



East Sussex, Windmill Hill

Ready for a fantastic adventure on the Sussex Downs?



Information Sharing Session for Parents and Carers

September 2024



Why?

PGL Windmill Hill will provide the children with opportunities to try a variety of new experiences within a safe and supportive environment.



The activities will encourage them to step outside of their comfort zone and develop their ability to solve problems whilst working in a team.



Timings

Monday 23rd September 2024

Children to arrive at school from 11:00am
arrive at school for registration. Enter through
Gate 2.

Bags to be brought to 6A/6B

**Children should bring packed lunch on
this day in a disposable bag so that it may
be thrown away.**

Coach departs at: 12:00 arrival at PGL
1:45pm

Friday 27th September 2024

Children who attended the residential will arrive
back at approximately 3:30pm.



Safeguarding

All staff attending the school visit and PGL staff have an enhanced DBS checked.



Support

Loco parentis

We will act in loco parentis when we are away with your children.

This means staying up with them at night should they feel unwell, taking them to A&E should the need arise and providing support emotionally wherever needed.

Other support?

Communication

We will be using the whole school Class Dojo page to share stories and experiences of the Year 6 children whilst they are away.

If you wish for your child to be included in these updates, please complete the permissions form.

If you wish to communicate with the group leader you will need to **telephone** or **email** the school in the first instance. The school will then contact the visit leader on your behalf if necessary.

Out of hours number: 07950 104 873

Should there be an emergency outside of the school hours you will need to ring this number and speak to Mr M Currie.

Mr Currie will then contact the visit leader on your behalf if necessary.



No mobile phones

Code of Conduct

For the visit to be beneficial and enjoyable for all, you are expected to:

1. behave responsibly and show consideration for others, including fellow participants, staff and members of the public;
2. comply with instructions from staff;
3. look after your own possessions and anything you borrow;
4. keep all facilities clean, tidy and undamaged;
5. abide by any rules and regulations of the places we visit;
6. in the event of an emergency, follow emergency procedure instructions;
7. inform a member of staff if you have any concerns about safety or security;
8. wear appropriate clothing;
9. comply with any restrictions on the use of phones, cameras, music players and other devices.
10. remain in your designated group;
11. know which member of staff is your nominated leader;
12. when unaccompanied by staff, ensure that you understand any instructions and limitations.

On a coach, minibus you must:

1. remain in your seat, unless given permission to do otherwise;
2. wear your seat belt if one is provided;
3. put litter in the bags/bins provided;
4. if you begin to feel travel sick, inform a member of staff.

When staying in a residential centre or campsite, you must:

5. understand and follow all instructions about fire and safety procedures;
6. know how to locate or contact staff;
7. comply with any instructions about permission to leave the accommodation;
8. comply with any instructions about access to parts of the accommodation;
9. comply with instructions about visiting other people's bedrooms; arrive on time for meals and meetings;
10. comply with any restrictions on the use of mobile phones, smartphones, tablets, cameras, music players, etc.
11. comply with any restrictions on internet access, viewing TV and videos, etc.

Code of Conduct Continued

Sanctions

Failure to comply with this Code of Conduct may result in the following incremental sanctions:

1. time out from an activity;
2. removal from an activity in its entirety and telephone call with parent;
3. moving group - away from a person with whom the participant wanted to be with and telephone call with parent;
4. moving room - away from a person with whom the participant wanted to be with and telephone call with parent;
5. removal from activity for a significant period of time (half a day) and telephone call with parent;
6. Suspension from all activities, parent/s contacted and child collected within 4 hours (day or night).

I agree to abide by the above Code of Conduct

Name of Participant

Participant's Signature _____

Date _____

Parent/Guardian's Signature _____

Date _____


Kit List + Roomings/Groupings



Kit List



Children will be given an opportunity to select 3 pupils for their room group and 3 pupils for their day group. They are guaranteed to get **at least 1** of their selections in each group.




WHAT TO BRING

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.


- ☐ Tops & jackets
 -  T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
- ☐ Trousers or leggings but not jeans as they get heavy and cold when wet
- ☐ Underwear & socks
- ☐ 1 or 2 sets of clothes for the evening
- ☐ Suitable nightwear

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

Your socks will need to cover your ankles to do some 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)
- ☐ Hair ties for long hair



TRAVELLING IN THE...

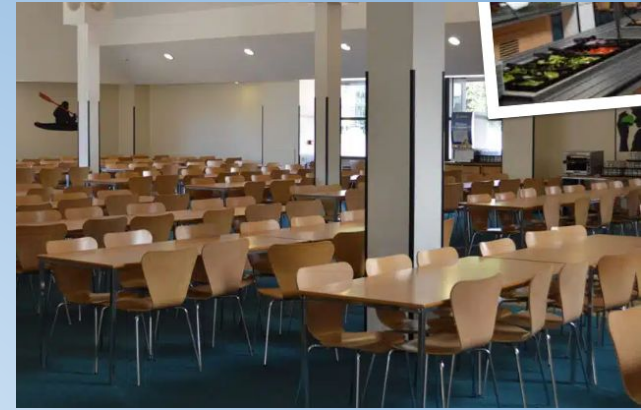
 ...SUMMER?

 ...WINTER?

Food!

At PGL centres, they are able to deliver catering provision for many dietary requirements as specified by culture, religion and medical concerns. They regularly provide meals for a wide variety of needs including coeliac, diabetic, food allergies and vegetarian/vegan.

There are freshly-prepared hot or cold options available at every mealtime and a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner. Homemade soup is available most days and there is plenty of bread and fresh fruit available, as well as hot and cold drinks.



Sample Menu

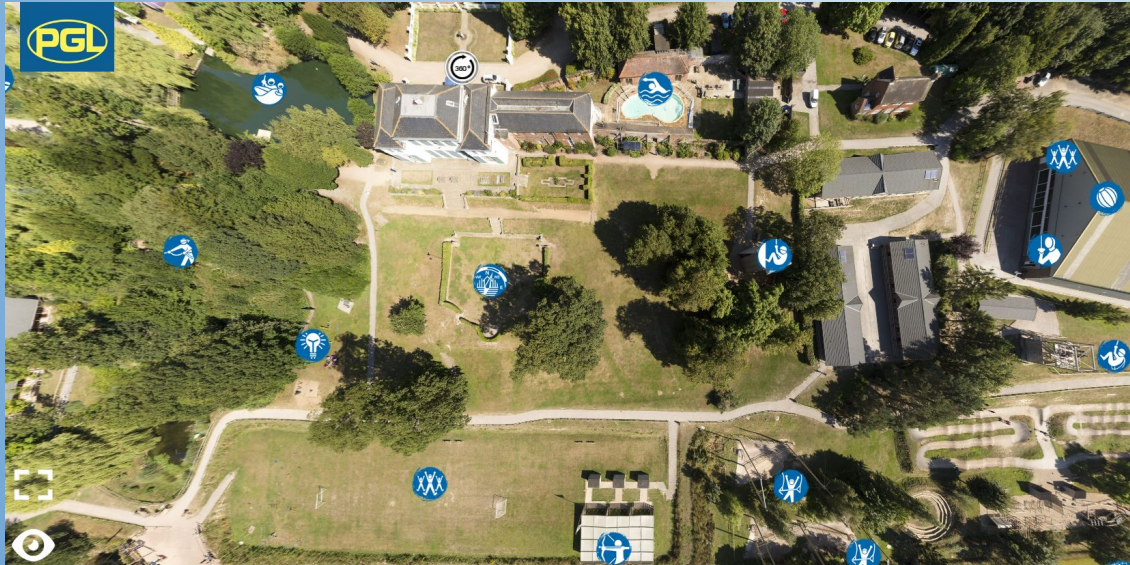


Fussy Eaters

PGL know that some children are very particular about what they eat and if the menu doesn't suit, they can provide alternatives to ensure no-one leaves the dining room hungry. PGL do often find, however, that children are more likely to try new things at PGL that they wouldn't normally eat at home - it's all part of the PGL experience!

Activities:

All PGL's adventure activities take place under the instruction and guidance of specially trained PGL instructors who prioritise safety above all else. Activities take place on land, on the water and in the air (for our rope-based challenges), so each brings a different (and fun!) way for children to challenge themselves in a friendly, safe and supportive environment. The final activity programme will be agreed with the Party Leader a few weeks before travel but you can see a full list of activities on each centre page, along with a full description and photos.



Activities - take a tour of the site.



Spending Money

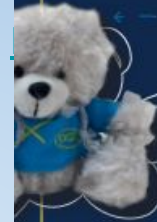
Please bring a **maximum of £10** to bring and spend.

Money is the responsibility of each child so please send this in a secure container.

Any lost money will not be reimbursed.



GIFT SHOP PRICE LIST



TOYS

Teddy Bear.....	£5.00
Football.....	£6.00
Basketball.....	£6.00
Bouncy Ball.....	£1.00
Dangly Bear.....	£3.00

GIFTS

treat someone you love...

Magnets.....	£1.50
Mugs.....	£4.50
Keyrings.....	£2.50
Postcards.....	£0.50

ACCESSORIES

Water Bottle.....	£5.00
Medal.....	£3.00
LED Torch.....	£3.00
Badges.....	£1.00
Wristbands.....	£1.00
Coaster.....	£2.00



CLOTHES

Caps.....	£5.00
T-shirts.....	£7.00

STATIONERY

Rubbers.....	from 40p
Pencils.....	from 80p
Eco Pen.....	£1.00
Eco Notebook.....	£3.00



Other Parent Information from PGL

If you would like any other information which is published for parents from PGL.

Click [here](#)

