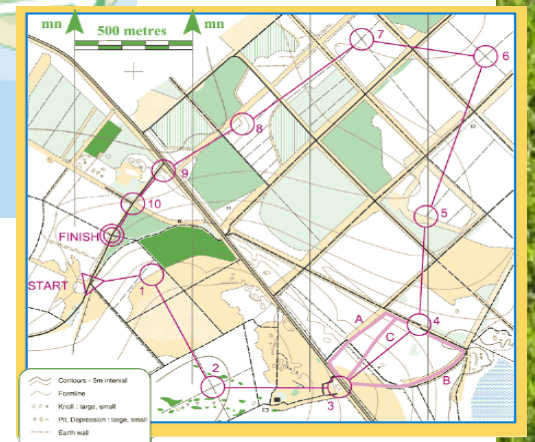


In other years we have…



Orienteering







RED COURSE 5.0km 35m climb

1.	33	Vegetation Boundary
2.	56	Ride Crossing
3.	31	Knoll, E. side
4.	77	Track bend
5.	68	Ride end
6.	51	Ride crossing
7.	72	Ride crossing
8.	48	Earthwall corner
9.	53	Earthwall, W. side
10.	55	Track/road junction

Follow tapes to Finish



Sensory Trail





Zip Wire





Trapeze





Low Ropes Course





Problem Solving Activities





Aeroball



Evening Activities

After dinner activities include…

- games and races
- problem solving activities
- tuck shop
- camp fire
- disco

On Saturday evening or Sunday morning we welcome our parish priest to celebrate Mass

Evening Activities







What does it Cost?

There is an 'all in' cost of £213 for this long weekend trip

(this includes an early booking discount of £27)

There is a deadline for the non- returnable deposit:

Monday 31st October - £30

The PSA will help the school pay for the children's transport there and back and half of the extra subsidy for bedding which is extra

How do I pay?

Some parents like to pay the whole cost at once

Others like to pay a small amount every month

We are suggesting that parents pay
6 monthly instalments of £30.50

The trip must be paid by the deadline
which is the 31st May 2023

Payments should be made through ParentPay

PGL gets the 'thumbs up'



Any comments?

Any questions?

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PGL School Journey 2023

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Conduct and Kit

Conduct

Good behaviour, cooperation and being sensible are all very important on our up coming trip away

School Journey Code of Conduct

The PGL Centre at Marchant's Hill, which includes the accommodation at Bethany House, has a clear code of conduct which all groups are expected to follow and which we fully endorse.

At St Mary's School we have high expectations of children's behaviour which includes their behaviour when away from the school building on school journeys, trips and visits.

School Journey Code of Conduct

For the PGL School Journey in June 2023 we have drawn up a Code of Conduct that encompasses both.

We ask that you look at this Code of Conduct with your child and discuss why excellent behaviour is important from every child while we are away.

Please then sign the two copies of the Code of Conduct and return one to the school, keeping one as a reminder at home.

Before we leave for our school journey, please remind your child about this Code of Conduct and what is expected of them.

Code of Conduct

When staying at the PGL centre I will:

- make sure that I help everyone to have a brilliant time away
- treat others with respect at all times and be polite to others – remembering to say please and thank you
- behave in a sensible and responsible way and cooperate fully with adults and other children
- always follow the instructions of the PGL staff and St Marys staff the first time they are given
- not compromise my own or anyone else's safety at any time

Code of Conduct

- not use any equipment or go to any activity area unless given permission to do so by a member of PGL or St Mary's staff
- always obey any PGL safety notices
- show consideration for the environment and treat all areas of the centre – inside and outside – with respect
- use litter bins at all times
- keep the accommodation clean and tidy and clear away what I use at meal times and after sessions

Code of Conduct

- only go into my bedroom and NOT any other
- not disturb any other residents or staff by being noisy after 'lights out'
- only bring what I have been instructed to and not bring an iPod, iPad, mobile phone or any other electronic device with me

St Mary's School reserves the right to send home any pupil who refuses to follow this Code of Conduct

Kit List

What to bring

PGL is an adventure holiday and, as we will be taking part in activities that involve getting dirty and muddy, please ensure that your child brings **old** clothes.

DO NOT pack anything that you mind them getting **DIRTY!**

Important items to remember

- Healthy Packed Lunch (Friday 23rd June) contained in a rucksack (no glass bottles, fizzy drinks, chocolates or sweets).
- School water bottle – for daily use
- Sun cream / sun hat
- Waterproof jacket

Important items to remember

- Any medication (to be labelled clearly with child's name and instructions and handed in to the teacher in charge of medication on the morning of the trip) and the Pupil Medication Request Form (sent at a later date) completed and signed by the parent.

- Pocket Money (no more than £5, contained in a **labelled** purse or envelope, to be handed in to the teacher in charge of spending money on the morning of the trip)

Clothing

- Underwear and socks (enough for 3 days + pack some spares- they may be needed)
- Pyjamas/Nightdress
- Slippers or soft shoes for indoor wear only
- Bath towel/ face towel
- Wash bag- containing toothbrush, toothpaste, soap/shower gel, shampoo and roll-on deodorant (not sprays)

Clothing

- Suitable footwear for outdoors (x 2)- trainers are the most appropriate
- Sunhat – just in case the weather is lovely!
- Waterproof jacket – in case it is not!
- Warm sweatshirts or jumpers
- T-shirts, including a selection of long sleeved ones – a requirement for most of the activities

Clothing

- Shorts (for non-activity times/evenings only)
- Long trousers, such as tracksuit bottoms – a requirement for most of the activities – jeans are not allowed for many of the activities so only bring for evening wear
- An evening outfit for the disco

Suggested Extras (not essential)

- Reading book/notebook & pen/ colouring pencils
- Pack of cards/ non electronic game
- Camera (disposable sort is very good – please LABEL IT!) No phone cameras are allowed
- Soft toy for bedtime

Please ensure all clothing and equipment is clearly LABELLED with your child's name.

What not to bring

- It is worth remembering that children are responsible for their own belongings.
- They should **NOT** bring anything that they (or you) would be upset about if it got lost or broken.

Definitely do not bring

- Mobile phones
- Electronic games
- Extra pocket money- there will not be an opportunity to spend it
- Spray deodorants or any kind of spray – as spray products set off the fire alarms
- Sweets, biscuits, snacks (there will be an opportunity to buy some treats and/or souvenirs at the Tuck Shop)