

Deal Parochial Church of England (Aided) Primary School

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Dear Parents,

Re: PGL TRIP

Our trip to PGL will soon be upon us. This letter outlines and confirms the arrangements for the trip. If you have any further questions regarding our school trip then please contact me at the end of the day or via email.

Myself, Miss Pettitt, Mrs Clugston and Mr Murphy will be supervising the trip. Without their support a residential trip of this nature would not be possible so I am very grateful that they have agreed to give up their time for this.

If you haven't already done so, please ensure that you have registered for Parent Mail - this will be our only way of communicating safe arrival and any amendments to the time of return. Please contact the office if you need details of how to register.

Timetable of the week

Tuesday 13th March – Children will need to come to school dressed ready for the first activity as there will be no time to change when we first arrive at PGL. Meet at school **usual time**. The **school hall** will be accessible from 8.40 so that luggage can be dropped off. Please use a luggage tag so that bags can be easily identified when we unload them at PGL – you will be surprised at how many children forget what their suitcase looks like! A PGL tag has been sent home for your convenience, but you do not have to use these. Miss Pettitt will also be there to collect any medication that is required. We request that you say your goodbyes to your children at this time as we have found this is less disruptive and upsetting for them. The children will then be in class for morning registration as normal. Children will need to bring a **packed lunch**, in a disposable bag, for when we arrive at the centre. No fizzy drinks, please.

Sweets for the journey are not recommended. The journey to PGL involves twisting roads and in previous years this has led to some pupils feeling unwell; eating sweets has contributed to this. If your child can feel unwell on coach journeys, please give them **appropriate travel sickness medication** before school and send some in for the return journey. One child's sickness has in the past led to a rather unfortunate domino effect, which is rather unpleasant for all concerned!

After lunch on Tuesday – Thursday 15th March – Outward bounds/evening activities

Friday 16th March - Morning activities and lunch. Depart PGL at 1:30pm. Approx. return time is 4pm but obviously this cannot be guaranteed due to traffic conditions, which is why it is essential to have signed up for Parent Mail, so we can keep you updated via text/email. **We will send a message on leaving the centre but then will only contact you if there is any change to the expected return time.**



Arrival at PGL

Once we arrive at PGL we will allocate rooms and meet with the centre staff and our group leader for the week. I will contact school to let them know of our safe arrival and this message will then be relayed via parent mail. This telephone call may be made some time after our arrival as settling the children into their rooms is the most important use of our time. Please always bear in mind that 'no news is good news'; we take our responsibilities very seriously and would always contact parents/carers straight away if necessary.

Room groupings

We shall be asking the children to choose a couple of friends that they would like to share a room with and will endeavour to make sure that at least one child from their list is in their room. We are limited by the room allocations, however, as PGL provide the minimum beds and the rooms are usually in groups of 6.

Pocket money

There is a shop at PGL that sells souvenirs, cans of soft drink, chocolates etc. and we will be given an allocated slot to visit this. We will be encouraging the children to not 'lend' other pupils money as this can cause later upsets but the spending and looking after of money will be your child's responsibility; we will not be supervising how they spend this. We can, however, take care of their money whilst at the centre if they choose.

Medication protocol

If your child suffers travel sickness then please send your preferred medication for the week. Could all children please bring appropriate painkillers (for example Calpol or Nurofen) just in case it is required; in doing this you are giving permission for us to administer this if it is deemed necessary. Place all medication, **clearly marked with their name** and any instructions, in a waterproof bag. **This should be handed to Miss Pettitt on the morning of departure, who will make a note of what the child needs and when.**

If your child suffers from asthma/allergies, please ensure their (NAMED) medication is in date and with plenty of life in the inhaler.

As the children will be outside for the majority of the day it would be advisable for them to bring **lip balm and suncream**. We will remind and encourage the children to apply this as required, but we will not be able to check on an individual basis so please emphasise the importance of them taking responsibility for this if applicable. If your child reacts to insect bites then please supply a suitable soothing cream as even a small insect bite can become very uncomfortable for your child, especially at night.

Behaviour

The highest standard of behaviour will be expected from your child at all times. Should your child's behaviour deteriorate during the week you may be telephoned to collect your child from the trip.



Emergency contact

I will be in contact with the school on a regular basis. If you need to contact your child urgently (during school hours) then please contact the school office where Mrs Lawton will pass on your message. We (either myself or PGL staff) will telephone you if your child requires treatment for an injury or minor illness and for this reason please ensure you have provided the relevant contact numbers on the information form. If you need to contact myself or your child as a matter of EXTREME urgency outside of school hours then the PGL Centre number is 01323834680

Mobile telephones/ electronic gadgets

Children will **not** be permitted to take mobile telephones or games players on the trip.

Activities/kit list

A reminder of some of the exciting activities your child may be doing during the week: orienteering, giant swing, trapeze, team challenge games, rifle shooting, tunnel trail, raft building* and zip line.

*Raft building is on our provisional timetable, although this may be changed. Sometimes non-swimmers are worried by the thought of this, so just to clarify that the activity takes place in the PGL lake, which is no deeper than waist high, and all children are provided with life jackets. They are all encouraged to 'sail' on their raft onto the lake and encouraged to jump into the water. They will not, however, be forced to do this if this makes them uncomfortable.

You have all had a **kit list** which I hope covered everything your child might need- please do look at the weather forecast for the week and send appropriate **named** clothing. A copy of this kit list is on the school website. I have also attached the **PGL recommendations**, with our provisional activities asterisked.

Please do ensure your child has plenty of pairs of **socks**- they can use up to 3 pairs in one day if the morning and afternoon activities are wet/muddy! **Spare shoes** are also a must. A **waterproof jacket/coat** is essential as most activities are outdoors and we don't let a little bit of rain stop the fun! Layering is the key to keeping warm, so please ensure that they have enough **tops and tracksuit bottoms** - jeans are not suitable for most of the activities but are fine for the evenings. Also **black bags** for wet clothes are vital. **They will need a change of clothes and shoes just for raft building as these often get wet!**

Please make sure your child knows how to pack their bag and identify their own clothes! Every year we seem to have many unclaimed items that no-one seems to own! Your child will need to be able to carry their own bag from the coach to their accommodation- a **'wheely' suitcase** is a good idea. There will be a **disco** on the last night so they may want to bring a suitable outfit. Other useful items include a **book to read** and a **notebook and pens/pencils**. Also, a **cuddly toy** is useful!

If there are any outstanding issues regarding our trip then please do not hesitate to contact me or the school office. I look forward to taking the children on the trip and know that they will all have a fantastic time and will gain a huge amount of personal experience- independence, team work, problem solving and bed-making to name but a few!

Yours sincerely
M. Bowles



