

Osmington Bay, Weymouth



September 13th - 17th 2021



Osmington Bay - Dorset

- 27 fantastic adventure activities to choose from
- Direct access to the beach
- Watersports take place at the Portland Bay Olympic venue nearby
- Explore the 360 Virtual Tour www.pgl.co.uk/osmington360 to see inside the centre and view activity information and videos



WEYMOUTH 2021

Meet the team.

73 children are going accompanied by **8** members of staff:

Miss Bailey,

Mr Blanchard,

Mrs Smith,

Mrs Tubbs &

Miss Whitman,

Mr Powell,

Mrs Tullett,

Mr Newbold

Monday

- Lulworth Cove walk and beach
- 4pm arrive Osmington Bay , dorms, site walk
- Evening entertainment

Tuesday/ Wednesday /Thursday

- On site activities
- Evening entertainment

Friday

- Paultons Park, Romsey



Monday 13th September

Please put case on the correct coach parked at **Forest**

View from 7:40 am.

1 Churchill & 9 Mandela 2 Pankhurst & 13 Mandela

Children to come to the school hall with:

- * **rucksack** - water bottle, **packed lunch & snacks**,
pocket money, **waterproof coat**, sun cream, face mask
(11+) & small hand sanitiser
- * **any new medication**

The coaches will leave promptly at **8:10am**.

Friday 17th September

We are due back around 4.45 **pm**.

We will let the school know our ETA and they will put it on the website.

SAFETY

- * Perimeter fence**
- * Doors locked in the evening**
- * A members of PGL staff on duty all night.**
- * All PGL staff are vetted, inducted and trained**
- *Member of British Activity Providers Association**
- *Holds Learning Outside the Classroom Quality Badge**

PGL is a founder member of the British Activity Providers Association (BAPA) and the School Travel Forum (STF) and a Learning Outside the Classroom Quality Badge holder. Our substantial bonds with the Association of British Travel Agents (ABTA) and the Civil Aviation Authority (CAA ATOL) are a symbol of the Company's stability, and guarantee our guests' financial security

- **Continual safety and first aid training for all staff**
- **All staff wear PGL uniform**
- **Regular checks on equipment before and after every activity session.**
- **Qualified First-Aider on centre 24/7**
- **Gates have codes**
- **All staff are fully DBS checked**

The children will be participating in the following activities:

giant swing,

aeroball,

survivor,

orienteering,

zip wire,

abseiling,

archery,

raft building,

dragon boating,

low ropes,

trapeze

Children will be in 7 activity groups.

There will be 10 or 11 children in each group with a Southway member of staff and PGL staff leading the activity.

ITINERARY

- 07.00 - 9.00 Get up, get ready and fuel up for the day ahead
- 09.15 - 12.30 Morning activities - Activity Sessions
- 12.30 - 14.00 Your choice of packed lunch on centre or out on a day trip
- 14.15 - 17.30 Afternoon activities - Activity Sessions
- 18.00 - 19.00 Time to eat again - a different menu each day
- 19.00 - 21.00 The evening entertainment programme keeps your group engaged until bedtime
- 21.00 / 21.30 Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!



EVENING ACTIVITIES

- Campfire
- Cludeo
- Olympics
- Capture the flag
- Karaoke
- Ambush
- Sportsnight
- Wacky Races
- Osmopoly
- The Cube



<https://www.pgl.co.uk/Files/DocumentManagerDocuments/Web/Policies/PGL-COVID-Secure-Policy-and-Procedures.pdf>



COVID

**Please help us all by following the
government guidance.**

DORMITORIES

Two storey blocks

- All rooms have bunk beds
- Sleep between 2 & 6 children.
- Rooms are en suite
- Adults rooms are dotted between the children's rooms.
- Children have chosen one friend to be with.





Chalets

- Purpose-built chalets
- En suite rooms sleep 4-6
- Each dormitory has its own lock. Adults will have a master key.
- Adult rooms are situated at the end of each block.

Children have chosen 1 friend to be with.

MEALS

- **3 nutritious, balanced meals per day**
- **Salad bar**
- **Vegetarian options**
- **Special diets catered for by prior arrangement**



Breakfast:

Cereal, yoghurt, fruit, fruit juice, bread, toast, cooked items

Lunch:

hot meal

Evening meal:

cooked meal - see sample menu

DUE TO ALLERGIES NO FOOD MUST BE PACKED FOR YOUR CHILD.

DO NOT PACK ANY EMERGENCY FOOD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 BREAKFAST	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	
	AVAILABLE EVERY DAY Choice of cooked & continental breakfast Continental options: Choice of cereals Porridge Assorted yoghurts White or brown toast & jam					
 LUNCH	Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	
	AVAILABLE EVERY DAY Homemade soup of the day & roll Choice of meat, vegetarian or vegan option					
 DINNER	Mains Crispy chicken breast pieces with sweet & sour sauce Chickpea, lentil & coconut curry, naan (v) Vegetable Kiev (v) Sides Chips, rice, broccoli, carrots Dessert Doughnut	Mains Beef bolognese Piri Piri chicken Butternut squash & vegetable biryani (v) Sides Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables Dessert Raspberry ice cream cake	Mains Chicken & vegetable tikka & naan Fish fingers Feta & roasted vegetable lattice (V) Sides Chips, rice, peas, carrots Dessert Chocolate crispy cake	Mains Sausages & onion gravy Chicken & vegetable pie Quorn & vegetable chow mein (v) Sides Mashed potato, mixed vegetables Dessert Apple crumble & cream	Mains Battered fish fillet & tartare sauce Meatballs in tomato sauce Lentil bolognese (v) Sides Chips, spaghetti, peas, carrots Dessert Ice cream	

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.

KIT LIST - everything named please

★ sleeping bag & pillow (named & attached to outside of suitcase)

* Long sleeve tops and trousers

(a requirement for some activities)

* Sun protection (own sun cream, hat/cap)

* Shoes - 2 pairs trainers (1 for evening if wet)

* Named water bottle

* Wash stuff & towels - **No aerosols.**

* **teddy**

* **shorts , T-shirt, water shoes in a carrier bag**

★ Packabale Waterproof coat

* School PE top for Paultons Park

* Face masks if 11+

* bags for dirty clothes

* Disposable/ cheap digital camera

* **No mobile phones nor electronic gadgets**

Please check the weather forecast before we travel!

MEDICAL

Mrs Tullet, Mrs Smith and Mrs Tubbs are nominated first aiders .

Miss Whitman is also first aid trained.

INHALERS

Children need 2 x inhalers -we will take both the school inhalers which must be in date (classroom & office) 1 will be in your child's rucksack, the other with the group leader .

Please let us know of any concerns, e.g. sleep walking or bed wetting.

If there are any changes to medication, please let us know immediately.

**All medication to be sent to school on Friday
10th September**

All medicines to be handed in at school on **Friday 10th September** in a named plastic bag.

Any non prescribed medicine must in the original box, have the patient information leaflet and must have been given to your child previously with no adverse effects. These must be recorded on the medicine to administer form

POCKET MONEY

Up to **£10** - in £1 and £2 coins please

Your child needs to keep his/ her money in a named wallet/purse in their rucksack.

FORMS

Thank you for returning your forms, we may ask to speak to you or ask you to pop into the office.

Safety of children paramount.

If your child subsequently needs medication, please ask for a form and fill it in.

Water confidence-in order to take part in the water activities your child need to be water confident.

Any changes to information on the forms (phone nos, doctors), please let us know immediately.

BEHAVIOUR

5 Cs

★ CARING

★ CAREFUL

★ CHEERFUL

★ COURTEOUS

★ CO - OPERATIVE

In case of an emergency and you need to contact us, the school mobile number will be sent out the Friday before we go.

If your child has a birthday while we are away, please e-mail me.

If your child has a medical issue the weekend prior to going, please text the mobile number and I will ring back.

A daily photo will be put on **VLE** which you can access via the school website.

More photos will be put on the school twitter account.

A quiet weekend before they go - no sleepovers

Good weather is ordered!

No news is good news.

**We aim to update the VLE once a day - please
check it daily.**

Any questions?

Thank you for your continued support

Please feel free to email me churchill@southwayjunior.co.uk



Throughout the trip the children will:

Follow all instructions given by members of staff

Remain with the group at all times

Not leave the designated site area unless accompanied by an adult/ given permission to do so

Follow all the safety protocols

Follow the behaviour expected in the school policy





