



PGL

**OSMINGTON BAY MULTI ACTIVITY SCHOOLS
CENTRE**



Osmington Bay

Centre Map

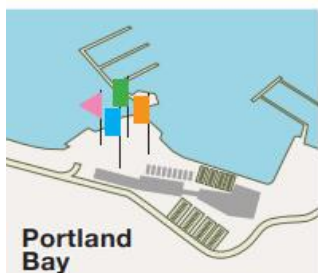


Accommodation Key

- A Redcliff Point
- B West Bay
- C Stair Hole
- D Bats Head
- E The Fleet
- F Golden Cap
- G Durdle Door
- H Blackhead Ledges
- I Chesil Beach
- J Orcombe Point
- K Portland Bill
- L Church Ope Cove
- M Kimmeridge Bay
- N Flowers Barrow
- O Smugglers Cove
- P Lulworth Cove A
- Q Lulworth Cove B
- R Old Harry Rocks
- S Abbotsbury
- T Bowleaze Cove
- U Charmouth

Key

- | | | | | | |
|-----------|----------------|------------------|-----------------|----------------|--------------|
| Abselling | Dragon Boating | Kayaking | Problem Solving | Rifle Shooting | Trapeze |
| Aeroball | Fencing | Keelboat sailing | Quad Biking | Sensory Trail | Tunnel Trail |
| Archery | Giant Swing | Low Ropes Course | Raft Building | Survivor | Zip Wire |
| Climbing | Jacob's Ladder | Mountain Biking | | | |



OSMINGTON BAY

OUR BOOKING DETAILS

- *On Tuesday, children should arrive at school for the usual start time of 8:40am in comfortable clothing.*
- *We will leave in the morning with the exact time to be confirmed- we will let you know so you can wave us off if you'd like to. The centre is approximately two and a half hours away so we will aim to arrive at the centre by the afternoon ready for lunch and our first activity.*
- *On Friday, we will arrive back for approximately 4:30pm depending on traffic. Texts will be sent, via the website, to all registered mobile numbers to inform you when we have left PGI and to share any changes in our expected arrival time.*
- *Please expect some tired children on Friday!*

ACCOMMODATION

- The children will be sleeping in single sex rooms and sharing in groups of 3 or 4 (roughly). All children will be asked to list the names of up to three other children that they would like to share a room with and these will be taken into account when allocating rooms. The children will find out who they are sharing with on Tuesday when we arrive at Osmington Bay.
- All the children's rooms are located on one floor and the adult's rooms are located next to them.
- When we arrive, we will show the children where they can go, day or night, for any help.



MONDAY	
Breakfast	
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Quorn Sausages Omelette Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	
Lunch	
Homemade Soup of the Day Choice of Breads Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	
Dinner	
Homemade Soup of the Day Honey and Lemon Chicken Creamy Parmesan White Fish Pie (V) Sun-dried Tomato, Basil and Mozzarella Pasta Bake Couscous or New Potatoes Green Beans & Carrots Seasonal Fresh Fruit & Salad Bar Cheesecake Hot & Cold Drinks	

FOOD

- There are freshly-prepared hot or cold options available at every mealtime and a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner.
- Homemade soup is available most days and there is plenty of bread and fresh fruit available, as well as hot and cold drinks.
- We will eat all meals together as a class.
- Water, squash, tea and coffee are available at all meals and children are encouraged to refill their water bottles for regular use throughout the day. There are also water fountains available around the centre.

ACTIVITIES

- The children will be split into four groups whilst taking part in each activity. Again, we will consider the children's friendship groups and preferences when arranging these.
- An adult from school (myself, Miss Glyde, Mrs Fanstone, Mrs Skeels or Mrs Evans) will be with each group alongside the PGL instructors who will run the activities.
- We will come back together as a whole group for all meals and evening activities.
- All the activities meet the highest levels of safety standards. Formal risk assessments are completed at the start of each season and following any significant changes, for every centre. As a school, we have also completed our own risk assessment.

OUR PROVISIONAL TIMETABLE

	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 19:00 - 21:00
Tuesday	1				Arrive on Centre	Abseiling (AB3)	Aeroball (AE4)	PGL Games (PGA1)
	2				Arrive on Centre	Aeroball (AE4)	Abseiling (AB3)	PGL Games (PGA1)
	3				Arrive on Centre	Abseiling (AB4)	Aeroball (AE7)	PGL Games (PGA1)
	4				Arrive on Centre	Aeroball (AE7)	Abseiling (AB4)	PGL Games (PGA1)
Wednesday	1			Trapeze (TR2)	Laser Tag (LT1)	Raft Building (RB1)	Raft Building (RB1)	Balloon Splash (BSP2)
	2			Laser Tag (LT1)	Trapeze (TR2)	Raft Building (RB2)	Raft Building (RB2)	Balloon Splash (BSP2)
	3			Trapeze (TR3)	Laser Tag (LT1)	Raft Building (RB3)	Raft Building (RB3)	Balloon Splash (BSP2)
	4			Laser Tag (LT1)	Trapeze (TR3)	Raft Building (RB4)	Raft Building (RB4)	Balloon Splash (BSP2)
Thursday	1			Giant Swing (GS1)	Orienteering (OR1)	Vertical Challenge (VC2)	Sensory Trail (ST1)	Campfire (CF1)
	2			Orienteering (OR1)	Giant Swing (GS1)	Sensory Trail (ST1)	Vertical Challenge (VC2)	Campfire (CF1)
	3			Giant Swing (GS2)	Orienteering (OR2)	Vertical Challenge (VC4)	Sensory Trail (ST2)	Campfire (CF1)
	4			Orienteering (OR2)	Giant Swing (GS2)	Sensory Trail (ST2)	Vertical Challenge (VC4)	Campfire (CF1)
Friday	1			Jacob's Ladder (JL1)	Archery (A4)	Depart		
	2			Archery (A4)	Jacob's Ladder (JL1)	Depart		
	3			Jacob's Ladder (JL5)	Archery (A3)	Depart		
	4			Archery (A3)	Jacob's Ladder (JL5)	Depart		

EVENING ACTIVITIES

- *We have a different activity arranged for each evening including a campfire and a PGL games night.*
- *We will spend each evening together as a whole group and groups from other schools may join us at times.*
- *Throughout all the activities, the children will be encouraged to participate. However, of course if they choose it is not for them then they can simply accompany and cheer from the side.*

KIT LIST

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.



What to bring

Please ensure that all items are named.

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**

FOOTWEAR

- 2 pairs of trainers**
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes**
for evening activities

OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities
- Plastic **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)

TRAVELLING IN THE...

KIT LIST

There will be an opportunity for us to visit the PGL shop which sells items such as chocolate, sweets and small souvenirs. If your child would like to bring some money to spend in the shop, they should bring it in a named envelope/purse which we can look after for them. Children should bring no more than £10.



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