



St Barnabas

Church of England Primary Academy

A member of **CDARI**





=

**Parents
Get
Lost!**

Also gets its name from 'Peter Gordon Lawrence' who started it in the 1950's.

- **For children to have fun and grow in confidence through outdoor and adventurous activities**

WHY PGL?

We believe adventure is crucial in children's lives because:

- It's fun, it's exhilarating.
- A real hoot with your friends.
- It's also a bit different, more challenging and outside your comfort zone.
- A treasured experience, that's talked about and remembered.
- Being away from parents, trying new things, gaining confidence, making new friends, being more self reliant, being encouraged to grow.
- Enjoying the freedom of the outdoors
- When it comes to growing up, we think that these things aren't just important - they're essential!

challenge

new skills

cooperation

confidence

take risks

fun

active

friendship

teamwork



independence

collaboration

resilience

courage

determination

adventure

Winmarleigh Hall- Forest of Bowland, Preston
Year 4 & 5- Monday 9th May- Wednesday
11th May 2022

*To be at school at the normal
school time (8.55am) on the Monday
Normal 3.30pm pick up on the Wednesday*



Year 4 staff- Mrs Araujo and Mrs Hegarty
Miss Mercer- teaching student
Year 5 staff- Miss Kachwalla and Mrs Lyons

- Groupings and room allocation has been sorted and will be shared nearer the time.
- Children will be split into five groups for activities.
- Girls and boys will be in separate bedrooms with between 4 and 8 children in each room. Ensuite bathrooms are in most of the rooms. We will be separate from other schools and are all along the same corridor. Staff have separate rooms spread along the corridor.

Winmarleigh Hall

Our spectacular Victorian estate in Lancashire

Roll over the map to reveal more about this centre!



← back to map
download pdf



<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/winmarleigh/tour.html>



Experience our Virtual Tour of Winmarleigh Hall







A sample day @ PGL

| | |
|--------------------|---|
| | |
| 07:00 | Your Group Leader will wake you up so that you can get up and get ready for the day ahead. |
| 08:00 | <p>Off to the dining room with the rest of your group to fuel up for the day, you'll need plenty of energy to keep you going. Breakfast includes cereals, toast, yogurts, porridge, and cooked breakfast – you choose!</p> <p>Don't forget to refill your drinks bottle before you head off to your first activity.</p> |
| 09:15 Session 1 | Fencing |
| 10:45 | Break. Catch your breath and have a quick drink before your next session. |
| 11:00 Session 2 | Canoeing |
| 12:30-14:00 | Worked up an appetite? Great – it's time to replenish your energy stores with the dining room. If you have energy to spare after lunch your Group Leader will always be ready for a quick <u>kickabout</u> with a ball or you could relax and chat with your new friends. |

| | |
|--------------------|---|
| 14:15 Session 3 | Trapeze |
| 15:45-16:00 | A chance for a breather and a drink before your Groupie takes you to your next activity. |
| 16:00 Session 4 | Orienteering |
| 18:00 | Time to eat again - a different menu each day (and did we mention, often evening meals come with a hot pudding too - or you can stick with fruit if you prefer). |
| 19:00 | Talent shows, campfires, quizzes and much more - your evening entertainment programme gives you the chance to get together with everyone else in your age group and have some laughs. |
| 21:00-22:30 | Bedtime. The younger ones go first whilst older groups have time to chill out and chat or watch a DVD. Then it's lights out and time to sleep ready to do it all over again! |



SOME KIDS ARE SMARTER
SOME KIDS HAVE cooler clothes
SOME KIDS ARE better at SPORTS

THAN YOU.
THAN YOU.
THAN YOU.

⇒ IT DOESN'T MATTER. ⇒

YOU HAVE your THING TOO.

BE THE KID WHO CAN GET ALONG.

BE THE KID WHO IS generous.

BE THE KID WHO IS happy FOR OTHER PEOPLE.

BE THE KID WHO DOES THE RIGHT THING.

★ Be the nice kid. ★



What to bring

Please ensure 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.



- ☐ T-shirts
- ☐ Long sleeved shirt/T-shirts
- ☐ Waterproof jacket
- ☐ Fleeces/jumpers

☐ Tops & jackets

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

☐ Trousers or leggings

but not jeans as they get heavy and cold when wet



☐ Underwear & socks

Your socks will need to cover your ankles to do some activities.

☐ 1 or 2 sets of clothes for the evening



☐ Suitable nightwear

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these 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)

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.

Please do not go out and buy new clothing and trainers as old clothing is perfect as it is likely to get muddy and wet.

Please click for the kit list.

<https://www.pgl.co.uk/Files/DocumentManagerDocuments/Web/Kit%20Lists/PGL-Kit-List-UK.pdf>

Children can bring either a small wheeled suitcase or large rucksack to hold their clothes and bedding. They need to be able to carry this themselves.



No mobile phones



No electronic devices or phones please.



- We will give out clear bags soon that the children can fill with sweets/ snacks to bring.
- They can bring up to £5.00 to spend in the gift shop.

Updating Parents

You will be regularly updated via class dojo and/or twitter. Please be aware though that the signal is very weak at Winmarleigh, particularly out in the forest when completing activities, so we will not be able to update all of the time.



If your child has medical needs and/or needs medication whilst on PGL, please complete a form from the office. Mrs Haworth will be sending out a emergency contact google form shortly too.

Children with Medical Needs



<https://www.pgl.co.uk/Files/DocumentManagerDocuments/Web/Menus/PGL-UK-Menu-English.pdf>



Reach your FULL PGL POTENTIAL

with our freshly prepared menu

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|------------------|---|--|---|--|---|--|---|
| BREAKFAST | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Hash Browns | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Hash Browns | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Hash Browns | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms | Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Hash Browns |
| | Available every day: Choice of Cooked & Continental Breakfast Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam | | | | | | |
| LUNCH | Pizza Choices: Pepperoni Margherita (v) Vegan Margherita (vv) | Pasta Choices: Mac 'N' Cheese (v) Plant-based Bolognese (vv) Tomato & Basil (vv) | Hot Dog Choices: Pork Hot Dog Plant-based Hot Dog (vv) Sides: Onions, Skinny Fries | Hot Sandwich Choices: Ham & Cheese Baguette Meatball Baguette (vv) Fish Finger Sandwich Sides: Crisps | Burger Choices: Beef Burger Plant-based Burger (vv) Sides: Cheese, Tomato Relish, Onions, Curly Fries | Tacos & Fajitas Choices: Chicken Plant-based (vv) Soft Wrap Crispy Shell Salsa, Tortilla Chips | Roast Dinner Choices: Roast Beef Vegan Sausage Rolls (vv) Sides: Carrots, Broccoli, Peas, Yorkshire Pudding, Roast Potatoes, Gravy |
| | Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll Classic Sandwiches - Ham, Tuna Mayo or Cheese | | | | | | |
| DINNER | Piri Piri Chicken Tuna Pasta Bake Spaghetti & Meatballs (vv) Sides: Curly Fries, Baby Corn, Green Beans Spaghetti Served with: Tomato Sauce, Grated Cheese | Bangers & Mash Chicken Chow Mein Sausage & Bean Stew (vv) Sides: Mashed Potato, Broccoli, Green Beans, Gravy Penne Pasta Served with: Cheese Sauce, Grated Cheese | Meatball Lasagne Cod Goujons Plant-based Shepherd's Pie (vv) Sides: Garlic Bread, New Potatoes, Country Vegetables, Broccoli Penne Pasta Served with: Tomato Sauce, Grated Cheese | Bacon Mac 'N' Cheese Chicken Kiev Vegetable Curry (vv) Sides: New Potatoes, Rice, Mangetout, Carrots Penne Pasta Served with: Cheese Sauce, Grated Cheese | Fish & Chips Chicken Katsu Curry Vegan Fish Fingers (vv) Sides: Skinny Fries, Rice, Peas, Carrots Penne Pasta Served with: Cheese Sauce, Grated Cheese | Fried Chicken Pulled Pork Filled Yorkshire Pudding Spaghetti Bolognese (vv) Sides: Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy* Spaghetti Served with: Tomato Sauce, Grated Cheese | Sweet Chilli Chicken Fish Fingers Butternut Squash Wellington (vv) Sides: Potato Wedges, Country Vegetables, Green Beans Penne Pasta Served with: Cheese Sauce, Grated Cheese |
| | Chocolate Fudge Cake with Ice Cream Sticky Toffee Sponge Cake with Ice Cream | | Chocolate Crispy Cake | Apple Crumble with Custard | Chocolate Eclairs | Belgian Waffles with Ice Cream | Chocolate Brownies |

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.

*This menu applies to weeks commencing:
25/04 9.00, 23/05 9.00, 20/06 9.00, 18/07 9.00,
15/08 9.00, 22/09 12.00, 20/10 10.00, 24/11 10.00

Further Information

PGL Website

<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/winmarleigh-hall>

Parent Guide

<https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>

**Please send any questions
via class dojo**

