

Caythorpe Court Residential Trip 2023



Monday 19th – Friday 23rd June



Caythorpe Court Residential Trip 2023

Aims:

- Take part in outdoor adventurous activities and physical challenges
- Develop ability to work in a team, cooperation and communication skills
- Build confidence and self esteem in preparation for transfer to secondary school.



PGL:

- PGL has been a provider of adventure holidays for over 50 years and is very popular with schools nationwide.



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Staff:

Mr. Preston

Ms. Fellows

Mr. Meek

Mrs. Hanwell

Mrs. Symonds

Mr. Hardy (Parent Volunteer)



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Caythorpe Home Page

[Caythorpe Court Adventure Centre, Lincolnshire - Primary School Trips \(pgl.co.uk\)](https://www.pgl.co.uk/trips/caythorpe-court-adventure-centre-lincolnshire-primary-school-trips)

Caythorpe Court Lincolnshire

For Primary Schools

► Watch Our Guest Videos Of Caythorpe Court



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Sample Day

Schedule		Activities
07.00 - 08.50	Activity groups of up to 12	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Rooms of 4 to 6 children (rooms have showers)	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50		Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Staff are in the same block as the children	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00		Time to eat again - a different dinner menu each day.
19.00 - 21.00	During the evening activities, the children will have the opportunity to mix freely with each other	1 hour of activities - Discos, campfires, quizzes and more - our evening activity programme keeps everyone engaged until bedtime.
21.00 / 21.30		Bedtime. Catch up on some zzz's ready to do it all again tomorrow!



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Buggy Building	Trapeze	Trapeze
Zip Wire	Raft Building	All Aboard
Orienteering	Problem Solving	Survivor
Archery	Sensory Trail	Abseiling
Jacob's Ladder	Climbing	Disc Golf

Select an activity for a full description

Raft Building

Raft Building

Down to the water's edge and your pupils' challenge is to design and build a robust and working raft. There'll be a number of components available, including large plastic barrels, ropes and poles. Our staff can give as much or as little support as you'd like but it's a great teamwork exercise and will help your pupils improve their communication, problem-solving and decision-making. Once rafts are ready to launch, the fun begins on the water!



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Food:

Food

Enjoyable mealtimes with nutritious and tasty food.
Our meals are freshly prepared, balanced and will give your pupils plenty of energy to keep them going throughout the day.

- 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 - see our Teacher Guide
- Support for fussy eaters - see our Parent Guide



[View our sample menu](#)



Food:

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Fussy Eaters

We know that some children are very particular about what they eat and if the menu doesn't suit, we can provide alternatives to ensure no-one leaves the dining room hungry. We do often find, however, that children are more likely to try new things at PGL that they wouldn't normally eat at home - it's all part of the PGL experience!



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Friday 16th June:

- Pocket money handed in to class teacher.
(£5 - £10 – in a named wallet/purse - ideally coins)

Monday 19th June:

- Arrive in school at normal time (non-uniform) with luggage and medication.
- **Hand in any medication to the staff who will be stationed outside Year Six mobiles before school.**
- Put luggage into marked 'zone' on playground near mobile.
- Morning and lunch in school as normal – depart 1:15pm.



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Friday 23rdth June:

- Return to school at approximately 3:30pm – 3:45pm.
- School office will be informed if there is any significant delay.
- Please wait in the 'Front Playground' (outside Year One classrooms) rather than in car park or on St. John's Road.



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Overview – Kit List for Visit

- ✓ Nightwear
- ✓ Underwear (please note that for many activities, socks will need to cover ankles)
- ✓ 3 pairs of old trousers/leggings for activities (not jeans)
- ✓ 2 pairs of shorts
- ✓ 1 pair of old trainers for activities
- ✓ 1 pair of shoes for water sports (preferably old trainers, NOT wellies or slip-on shoes)
- ✓ Pair of dry shoes for evening activities (non-slip shoes)
- ✓ Fleeces/sweatshirts for activities
- ✓ Long sleeved shirts/t-shirts (for activities where arms need to be covered)
- ✓ T-shirts/tops
- ✓ Waterproof jacket/cagoule and trousers
- ✓ Baseball hat/sun hat
- ✓ 1 or 2 sets of clothes for the evening
- ✓ Swim wear

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No jewellery can be worn for any activity, and long hair must be tied back for all activities.

OTHER ITEMS:

- ✓ Sleeping bag and pillow
- ✓ ~~Hand sanitiser~~
- ✓ Washbag (including soap, shampoo, toothpaste etc)
- ✓ Large towel (Plus, extra towel for activities at the lake)
- ✓ Torch and batteries
- ✓ Plastic drink bottle clearly named. Children will be required to take water to ALL activities.
- ✓ Sun cream
- ✓ Small rucksack/ bag
- ✓ Labelled plastic bag/ bin bag for wet and dirty clothing

Please name everything!

No mobile phones, chewing gum, electronic devices.



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Questions and Discussion

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