Year 6 Residential 2025



Kate Dowdall
September 2025



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



















Dates and timings

Wednesday 22nd October 2025

- We leave school at about 10am. 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 23rd October 2025

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

Friday 24th October

- 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

- Y6 teaching staff and TAs. 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 PLG 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.

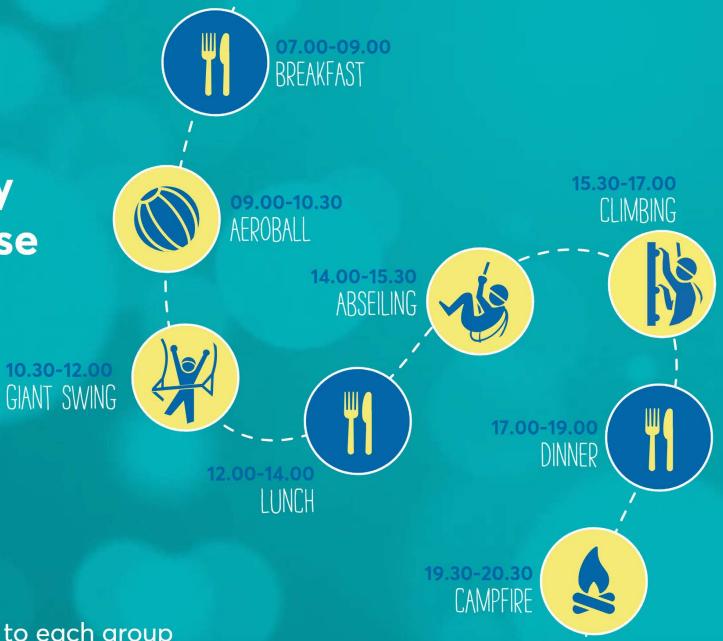
What will a day look like...





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





*Programmes tailored to each group

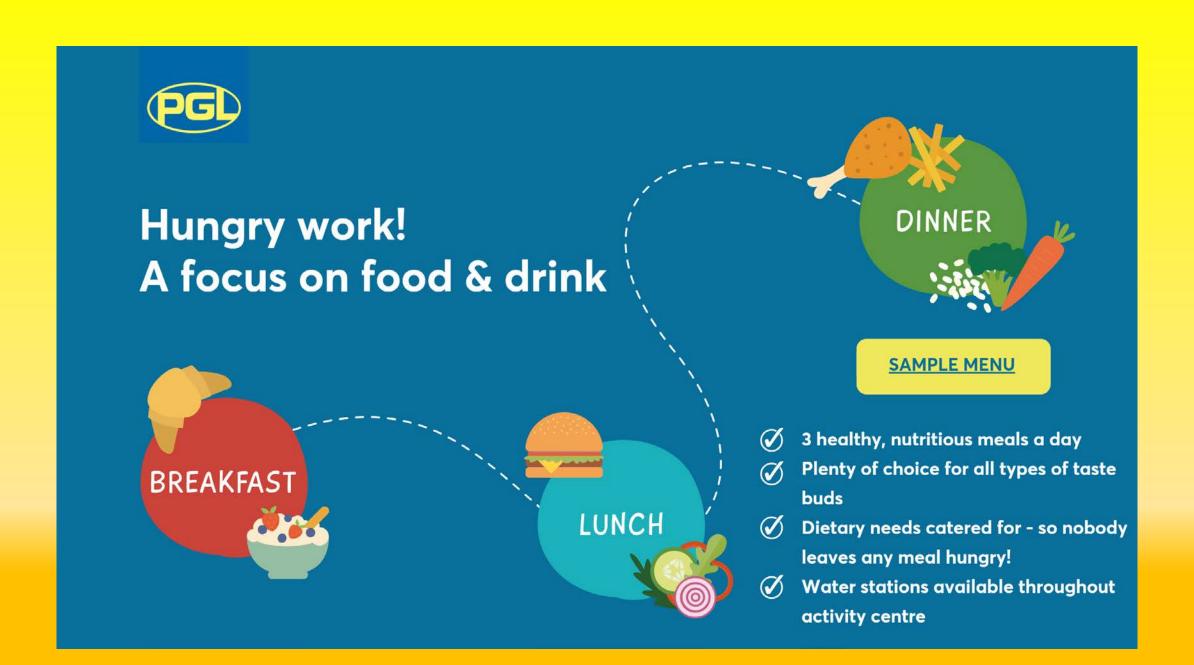
Our provisional timetable (please be aware this could change)

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
Wednesday	1					Problem Solving (PS1)	Climbing (CL3)	Campfire (CF1)
	2					Climbing (CL3)	Problem Solving (PS1)	Campfire (CF1)
	3					Problem Solving (PS2)	Climbing (CL4)	Campfire (CF1)
	4					Climbing (CL4)	Problem Solving (PS2)	Campfire (CF1)
	5					Orienteering (OR4)	Giant Swing (GS5)	Campfire (CF1)
Thursday	1			Canoeing (OC1)	Orienteering (OR1)	Giant Swing (GS5)	Archery (A1)	Balloon Splash (BSP1)
	2			Orienteering (OR1)	Canoeing (OC1)	Archery (A1)	Giant Swing (GS5)	Balloon Splash (BSP1)
	3			Canoeing (OC2)	Orienteering (OR2)	Giant Swing (GS6)	Archery (A2)	Balloon Splash (BSP1)
	4			Orienteering (OR2)	Canoeing (OC2)	Archery (A2)	Giant Swing (GS6)	Balloon Splash (BSP2)
	5			Canoeing (OC4)	Archery (A3)	Climbing (CL3)	Problem Solving (PS1)	Balloon Splash (BSP2)
Friday	1			Trapeze (TR1)	Survivor (SU1)	Depart		
	2			Survivor (SU1)	Trapeze (TR1)	Depart		
	3			Trapeze (TR2)	Survivor (SU2)	Depart		
	4			Survivor (SU2)	Trapeze (TR2)	Depart		
	5			Survivor (SU4)	Trapeze (TR4)	Depart		

Sleeping arrangements

- Children will need a sleeping bag and pillow for this trip!
- Children will sleep in small dormitories (max 6 beds) situated on one corridor. 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.





Sample menu

DELICIOUS MENU



Available daily Unlimited salad bar

Fresh fruit

please let us know pre

Team in Centre, where more information is needed prio Not all ingredients are included in the menu

a wide variety of composite vegan and meat salads are available at lunch and dinner.

Allergy information

ingredients can occasionally be substituted

the allergy information available from the

Catering Management Team each service, where detailed information on the fourteen

legal allergens is available on the allergen

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.

All our fish, fish products and seafood are MSC certified with the exception of canned tuns, which is from a sustainable source and delphin safe.

Although every care has been taken; some small bones may remain in our fish, sausage and chicken dishes & salads, some shall pieces may remain en our signs, and some olive stones may remain in our salads.

ASK ABOUT ALLERGENS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SATURDAY

Baked Beans (ve)

Hash Browns (ve) council

SUNDAY

Baked Beans (ve) street

Hash Browns (ve) disease

Sausages movement Quorn™ Vegan Cumberland (ve) (714044 Baked Beans (ve) report

Hash Browns (ve) (1744-187)

Cumberland (ve) (79800)

Fresh Mushrooms (ve) (Makes Fr

Bacon Quorn™ Vegan Baked Beans (ve)

Hash Browns (ve) (mescal)

Sausages months Quorn™ Vegan Cumberland (ve) INHEART Cumberland (ve) (258000

Baked Beans (ve) make Hash Browns (ve) makes

Bacon Quorn™ Vegan Baked Beans (vn) Hash Browns (ve) erassal

Quorn[™] Vegan

Cumberland (ve)

FRIDAY

Bacon

Sausages ::: Quorn[™] Vegan Cumberland (ve) uneser Baked Beans (ve) criticals

Hash Browns (ve) consum

Bacon

Quorn™ Vegan Cumberland (ve) (2144call

Pepperoni Pizza

Margherita Pizza (v) 18754-sel Plant-based Margherita

Pizza (ve) (SNIKERI) Served with: Skinny Fries (ve) Beef Burger (mm-se)

Meatless Farm™ Plant Based Burger (367 Real)

Served with: Ziggy Fries (ve) (AREALER

Battered Chicken Chunks (2078230)

Vegetable Nuggets (ve)

Served with: Potato Wedges (ve) Sweetcorn (ve) (550440), Sweet Chilli Sauce (ve) (770460) Homemade Beef Bolognese (45344)

Homemade Vegetable Ratatouille (ve)

Served with: Penne Pasta (ve) Grated mild cheddar (v) (Market) Battered Fish

Jumbo Sausage HOTHER

Quorn™ Fishless Fingers (ve) (172cat)

Served with: Skinny Fries (ve)

Jacket Potato (ve) consum Served with your choice of: Grated

Mild Cheddar (v) (2458-260, Baked Beans (ve) (1558-260) or Tuna Mayo

Homemade Chilli Non Carne (ve) (348668)

Served with: White Rice (ve) (243844)

Battered Chicken

Chunks (2007)carl)

Homemade Beef

Lasagne manual

Vegetable Lasagne (ve) annual

Sides: Garlic Bread (v) (Names), BBQ

Roast Beef

Meatless farm™ Plantbased Chicken Breast (ve) 02934-10

Served with: Roast Potatoes (ve) (2008-cal), Yorkshire Pudding (v) Baby Carrots (ve) (284cm), Gravy (ve)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

Chicken Katsu Curry (2754481)

Homemade Beef Lasagne nez war

Vegetable Lasagne (ve)

Sides: Garlic Bread (v) makest, Rice (ve) cosmon, Garden Peas (ve) concert.
Fresh Broccoli (ve) concert

Cake (v) most or

Fish Fingers 12701440

Hunters Chicken commo

Shepherdless Pie (ve)

Baby Carrots (ve) (284420), Whole

Homebaked Iced Sponge Chocolate Muffin (v) (1985-201 Jam Doughnuts (v) (1986-201

Chicken Curry (4544440)

Baked Cheesy Meatballs

Vegetable Curry (ve) (3299-eat)

Sides: Baby Potato (ve) cassically Sides: Rice (ve) cassically Penne Pasta

PGL's Sausage Pasta Bake reservan

Chicken Kiev** process

Homemade Sausage & Bean Casserole (ve) (1484441)

Sides: Mashed Potato (v) (2744-00), Fresh Broccoli (ve) (454-00), Baby Homebaked Chocolate

Sponge (v) & Chocolate

Custard (v) (2041cs)

Based Burger (ve) (18816-20) Sides: Ziggy Fries (ve) (MA NOOD), Sweetcorn (ve) (SERNOOD), Whole Green Beans (ve) (askest)

Homemade Apple

Crumble (ve) & Vanilla

Custard (v) tresheat

Beef Burger (#028/240)

Homemade Mac 'n'

Cheese (v) (stikes)

Meatless Farm™ Plant

sakest, Mixed Vegetables (ve) (458cm) Chocolate Muffin (ve)

Fish Fingers creates

PGL's Sausage Pasta Bake (ADDRESS)

Shepherdless Pie (ve)

Sides: Cheesy Garlic Potato (v) Sweetcorn (ve) (1886), Whole Green Beans (ve) (x2kcal)

Chocolate Cookies (v)

About our food

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

Packing List for PGL 2025

A sleeping bag and pillow (essential) \square
A towel □
Toilet bag containing: toothbrush, toothpaste, soap, hairbrush etc. $\ \Box$
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 \Box
Three or four pairs of trousers /leggings or tracksuit bottoms (jeans are not great as they get heavy and cold when wet) \Box
Waterproof jacket (and trousers if you have them) \Box
Sturdy shoes such as walking boots (even in summer) \square
Two pairs of trainers (one old pair for using outside/in wet or muddy activities) \Box
Large plastic bag for dirty clothes (e.g. black bin bag) \square
Gloves, hat, scarf (in case of cold weather) \square
Refillable water bottle □
Hat and sunscreen (in case of hot weather) \square
*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:
<u>Do not bring</u> : 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 <u>not bring</u> any money with them.
- Please do not bring:

Mobile phones, any electronic devices (including 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 22nd 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						
	Mobile					
	Important Medical and Dietary Details					
Name of Doctor						
Please give details						
of any mandinal						
F C						
Is your child allergic to any me	dication? 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?					
Is your child able to swim 50 m	ion of the of					
•	an duck head underwater & swim 15m in a life jacket/buoyancy	Yes / No				

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

Signature of Parent/Guardian

Date

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



