

Year 6 Residential trip to

PGL Bawdsey Manor

**Children please sit with your parents
Thank you.**

Parents, please ensure that you have signed the signing in sheet and provided a contact number.

Please take a medical contact form and photograph agreement form.

PGL

Bawdsey Manor

Suffolk

19 June – 22 June 2026



Staff accompanying the children

Mrs Webb – First Aider/DDSL

Mrs Baldwin - First Aider/DDSL

Mrs Taylor

Mr Cluett - First Aider

· Mrs Lister - First Aider

Miss Emblem - First Aider

Prior to the trip you will be required to complete:

A medical needs and dietary requirement form. If there are any changes prior to the trip please update us.

If it is your child's birthday whilst we are on the trip, please inform us.

Spending money

There is a shop on site providing a selection of reasonably priced toys, gifts, sweets and drinks which they will visit twice.

- We suggest the children have a maximum of **£10** this will remain your child's responsibility – any lost money cannot be replaced
- Please provide a clearly named purse/wallet containing their money – to be packed in their case

Advice about what to take:

- ❖ Back pack for the coach containing drinks, sweets, treats and entertainment for the journey. **No fizzy drinks, glass bottles or chewing/bubble gum**
- ❖ Provide a packed lunch - to be eaten at Bawdsey Manor
- ❖ Please provide your child with appropriate clothing for the duration of the trip
- ❖ Given the British weather they will require: a rain jacket, appropriate footwear, a sun hat and sun lotion. We have one water based activity, beach shoes or old trainers/pumps will be preferable. A hand held fan was beneficial on previous trips
- ❖ They will require a named water bottle for the trip
- ❖ Some activities require them to have their arms and legs covered for safety

MEDICATION

- ❖ Medication (named, dosage and time to be administered clearly stated) to be given in to the school office by an adult from the week beginning 15th June – no later than Wednesday 17th June
- ❖ If your child requires travel sickness medication, please administer at the appropriate time before departure and supply for the return journey, stating the dosage and time to be administered
- ❖ If your child suffers from hayfever or has a reaction to bites, please provide medication
- ❖ If your child suffers from headaches, please provide appropriate medication
- ❖ Asthma Pumps (stay with child)
- ❖ Mrs Baldwin and Mrs Lister will be administering medication on the trip. A record of any medication administered will be recorded

Behaviour

We expect the same behaviour from the children as we would at school.

Any behaviour that puts your child, other children or any adult at risk of harm may result in you being asked to collect your child.

We do not anticipate this will happen, however safety of the children is our priority.

Friday 19th June



- ❖ Meet in the Junior hall at 08:30am – with cases. We will register the children on arrival.
- ❖ The coach/mini-bus will leave at 09:00am prompt. You are welcome to wave your children off.
- ❖ We will be stopping for a comfort break on route and hope to arrive at Bawdsey Manor at approximately 12:30am.
- ❖ You will be informed that we have arrived via the Arbor App – you should receive an in-app notification. Please make sure that we have your up-to-date number.
- ❖ We will be eating lunch at Bawdsey Manor. Our first activity will be at 3:00pm.

PGL Staff

All PGL staff have an enhanced Disclosure and Barring Service (DBS).

All instructors are carefully selected and highly trained.

Health and safety is their number one priority and all the centres and activities are subject to inspection by the relevant authorities.

The children are required to wear safety harnesses for all activities which involve heights.

Accommodation

Your children will enjoy their home away from home as they unwind after an inspirational day of learning and adventure.

We will be staying in an en-suite accommodation block. The children will be informed of who they will be sharing their room with once we arrive.

Plenty of sleep is required to recharge the batteries, so lights are turned out by 10:00pm



Rooms sleep between 4 and 9.



**The adults accompanying the children
will be strategically placed.**



At Bawdsey Manor, PGL staff will inspire, motivate and challenge your children to raise aspirations, build their confidence and support their achievement.

Each day brings a new adventure and the chance to try something new with the encouragement of their friends.



Activities

Whether it's finding the courage to jump backwards off an abseil tower or zip wire through the trees, there'll be a huge range of thrilling adventure activities that will help your child build confidence, learn new skills and strengthen friendships.

There are four sessions each day with a huge variety of outdoor activities to choose from.

Evening entertainment 7pm – 9pm.



Key message:

Children are encouraged and praised during activities but are **NEVER** forced to take part if they are not comfortable doing so.

A Sample day at Bawdsey Manor

Schedule	Activities
07.00 - 09.00	Get up, get ready and fuel up for the day ahead
09.15 - 12.30	Morning activities - usually 2 sessions with a 15 minute refreshment break
12.30 - 14.00	Dry off & clean up. Time for a fresh & tasty two-course hot lunch
14.15 - 17.30	Afternoon activities - 2 exciting sessions with a 15 minute refreshment break
18.00 - 19.00	Time to eat again - a different menu each day
19.00 - 21.00	Talent shows, campfires, quizzes and more. The evening entertainment programme keeps you laughing until bedtime.
21.00 - 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!

Enjoyable mealtimes with nutritious and tasty food

Meals are freshly cooked, balanced and will give your children plenty of energy to keep them going throughout the day.

Fussy Eaters?

We know some of your children may be particular about what they eat. Don't worry though, whether it's because of special dietary needs or simply someone who is really particular, they will always find something to suit any special requests you may have.

And if they are still hungry, they can offer alternatives and extra food.



Meal times



Breakfast	
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Grilled Bacon (V) Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Grilled Pork Sausages (V) Quorn Sausages Baked Beans Omelette Hash Browns Seasonal Fresh Fruit Hot & Cold Drinks

Lunch	
Homemade Soup of the Day Choice of Breads Burger Bar Meat or Spicy Veggie Burger in a Bap Choice of Relishes Potato Wedges & Peas Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Lunch Homemade Soup of the Day Choice of Breads Tortilla Wrap or Freshly Baked Baguette Choice of Hot & Cold Fillings Tortilla Chips Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks

Breakfast	Lunch	Dinner
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Grilled Bacon (V) Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Burger Bar Meat or Spicy Veggie Burger in a Bap Choice of Relishes Potato Wedges & Peas Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Dinner Homemade Soup of the Day Slow Cooked Pork and Vegetables Chicken Goujons (V) Sweet Potato & Vegetable Wellington Rice or Sautéed Potatoes Green Beans & Broccoli Gravy Seasonal Fresh Fruit & Salad Bar Jam Sponge with Custard Hot & Cold Drinks

Children may bring devices, however they must not be able to connect to the internet, 3G, 4G or 5G as we cannot safeguard them from online use. Any devices will be your child's responsibility for the trip - **we cannot accept any responsibility for loss or damage.**

- ❖ No mobile phones
- ❖ No hair straighteners
- ❖ No aerosols, sprays or nail varnish
- ❖ No cameras

This is for safeguarding and privacy reasons. This helps us ensure that all pupils are kept safe and that images are only taken and shared in line with school policies and parental permissions. With the increasing use of AI and image-sharing technology, it is vital that all photographs are taken, stored and shared only through approved school systems to help us ensure that all pupils are kept safe and protected.

Return Journey Monday 22 June



- ❖ We will be having lunch before departing from Bawdsey Manor
- ❖ We will be departing at 13.00
- ❖ We aim to arrive at Horsted approximately 15:45

You will be informed by Mrs. Francis via an in-app message on the Arbor App when we have left. You will be updated about our time of arrival should there be any delays.

Emergency contact

- You can contact Mrs. Francis via the school office during school hours - she will then contact us
- Out of school hours you can contact me via my FLO mobile – you will be given the number prior to the trip

Tuesday 23 June

Following the trip, if it fits in with your daily routine, children will be permitted to start school on Tuesday at 10:00am. Staff will be in school as normal for any children who need to attend at the usual time.

**Your children will
have a fantastic
memorable
experience!**

Thank you for attending!

If you have any questions
please feel free to ask us -
or you are welcome to make
arrangements to see a
member of staff.