

# Year 6 Residential 2024



8<sup>th</sup> July- 12<sup>th</sup> July



# Liddington

Centre Map



### Key

- |                  |                 |                    |
|------------------|-----------------|--------------------|
| Abseiling        | Fencing         | Sensory Trail      |
| Aeroball         | Giant Swing     | Survivor           |
| Archery          | Jacob's Ladder  | Trapeze            |
| Canoeing         | Problem Solving | Treetop Trail      |
| Challenge Course | Quad Bikes      | Vertical Challenge |
| Climbing         | Raft Building   | Zip Wire           |
| Crate Challenge  |                 | Toilets            |
|                  |                 | Dining Room        |
|                  |                 | Bar                |



# The week

<b>Monday</b>	Children to arrive at school with suitcase/bag from 8:30am. Please ensure all children have arrived by 8:50am. <b><i>Coach to depart approx. 9:15am</i></b> Arrive at PGL Liddington approx. 10:45am Activities run by Sun Hill / site tour <b><i>Packed lunch will need be brought from home this day.</i></b> Evening meal at PGL
<b>Tuesday</b>	4 daytime activities and an evening activity
<b>Wednesday</b>	4 daytime activities and an evening activity
<b>Thursday</b>	4 daytime activities and an evening activity
<b>Friday</b>	2 daytime activities, lunch and departure at 1:30pm <b><i>Coach due back to Sun Hill at 3pm. Collection at 3pm from the school field.</i></b>

# Activities

Children will have the opportunity to participate in some of the following activities:

- Zip wire
- Archery
- Crate challenge
- Problem solving
- Survivor
- Aeroball
- Canoeing
- Sensory trail
- Trapeze
- Giant swing
- Orienteering
- Jacob's ladder
- Buggy building



# Examples

	<b>Session 1 8:50-10:20</b>	<b>Session 2 10:30-12:00</b>	<b>Session 3 14:10 15:40</b>	<b>Session 4 15:50-17:20</b>	<b>Evening 19:30 - 20:30</b>
<b>Group 1</b>	Zip wire	Archery	Crate challenge	Problem Solving	Campfire
<b>Group 2</b>	Archery	Zip wire	Problem Solving	Crate challenge	Campfire
<b>Group 3</b>	Crate challenge	Archery	Zip wire	Problem Solving	Campfire
<b>Group 4</b>	Vertical Challenge	Crate challenge	Problem Solving	Zip wire	Campfire
<b>Group 5</b>	Crate challenge	Aeroball	Zip wire	Survivor	Campfire

# Food



Enjoyable mealtimes with nutritious and tasty food.

Whilst at PGL you'll enjoy three tasty meals a day – all nutritionally balanced to provide plenty of energy to keep you going all day long!

Our catering team can cater for any allergies or special dietary requirements, and can even provide packed lunches if preferred.

- A mix of hot and cold meals with vegetarian options
- Self-service salad bar
- Fresh fruit with every meal
- Allergies, intolerances and special diets catered for
- Support for fussy eaters

**Chicken Katsu Curry** (275kcal)

**Homemade Beef  
Lasagne** (322 kcal)

**Vegetable Lasagne (ve)**  
(279kcal)

Sides: **Garlic Bread (v)** (162kcal), **Rice (ve)** (240kcal), **Garden Peas (ve)** (77kcal), **Fresh Broccoli (ve)** (43kcal)

**Homebaked Iced Sponge  
Cake (v)** (206kcal)

The children will also have their Sun Hill Leavers hoody to wear on the trip.

Please write your child's name inside, as they are all identical!

## FOOTWEAR

- 2 pairs of trainers
  - 1 for activities
  - 1 old pair for watersports

- 1 pair of dry shoes for evening activities



## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets
  - T-shirts
  - Long sleeved shirt/T-shirts
  - Waterproof jacket
  - Fleeces/jumpers



*Your arms will need to be covered to do some activities.*

- Trousers or leggings but not jeans as they get heavy and cold when wet

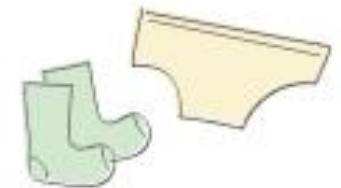


- Underwear & socks

*Your socks will need to cover your ankles to do some activities.*

- 1 or 2 sets of clothes for the evening

- Suitable nightwear



## OTHER ITEMS

- 2 towels → 1 for showering  
1 old one for activities

- Reusable drinks bottle

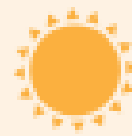
- Small rucksack/bag

- Labelled bin bag for wet and dirty clothing

- Sleeping bag or duvet and pillow  
(unless otherwise advised)

- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

- Hair ties for long hair



...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

**The children will also need to bring a duvet, or sleeping bag and pillow!**



# PLEASE DO NOT BRING



- ✘ Electrical devices
- ✘ Computer games
- ✘ Food items that contain nuts
- ✘ Jewellery/valuables
- ✘ Aerosols



Children must **NOT** bring any money as they will not have the opportunity to spend it.

They may **NOT** bring mobile phones, electronic devices or smart watches.

If for any reason you need to contact us, please contact the **school office** who will make contact with us.



# Medical needs



- Please ensure that you have updated the office if your child's needs have changed.
- Please let the office know if they need an inhaler or not.
- If your child requires an inhaler, they will be required to carry this with them.
- Please hand in any medicines to your child's teacher in a named bag – stating dosage and times.
- This includes travel sickness tablets.