

18th - 22nd September

8-10

10-13

13-16

ADVENTURE HOLIDAYS AT **OSMINGTON BAY**

Dorset

Sea views over Weymouth

Pebble beach access

Watersports at the 2012 Olympic Venue



Staff Accompanying

- Mrs Best (half of the week)
- Mr Peebles (half of the week)
- Miss Maloney
- Mrs Peneda
- Mrs Crowley
- Mrs Van Dyk
- Mrs Thomas
- Miss Quirke

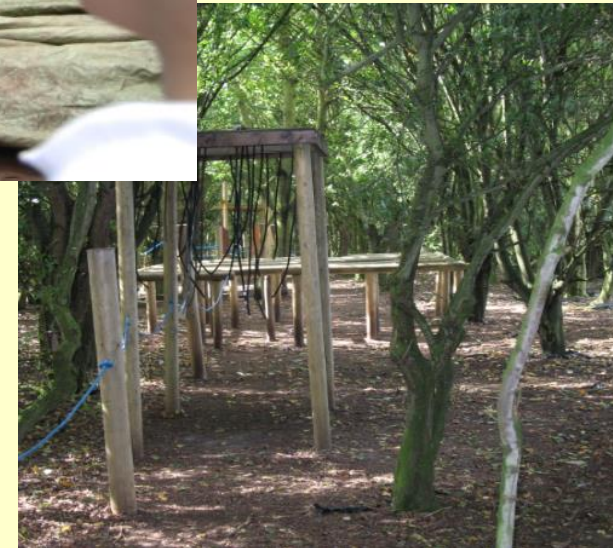
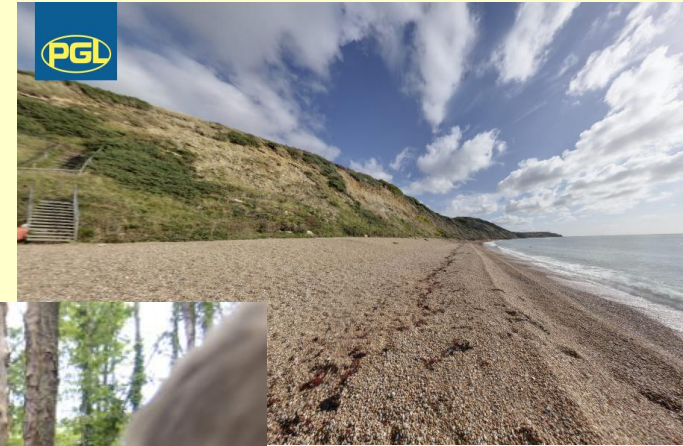
Why September?

- Huge benefits for children and for school
- Children learning about themselves
- ... and about each other
- Team building
- Staff seeing children in a different light
- Opportunities to shine

At PGL, we believe adventure is crucial in children's lives. It's fun, it's exhilarating, a real hoot with your friends. It's also a bit different, more challenging, outside your comfort zone. A treasured experience, that's talked about and remembered. Being away from parents, trying new things, gaining confidence, making new friends, being more self reliant, being encouraged to grow. Enjoying the freedom of the outdoors. When it comes to growing up, we think that these things aren't just important - they're essential!

Some Activities

- Team Building
- Archery
- Matrix
- Sensory Trail
- Giant Swing
- Trapeze
- Rafting
- Climbing
- Abseiling
- Canoeing
- Dragon boating



Water sports take place at the 2012 Olympic venue!

A typical day

7:15 Wake up, make
beds and tidy up

8:00 Breakfast

9:30 First activity

Break

11:00 Second activity

12:30 Lunch

1:30 Third activity

Break

3:00 Fourth activity

4:30 Directed time

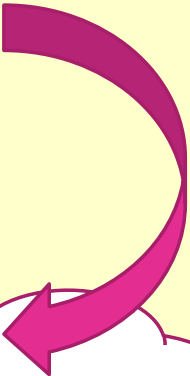
5:30 Dinner

6:30 Directed time

7:30 Evening activity

9:00 Directed time

9:30 Lights out!

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- Passport to the world
 - Campfire on the beach
 - Team games

Sleeping

One area for the school

Cabins with bunk beds (4-8 per room)

Adult rooms near to children's rooms

Daily room inspections



Food at PGL

- Healthy food
- Child friendly
- Cooked on site
- Cooked breakfast, lunch and dinner
- Allergy friendly



What to pack (soft holdall only)

- Old clothes/layers (children will need changes of clothes for the evenings)
- Water bottle
- **Waterproofs**
- Old Shoes – more than 1 pair (one to get muddy and wet)
- 2 Towels
- Sun hat and cream
- Small Tuck Box (please limit the sugary snacks – no nuts!)
- Disposable camera (child's responsibility)
- Bin bags (for wet and dirty clothes)

Don't Bring

- Electrical equipment – games/phones etc.
- Aerosols
- Valuables
- Money



Medicines

- Medical Forms (please complete in full and as accurately as possible)
- Medicines to Mrs Best at the front office on **Monday 18th September 8.30am**
- Clearly labelled
- Clear instructions for administration
- Travel sickness/hayfever tablets please administer on Monday morning before drop off and then hand in to Mrs Best – we can administer these on the way home.

Any questions?

Please take a **medical form** and **kit list** on your way out. Please make sure that the medical form is completed and returned back to school before the end of term.

Thank you!