

OUR PGL
ADVENTURE
STARTS RIGHT
HERE...



Sunday 19th – Wednesday 22nd October 2025
4 days, 3 nights



SUNDAY: ARRIVAL DAY

- Arrive at school at 1.30pm on Sunday 19th October. Meet on the playground– you'll see us awaiting your arrival 😊.
- Hand any medication in to Mrs Beusmans in a clear bag – it must be labelled with name of child and dosage clearly marked.
- We will leave at 2pm and arrive at Osmington at 3pm.
- We will be met by PGL staff and taken to our accommodation before heading out for activities!

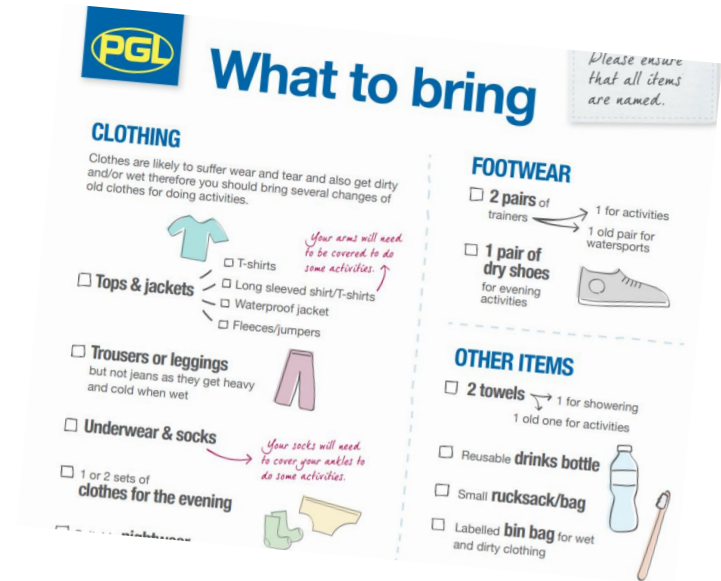


WHAT TO BRING

- Extra copies will be sent home tomorrow and they are available in school or on PGL website if you need one.

The essentials:

- Drinks bottle
- Sun cream and hat (you never know!!)
- **NO SHORTS OR JEANS for activities!**
- Long sleeved tops
- Plastic bag or bin bag for wet clothes/dirty clothes.
- Extra pair of shoes for evening activities
- 1 set of extra clothes and shoes for water activities
- Warm jumpers/fleeces
- Waterproof coat
- Sleeping bag/duvet and pillow in a bag so they can be carried.
- Hair bands for long hair.



DON'T BRING:

- Any aerosols



- Food of any kind (including sweets)

- Any electrical equipment – no phones, tablets, console games, ipads, hair dryers, straighteners, cameras etc.



- No make up

- Watches, fitness trackers or earrings



- No more than £10 pocket money - to be put in a named envelope/wallet and handed to class teacher when you arrive at school on Monday morning.



MEDICATION

- Blue ventolin inhalers are to be carried at all times by the children to each activity.
- Other medication will be administered by staff – Mrs Beusmans' morning and evening surgery!
- Please make sure it is all clearly labelled, in its original packaging with the enclosed leaflet and doses written down.



Accommodation

- We will be in a block similar to the pictures.
- All accommodation is accessed through a security coded door – code is known by key adults only.

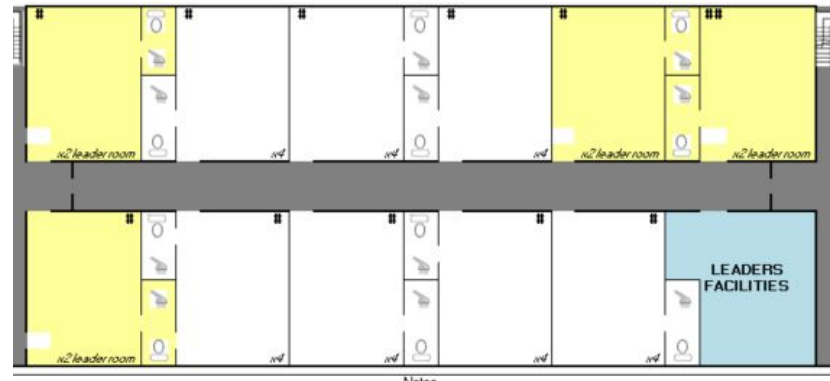


ROOM ORGANISATION

- Shared room of 3-4 children with en-suite. The children have told us who they'd like to be with and we are currently organising this behind the scenes!



Staff have rooms in each section of the accommodation block.



FEEDING TIME

- SO MANY CHOICES!
- Freshly cooked (including breakfast every morning!)
- Hot and cold meals and drinks
- Salad bar, cereal, sauces.
- Fresh fruit and vegetables with every meal.
- Allergies, intolerances and special diets catered for – there are more than enough options!
- We are assigned a 'Poulner' area.



STAFFING

- Mrs Cason
- Mrs Merrills
- Mr Lawrence
- Mrs Smalley
- Mrs Beusmans
- Mrs Gillespie
- Mrs Wheeler
- Mrs White
- Miss Homewood



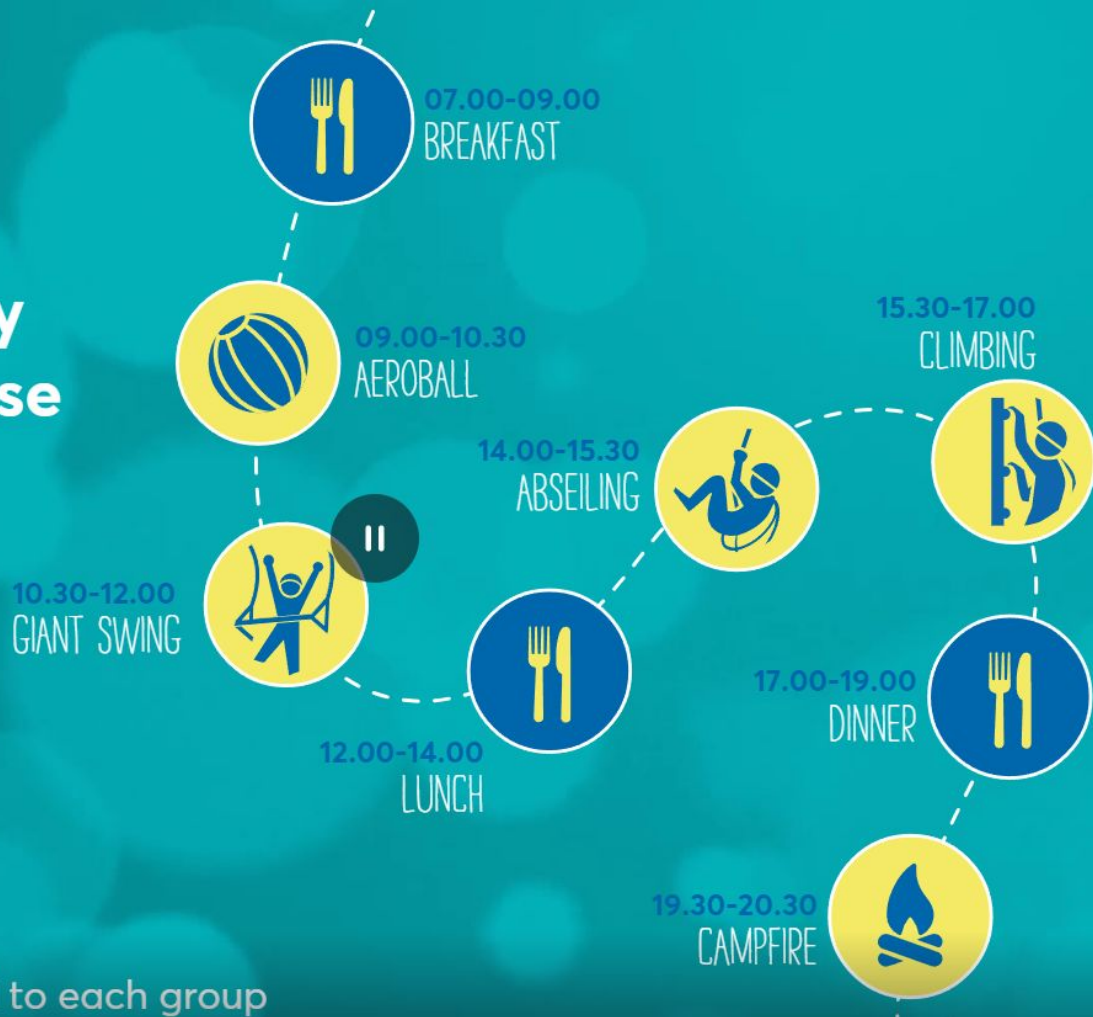
ACTIVITY GROUPS

- We will be split into 5 activity groups – children will be mixed with others across year 6.
- Children have had an opportunity to write down 4 names of children they would like to be with and we will guarantee they are with at least **ONE** of these children!
- One of the Poulner staff will be allocated to each group.
- Each group has an Osmington PGL instructor with them at every activity.





A sample day
to give a sense
of what to
expect...



*Programmes tailored to each group



OUR DAY ACTIVITIES

Jacob's Ladder

Problem Solving

Climbing

Fencing

Giant swing

Archery

Dragon Boating

Trapeze

Aeroball

These may change if something pops up from PGL's side but usually it is a like for like swap.





- It's an exercise in teamwork and friendly cooperation.
- Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider the higher you go.
- Pushing up, pulling up, standing on shoulders - it's all about working together to achieve a joint purpose.

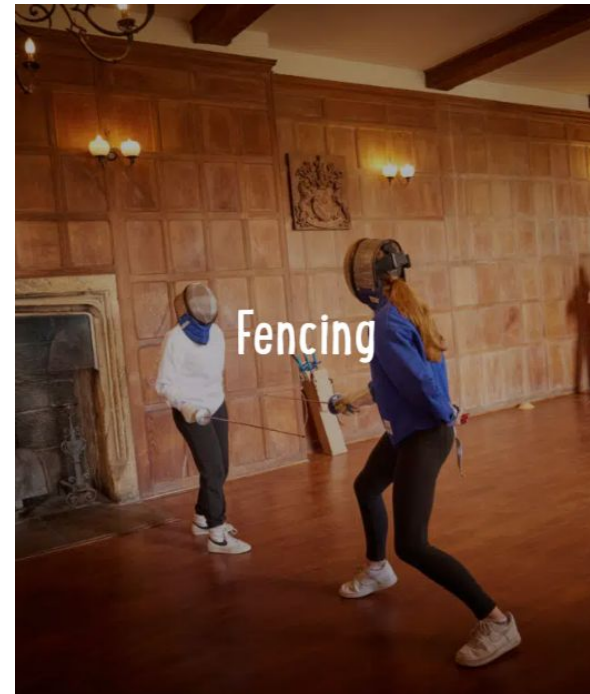
- Children work in small teams to solve puzzles and complete set tasks.





- Combine different skills including perseverance, strength, an ability to deal with heights – as well as trust in their instructor and equipment. Climbing at PGL may take place on indoor walls or outdoor climbing towers.

- Involves good hand-eye coordination, fast footwork, lightning reflexes and quick decision making
- You will be taught the safety procedure before progressing onto outwitting your opponent



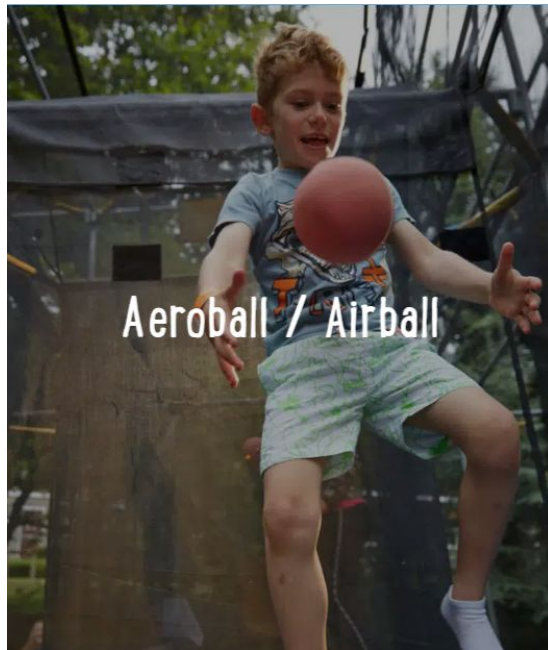


- Accuracy, control and a steady hand are vital.

- Harnessed into the swing, the other members of your group will haul you up into the air.
- A pull on the rip cord will send you plummeting downwards.
- It's a fast and exhilarating drop.



- Dragon Boating requires strength and determination but most importantly team work.
- Your instructor will helm (steer) the boat but success in the race depends on the ability of your team (up to 24 people) to work together to paddle rhythmically and effectively throughout.
- Make no mistake, the team in the other boat will be equally determined to win but no matter who wins there's always lots of fun, laughter, splashing and shouts of encouragement throughout.



- A cross between trampolining, basketball and volleyball.
- Four players.
- The aim is to get the ball in the opposing players net.
- As well as being lots of fun, they will develop team tactics and improve communication skills along the way.



- Each stage of the trapeze counts as a success and requires courage and determination.
- The challenge starts with a climb to the top of a 6-metre pole. Next, a climb onto the small platform will require balance as pupils stand to make that leap for the trapeze! It's an exhilarating and heart-pounding activity that will bring your pupils together in their support for each other.
- It also gives each participant a very real sense of personal achievement.



EXAMPLES OF POSSIBLE EVENING ACTIVITIES (IF WE'RE STILL AWAKE!)

Ambush



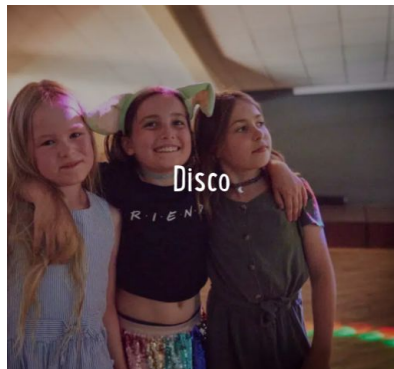
**Like hide-and-seek
but in the dark**

PGL Games



**A variety of different games to burn off
energy before bed.**

Disco

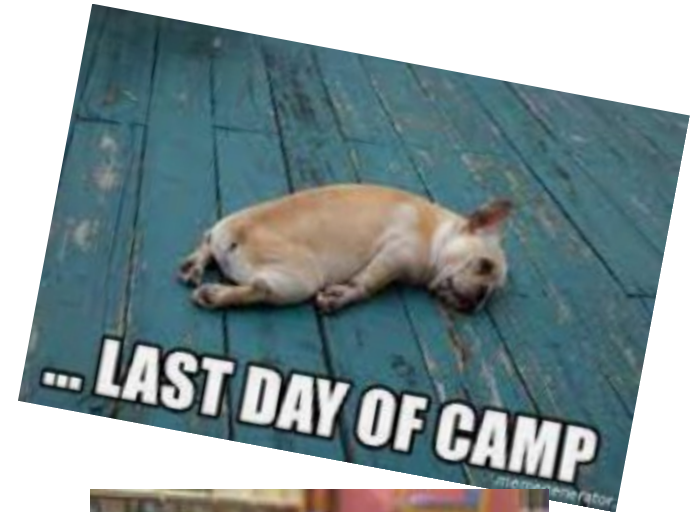


**Dancing, dancing and more dancing (and that is just the
stuff!!)**



THE FINAL DAY 😞

- We will aim to arrive back at school by 3.20pm.
- We will send a text to you confirming our ETA.
- Unpack coaches, you grab your belongings and we say, 'Goodbye and Good luck with the washing!'





IS ALL THE SAFETY KIT PROVIDED?

Yes, all the kits that are needed for each activity is provided and sharing will be minimised.



WHAT DOES THE SITE LOOK LIKE?



CAN I BRING SWEETS?

NO - You will be fed more enough food! BUT....there will be an opportunity to buy sweets from the shop.



WHAT IF MY CHILD IS ILL?

Emergency or non-emergency, we will contact you straight away!

Please ensure we have your up-to-date contact details and you are available day and night.

Be prepared to collect your child straight away if required.



HOW WILL I KNOW IF MY CHILD IS HAVING A GOOD TIME?



Pupil Zone – Year group pages – Year 6.

We will update this page with some photos each night.

Please remember our absolute priority is to look after and have fun with your child so don't be alarmed if the page isn't uploaded until late into the evening/night!

