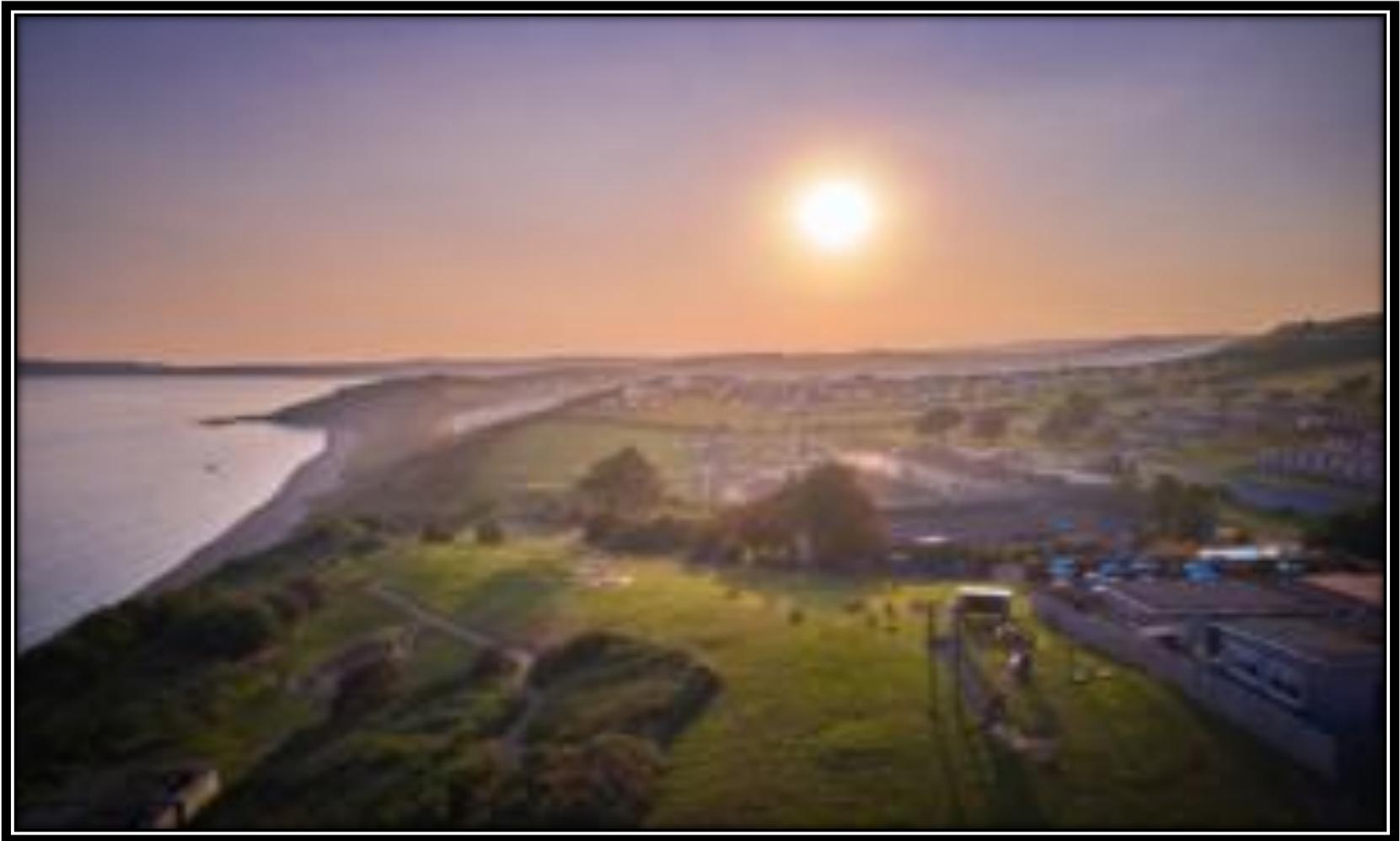




Y6 PGL OSMINGTON BAY VISIT 2025

WELCOME!





PURPOSE

To develop team-working and leading skills

To increase confidence, independence and self-awareness



STAFFING

- Mrs Blissett
- Mr Gunn
- Mrs McNeil
- Mrs Reed
- Ms Prins
- Mr Dent
- Mr Sammes
- Qualified Centre Staff will be in charge on all activities

SAFETY & SECURITY





4 beds per room
En-Suite bathroom
Own bedding – sheets
are provided – pillows
are provided without
pillow cases.

ACCOMMODATION

One accommodation
block
Adult rooms dispersed
along the block



ACTIVITIES



Problem Solving

Sensory trail





Trapeze



Zip Wire



Climbing



Aeroball



**Jacob's
Ladder**



Giant Swing



Archery



Vertical Challenge



Rifle Shooting



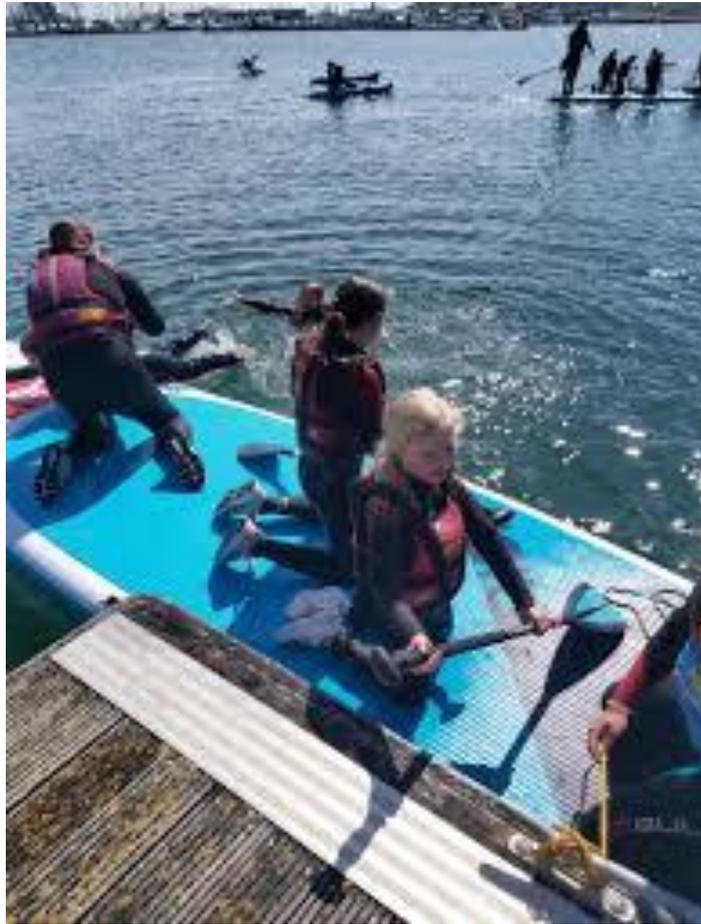
Orienteering



Campfire

Passport to the World





**Stand Up
Paddle Boarding**

Dragon Boating



Water Confidence

FOOD

TUESDAY

JACKET POTATO (ve) GF (249kcal)
Whole baked potato served with your choice of:
Grated Cheese (v) GF (186kcal),
Baked Beans (ve) GF (97kcal) OR
Tuna Mayo GF (101kcal)

HOMEMADE CHILLI NON CARNE (ve) GF (224kcal)
Served with: White Rice (ve) GF (243kcal)

POWERING YOUR ADVENTURES WITH AN ENERGY-FUELLED LUNCH

Also available:
Ham Roll***GF (464kcal), Tuna Mayo RollGF (605kcal),
or Cheese Roll (v)GF (568kcal)
Tomato Soup (ve) GF (45kcal) OR
Vegetable Soup (ve) GF (52kcal)
with Petit Pain (v)GF (95kcal)
Unlimited Salad Bar

(v) Vegetarian. (ve) Vegan. GF Gluten free.
* Gluten free alternatives available, please speak to the Catering Management Team.
*** Where used, our ham is reformed from selected cuts of Pork with added water.
Calorie values referenced are based on an adult's portion - adults need around 2000 kcal a day.
Further information and allergen details are available on our printed menus.

The GF trademark denotes a gluten free dish as accredited by Coeliac UK. Processes and training are in place to ensure that meals on this menu are gluten free. 'Gluten free' describes food that contains gluten at a level of 20 parts per million (ppm) or less.

GF accredited by



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bacon

Sausages

Sausages

Bacon

Sausages

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Vegan Cumberland (ve)

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pizza

Pasta

Hot Dog

Hot Sandwich

Burger

Choices:

Choices:

Choices:

Choices:

Choices:

Pepperoni

Mac 'N' Cheese (v)

Pork Hot Dog

Ham & Cheese Baguette

Beef Burger

Margherita (v)

Plant-based Bolognese (vo)

Plant-based Hot Dog (vo)

Meatball Baguette (vo)

Plant-based Burger (vo)

Vegan Margherita (vo)

Tomato & Basil (vo)

Sides:

Fish Finger Sandwich

Sides:

Sides:

Sides:

Onions,

Sides:

Cheese, Tomato Relish,

Potato Wedges

Garlic Bread

Skinny Fries

Crisps

Onions, Curly Fries

DINNER

MONDAY

Bangers & Mash
Chicken Fillets with a
BBQ Sauce
Plant-based
Bolognese (ve)
Sides:
Penne, Mashed Potato
Sweetcorn, Carrots
Doughnuts (v)

TUESDAY

Piri Piri Chicken
Sausage Pasta Bake
Plant-based Chicken
Schnitzel (ve)
Sides:
Skinny Fries, Peas,
Cauliflower
Fruit Muffin (ve)

WEDNESDAY

Chicken Curry
Fishcakes
Chilli non Carne (ve)
Sides:
Rice, Potato Wedges,
Broccoli, Carrots
Chocolate
Crispy Cake (v)

THURSDAY

Pork Meatballs in
Tomato Sauce
Chicken Kiev
Plant-based Meatballs
in Tomato Sauce (ve)
Sides:
Penne, Mashed Potato,
Sweetcorn, Green Beans
Waffles (v)

FRIDAY

Fish & Chips
Chicken Katsu Curry
Plant-based
Fishless Fillet (ve)
Sides:
Skinny Fries, Rice,
Peas, Carrots
Chocolate Eclairs (v)

KIT!

- Travelling – school jumper/ sports hoodie
- Warm coat, hat, gloves & scarf
- An outfit for each day & spares!



- Trainers x 2
- Wellies

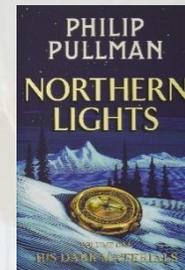


- Waterproofs
- Regular socks
- PLEASE LABEL CLOTHING.



PERMITTED ITEMS

- Stud earrings for night (if needed)
- Watch (not smart watch)
- Torch (named)
- Book, board games, playing cards
- Teddy
- Roll-on/ stick deodorant



PROHIBITED ITEMS

NO!

- **Mobile phones**
- **Electronic devices e.g. tablets, Kindle, smart watches, cameras**
- **Tablets/ iPads**
- **Hair dryers / straighteners**
- **Aerosol sprays e.g. deodorants**
- **Hair gel**
- **Glow sticks**

FIRST DAY - DEPARTURE

- **Children to come into school via the hall to check in at 8:35am – 9am.**
- **Give in ONE named purse with some money in coins. (max £20)**
- **Give in all medicines & creams labelled, but keep blue inhalers in hand luggage / pocket.**
- **Timings = Coach is due to leave at 9:45am.**

Consequences:

- Time out away from any issue
- Missing part of an activity
- Missing whole of activity
- Being sent home



Ready, Respectful, Safe & Kind

Consequences:

- Positivity Postcards
- Room points
- Group points
- Certificates

School's Behaviour Policy

BEHAVIOUR



RETURN DAY

We are due to leave at 2pm.

We should arrive back to school around 4:30pm depending on traffic.

QUESTIONS?

