

Year 6 Residential 2026



**A home away from home,
Caythorpe Court**

**Sitting north of Grantham,
in the heart of the
Lincolnshire countryside**

Kate Dowdall
September 2026



Safety, Quality & Care

- ✓ All centres awarded Learning Outside the Classroom Quality Badge
- ✓ BAPA and Adventuremark accredited
- ✓ Fully qualified activity instructors
- ✓ Teams are enhanced DBS checked and receive extensive Safeguarding training
- ✓ On-centre SENCO and designated Safeguarding Officers
- ✓ Fully ABTA bonded
- ✓ AAA-rated insurance cover included

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Dates and timings

Wednesday 14th October 2026

- We leave school at about 9:45am. Your child will need to bring their bag and kit to the Expressive arts hall at the beginning of the school day (8:55am) where they will be registered and any medicines can be handed into staff.
- We should arrive at Caythorpe for around 12noon. The children need to bring a packed lunch on this day which they will be eating once we arrive at the venue.
- We will then spend the rest of the day settling in and enjoying activities, including an evening activity. The children will be fed dinner.

Thursday 15th October 2026

- This is our full day. We will have breakfast and then enjoy a range of activities. Children will also be fed lunch and dinner. The day will end with an evening activity.

Friday 16th October 2026

- After breakfast children will enjoy two more activities. They will have lunch and then at around 1pm the coach will arrive to take them back to Cambridge. Traffic permitting, we will be back to school for 3:25pm.

Adults attending the trip

- Mrs Dowdall, Miss Joomun, Mrs Harwood and Miss Bright , Mrs Clarke and another adult. Sometimes we take TAs from other year groups too, in order to ensure we have enough staff for the trip to run smoothly.
- All activities are carried out by trained PGL staff. Members of Arbury staff will be on hand to support and encourage pupils to have a go but will not lead the activities themselves. We will also be there to chat to if there are some activities children would rather not take part in.

What will a day look like...



The graphic features a teal background with a dashed white line curving across the top. On the right, a circular inset shows a young person wearing a red helmet and a harness, smiling while participating in a ziplining activity. The PGL logo is in the top left corner.

PGL

Multi-Activity Adventure

- ✓ 4 action-packed adventure sessions per day
- ✓ Exciting evening entertainment activities
- ✓ 3 delicious, nutritious meals a day

Strengthen friendships — Build confidence — Make lasting memories



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



10.30-12.00
GIANT SWING



12.00-14.00
LUNCH



09.00-10.30
AEROBALL



14.00-15.30
ABSEILING



15.30-17.00
CLIMBING



17.00-19.00
DINNER



19.30-20.30
CAMPFIRE



07.00-09.00
BREAKFAST



*Programmes tailored to each group

Our provisional timetable (please be aware this could change)

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30	
Wednesday	1					Climbing (CL3)	Tunnel Trail (TT1)		Ambush (AMB2)
	2					Climbing (CL4)	Tunnel Trail (TT2)		Ambush (AMB2)
	3					Tunnel Trail (TT1)	Climbing (CL4)		Ambush (AMB2)
	4					Tunnel Trail (TT2)	Climbing (CL5)		Ambush (AMB2)
	5					Trapeze (TR5)	Survivor (SU1)		Ambush (AMB3)
Thursday	1			Giant Stand Up Paddle Board (GSUP1)	Fencing (F1)	Zip Wire (ZW3)	Survivor (SU3)		Campfire (CF3)
	2			Giant Stand Up Paddle Board (GSUP2)	Fencing (F2)	Zip Wire (ZW4)	Survivor (SU4)		Campfire (CF3)
	3			Fencing (F1)	Giant Stand Up Paddle Board (GSUP1)	Survivor (SU3)	Zip Wire (ZW3)		Campfire (CF3)
	4			Fencing (F2)	Giant Stand Up Paddle Board (GSUP2)	Survivor (SU4)	Zip Wire (ZW4)		Campfire (CF3)
	5			Climbing (CL1)	Tunnel Trail (TT1)	Fencing (F2)	Giant Stand Up Paddle Board (GSUP1)		Campfire (CF3)
Friday	1			Laser Tag (LT1)	Trapeze (TR5)	Depart			
	2			Laser Tag (LT2)	Trapeze (TR6)	Depart			
	3			Trapeze (TR5)	Laser Tag (LT1)	Depart			
	4			Trapeze (TR6)	Laser Tag (LT2)	Depart			
	5			Laser Tag (LT3)	Zip Wire (ZW1)	Depart			

Sleeping arrangements

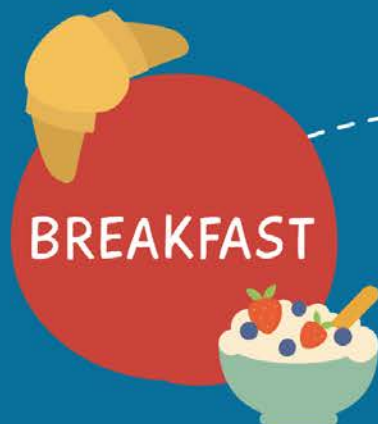
- **Children will need a sleeping bag and pillow for this trip!**
- Children will sleep in small dormitories (max 8 beds) situated in a small block. Each small room has its own bathroom.
- In the next few weeks, children will be asked to write down 2-3 children that they would like to be in a room with.
- We will do our best to ensure all children are in a room with at least 1 of their friends.





Hungry work!

A focus on food & drink



SAMPLE MENU

- ✓ 3 healthy, nutritious meals a day
- ✓ Plenty of choice for all types of taste buds
- ✓ Dietary needs catered for - so nobody leaves any meal hungry!
- ✓ Water stations available throughout activity centre

Sample menu

REFUEL		WITH OUR DELICIOUS MENU						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)	Baked Beans (ve) (116kcal)
	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)	Hash Browns (ve) (116kcal)
	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)	Fresh Mushrooms (ve) (105kcal)
	Sausages (100kcal)	Bacon (102kcal)	Sausages (100kcal)	Bacon (102kcal)	Bacon (102kcal)	Sausages (100kcal)	Bacon (102kcal)	Bacon (102kcal)
	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)	Quorn™ Vegan Cumberland (ve) (174kcal)
Available every day: Porridge with toppers* (449kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads.								
LUNCH	Pepperoni Pizza (176kcal)	Beef Burger (199kcal)	Battered Chicken Chunks (109kcal)	Homemade Beef Bolognese (153kcal)	Battered Fish (174kcal)	Jacket Potato (ve) (144kcal)	Roast Beef (199kcal)	
	Margherita Pizza (v) (175kcal)	Meatless Farm™ Plant Based Burger (187kcal)	Vegetable Nuggets (ve) (139kcal)	Homemade Vegetable Ratatouille (ve) (109kcal)	Jumbo Sausage (103kcal)	Served with your choice of: Grated Mild Cheddar (v) (124kcal), Baked Beans (ve) (109kcal) or Tuna Mayo (109kcal)	Meatless farm™ Plant-based Chicken Breast (ve) (129kcal)	
	Plant-based Margherita Pizzò (ve) (176kcal)	Served with: Ziggy Fries (ve) (161kcal)	Served with: Potato Wedges (ve) (125kcal), Garden Peas (ve) (179kcal), Sweetcorn (ve) (104kcal), Sweet Chilli Sauce (ve) (179kcal)	Served with: Penne Pasta (ve) (169kcal), Garlic Bread (v) (104kcal), Grated mild cheddar (v) (124kcal)	Quorn™ Fishless Fingers (ve) (170kcal)	Homemade Chilli Non Carne (ve) (144kcal)	Served with: Roast Potatoes (ve) (169kcal), Yorkshire Pudding (v) (164kcal), Fresh Broccoli (ve) (124kcal), Baby Carrots (ve) (124kcal), Gravy (ve) (164kcal)	
	Served with: Skinny Fries (ve) (151kcal)				Served with: Skinny Fries (ve) (151kcal), Garden Peas (ve) (179kcal)	Served with: White Rice (ve) (143kcal)		
	Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day							
DINNER	Chicken Katsu Curry (175kcal)	Fish Fingers (179kcal)	Chicken Curry (143kcal)	PGL's Sausage Pasta Bake (149kcal)	Beef Burger (140kcal)	Battered Chicken Chunks (107kcal)	Fish Fingers (179kcal)	
	Homemade Beef Lasagne (130kcal)	Hunters Chicken (143kcal)	Baked Cheesy Meatballs (154kcal)	Chicken Kiev** (175kcal)	Homemade Mac 'n' Cheese (v) (109kcal)	Homemade Beef Lasagne (130kcal)	PGL's Sausage Pasta Bake (149kcal)	
	Vegetable Lasagne (ve) (127kcal)	Shepherdless Pie (ve) (149kcal)	Vegetable Curry (ve) (129kcal)	Homemade Sausage & Bean Casserole (ve) (144kcal)	Meatless Farm™ Plant Based Burger (ve) (181kcal)	Vegetable Lasagne (ve) (127kcal)	Shepherdless Pie (ve) (149kcal)	
	Sides: Garlic Bread (v) (162kcal), Rice (ve) (124kcal), Garden Peas (ve) (179kcal), Fresh Broccoli (ve) (149kcal)	Sides: Baby Potato (ve) (124kcal), Baby Carrots (ve) (124kcal), Whole Green Beans (ve) (124kcal)	Sides: Rice (ve) (124kcal), Penne Pasta (ve) (109kcal), Mixed Vegetables (ve) (164kcal)	Sides: Mashed Potato (v) (164kcal), Fresh Broccoli (ve) (149kcal), Baby Carrots (ve) (124kcal)	Sides: Ziggy Fries (ve) (161kcal), Sweetcorn (ve) (104kcal), Whole Green Beans (ve) (124kcal)	Sides: Garlic Bread (v) (162kcal), BBQ Sauce (ve) (144kcal), Skinny fries (v) (151kcal), Mixed Vegetables (ve) (164kcal)	Sides: Cheesy Garlic Potato (v) (124kcal), Baby Potato (ve) (124kcal), Sweetcorn (ve) (104kcal), Whole Green Beans (ve) (124kcal)	
	Homebaked Iced Sponge Cake (v) (104kcal)	Chocolate Muffin (v) (180kcal)	Jam Doughnuts (v) (128kcal)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (104kcal)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (104kcal)	Chocolate Muffin (ve) (180kcal)	Chocolate Cookies (v) (179kcal)	
Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day								
		Available daily Unlimited salad bar: A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner. Fresh fruit: A variety of fresh fruit is available at all meals.						
		Allergy information If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal. Not all ingredients are included in the menu descriptions, please ask for more information. Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board. We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.						ASK ABOUT ALLERGENS WE ARE HAPPY TO HELP
		About our food All our whole eggs are Free Range. All our products are free from Genetically Modified Ingredients. All our products do not list tree nuts or peanuts as intentional ingredients. All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe. Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads. Where used, our ham is reformed from selected cuts of pork with added water. * Small children can choke on seeds. ** Chopped and shaped chicken.						

Packing List for PGL 2025

A sleeping bag and pillow (essential) ☐

A towel ☐

Toilet bag containing: toothbrush, toothpaste, soap, hairbrush etc. ☐

Suitable nightwear (e.g. pyjamas) ☐

Socks and underwear ☐

Four t-shirts, shirts (at least one with long-sleeves) ☐

At least one thick sweater plus one light sweater ☐

Three or four pairs of trousers /leggings or tracksuit bottoms (jeans are not great as they get heavy and cold when wet) ☐

Waterproof jacket (and trousers if you have them) ☐

Sturdy shoes such as walking boots (even in summer) ☐

Two pairs of trainers (one old pair for using outside/in wet or muddy activities) ☐

Large plastic bag for dirty clothes (e.g. black bin bag) ☐

Gloves, hat, scarf (in case of cold weather) ☐

Refillable water bottle ☐

Hat and sunscreen (in case of hot weather) ☐

*Please note that for most activities long sleeves are a good option.

Clothes are likely to suffer wear and tear and also get wet and dirty- we advise bringing old clothes for doing activities.

Please ensure that all items are named.

Please note:

Do not bring: Mobile phones, cameras, electronic equipment games, iPods or MP3 Players, expensive or cherished jewellery, expensive/favourite clothing or shoes.

Aerosols are not permitted. Please ensure any toiletries brought are not aerosol sprays.

Reminders

- Please ensure all clothing is named as it is incredibly difficult to match specific items back to children.
- Children should **not bring** any money with them.
- **Please do not bring:**

Mobile phones, any electronic devices (including phones, cameras, fitbits, electronic games, iPods or MP3 players), expensive or much cherished jewellery, expensive favourite clothing or shoes

Information we
need from you...

Please ensure these are
returned to us by
Monday 21st September.

If you have any specific
worries or needs to
share, please email the
school office to book an
appointment.



Parent consent form

(to be retained by school – PGL do not require a copy)

Emergency details

Child's Full Name _____
Full postal Address _____

Date of Birth _____
Place of Birth _____
Parent / Guardian's Full Name _____
☎ Day _____
☎ Evening _____
☎ Mobile _____

Important Medical and Dietary Details

Name of Doctor _____ ☎ _____
Please give details
of any medical
conditions, allergies
or current medication. _____
Is your child allergic to any medication? Yes / No
If YES please give details. _____
Please give details
of any special dietary
requirements. _____

Swimming Ability

Is your child able to swim 50 metres or more? Yes / No
Is your child water confident (can duck head underwater & swim 15m in a life jacket/buoyancy aid without panic)? Yes / No
Is your child unable to swim? Yes / No

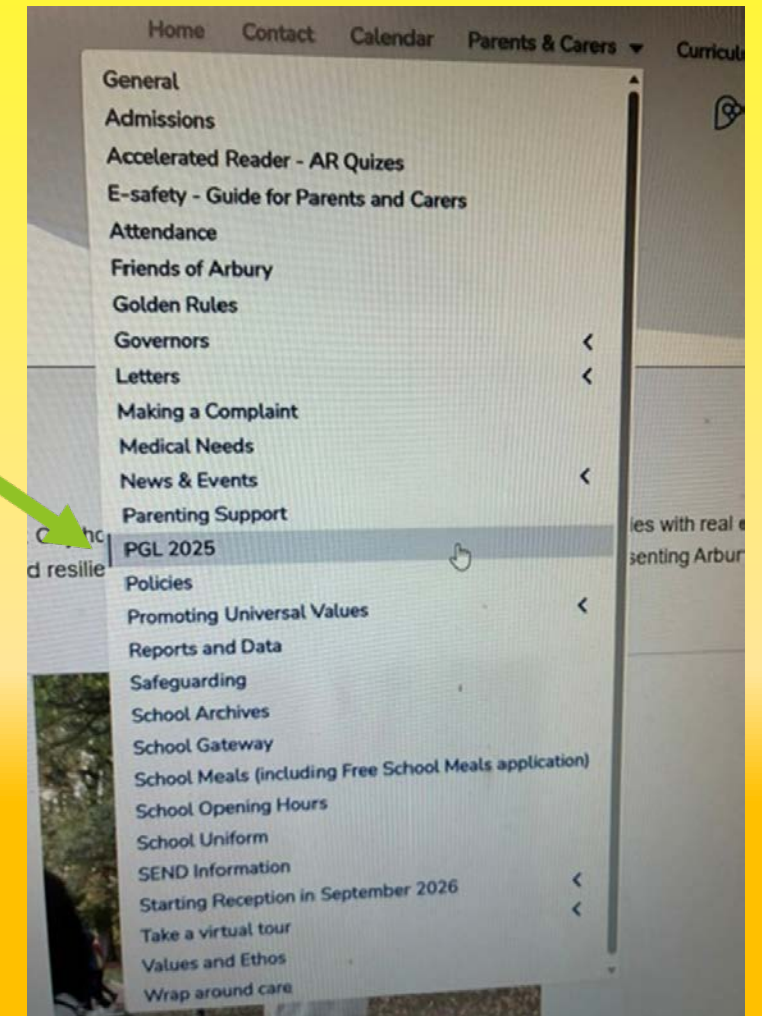
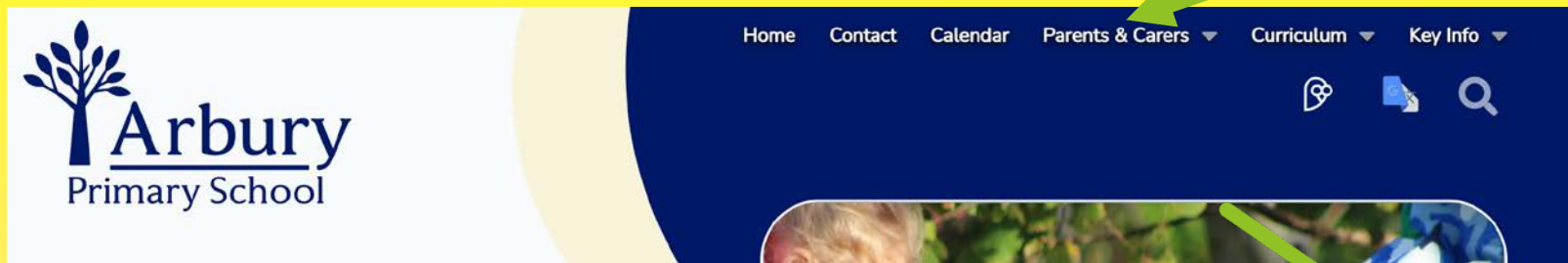
Declaration

I have read the information sheet provided and agree to my child's participation in the activities described. I believe that the information provided above is correct and will notify the course organiser of any changes as soon as possible. I agree to my child receiving medication as instructed and to any emergency dental, medical or surgical treatment as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided.

Signature of Parent/Guardian _____

Date _____

Information for the trip will be added to the below location...



Questions...