



Year 6 residential PGL Caythorpe Court

Tuesday 1st April to Friday 4th April 2025





Caythorpe Court

Lincolnshire



PGL Caythorpe Court,

Caythorpe Heath Lane,
Caythorpe,
Grantham,
NG32 3ER





Caythorpe Court



- ❑ PGL was founded in 1957 by Peter Gordon Lawrence and has been operating courses for schools and colleges for more than 50 years.
- ❑ During this time more than 3 million children and young people have benefited from a PGL experience.
- ❑ Each year more than 4,000 schools trust their school trip to PGL.





Educational Benefits

PGL courses provide positive outcomes for learning and personal development. They focus on the following aims for pupils:

- To have fun and learn new skills**
- To build confidence and independence**
- To take part in new and exciting experiences**
- To discover more about themselves and their capabilities**
- To work as part of a team and support others**
- To widen friendships with children from another school**



| Schedule | Activities |
|---------------|---|
| 07.00 - 08.50 | Get up, get ready and fuel up for the day ahead with a hearty breakfast. |
| 08.50 - 12.00 | 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 | 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 | Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime. |
| 21.00 / 21.30 | Bedtime. Catch up on some zzz's ready to do it all again tomorrow! |



Adventure activities

- Abseiling
- Archery
- Canoeing
- Challenge Course
- Climbing
- Fencing
- Giant Swing
- Kayaking
- High Ropes Course
- Orienteering
- Problem Solving
- Raft building
- Rifle Shooting
- Sports and Team Games
- Trapeze
- Vertical Challenge
- Zip Wire



Evening entertainment

- Quiz Show
- Campfire
- Capture the Flag
- Team Challenge
- Balloon Splash

Accomodation





The dining room





Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement



Sample Menu

Breakfast

- A Choice of Cereals or cooked breakfast with bacon, sausages, toast and scrambled eggs
- A choice of water or juices

Lunch

- A hot meal (vegetarian option always available)
 - Salad Bar
 - Choice of fruits/yoghurts
 - Dessert option
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Sample Menu

Dinner

- A choice of hot meal (vegetarian option always available)
- Salad Bar/Pasta/Potato salad
- Choice of fruits/yoghurts
- Dessert option
- Special Dietary Requirements can be catered for.**



REFUEL WITH OUR

DELICIOUS MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| | Sausages | Bacon | Sausages | Bacon | Bacon | Sausages | Bacon |
| | Baked Beans (ve) | Baked Beans (ve) | Baked Beans (ve) | Baked Beans (ve) | Baked Beans (ve) | Baked Beans (ve) | Baked Beans (ve) |
| | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) | Quorn™ Vegan Cumberland (ve) |
| | Hash Browns (ve) | Hash Browns (ve) | Hash Browns (ve) | Hash Browns (ve) | Hash Browns (ve) | Hash Browns (ve) | Hash Browns (ve) |
| | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) | Fresh Mushrooms (ve) |

Available every day: porridge with toppers* selection of cereals and Kellogg's™ granola (ve), assorted yoghurts (v), white or brown toast (ve) & jam (v)

LUNCH

| | | | | | | |
|-----------------------------------|--|---|--|--|--|---|
| Pepperoni Pizza | Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo | Battered Chicken Chunks | Homemade Beef Bolognese | Fish & Chips | Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo | Roast Beef |
| Margherita Pizza (v) | Homemade Chilli Non Carne (ve) | Vegetable Nuggets (ve) | Homemade Vegetable Ratatouille (ve) | Jumbo Sausage | Homemade Chilli Non Carne (ve) | Meatless farm™ Plant-based Chicken Breast (ve) |
| Plant-based Margherita Pizza (ve) | Served with: White Rice (ve) | Served with: Potato Wedges (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve) | Served with: Penne Pasta (ve), Garlic Bread (v), Grated mild cheddar (v) | Quorn™ Fishless Fingers (ve) | Served with: White Rice (ve) | Served with: Roast Potatoes (ve), Yorkshire Pudding (v), Fresh Broccoli (ve), Baby Carrots (ve), Gravy (ve) |
| Served with: Skinny Fries (ve) | | | | Served with: Skinny Fries (ve), Garden Peas (ve) | | |

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 | Fish Fingers | Chicken Curry | PGL's Sausage Pasta Bake | Beef Burger | Battered Chicken Chunks | Fish Fingers |
| Homemade Beef Lasagne | Hunters Chicken | Baked Cheesy Meatballs | Chicken Kiev** | Homemade Mac 'n' Cheese (v) | Homemade Beef Lasagne | PGL's Sausage Pasta Bake |
| Vegetable Lasagne (ve) | Shepherdless Pie (ve) | Vegetable Curry (ve) | Homemade Sausage & Bean Casserole (ve) | Meatless Farm™ Plant Based Burger (ve) | Vegetable Lasagne (ve) | Shepherdless Pie (ve) |
| Sides: Garlic Bread (v), Rice (ve), Garden Peas (ve), Fresh Broccoli (ve) | Sides: Round Chips(ve), Baby Carrots (ve), Whole Green Beans (ve) | Sides: Rice (ve), Penne Pasta (ve), Mixed Vegetables (ve) | Sides: Mashed Potato (v), Fresh Broccoli (ve), Baby Carrots (ve) | Sides: Curly Fries (ve), Sweetcorn (ve), Whole Green Beans (ve) | Sides: Garlic Bread (v), BBQ Sauce (ve), Skinny fries (v), Mixed Vegetables (ve) | Sides: Cheesy Garlic Potato (v), Baby Potato (ve), Sweetcorn (ve), Whole Green Beans (ve) |
| Homebaked Iced Sponge Cake (v) | Chocolate Muffin (v) | Jam Doughnuts (v) | Homebaked Chocolate Sponge (v) & Chocolate Custard (v) | Homemade Apple Crumble (ve) & Vanilla Custard (v) | Chocolate Muffin (ve) | Chocolate Cookies (v) |



Essential items

- 1 pair of comfortable, worn-in walking boot/shoes
- 2 pairs of sturdy trainers (not canvas style Converse or similar style fashion trainers)
- 1 pair of slippers or other indoor shoes (compulsory inside)
- A waterproof coat with a hood
- 2 or 3 jumpers or thick tops
- 2 or 3 lightweight tops which cover shoulders (no strappy vest tops or crop tops)
- 2 lightweight long-sleeved tops (some activities require arms to be covered)
- 3 pairs of trousers (which are comfortable to move in – not jeans)
- Several pairs of socks (preferably long socks to avoid blisters)
- 2 pairs of thick socks (like wellie-socks)
- Underwear
- Nightwear
- 2 towels (1 for showering and 1 old one for activities)
- Washbag including: soap, shampoo, toothbrush, toothpaste, deodorant (roll-on)
- Swimsuit (to be worn under clothes for water activities)
- Small rucksack (for carrying lunch)
- Reusable drinks bottle
- Labelled bin bag (for wet and dirty clothes)
- Packed lunch (for the first day only)
- 1 book and/or 1 cuddly toy (not essential)
- Sleeping bag
- 1 pillow
- Vaseline or lip balm

Items that are not permitted:

- Mobile phones or other electronic devices
- Electronic hairstyling appliances (hairdryers, straighteners, curling wands)
- Jewellery or other valuables
- Money (no money is required on this trip)
- Aerosol deodorant



General

- **Room allocations and day groups – children will be asked for names when deciding groups. Children will be told when we arrive at Caythorpe.**
- **You will be asked for updated medical information, travel sickness, allergies, medication and swimming ability.**
- **We will try to post one message and one photo a day on Dojo.**



Next Steps

- Total cost is £370
- Non refundable deposit of £100 to be paid by Friday 5th July 2024.
- Pay online and indicate that you give permission for your child to attend.
- Remaining £270 to be paid online by Monday 3rd February 2025.
- You can pay weekly, monthly or lump sum.



Thank you for listening
Any questions?