

Year 7 Adventure Week

Monday 4 July – Friday 8 July 2022

Mr Andrew Smith – Head of Year 7 (8)
(Trip Lead)

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Marchants Hill

Surrey





Welcome to PGL

- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed
- LOfC Quality Badge holder
- Founding member of BAPA
- ABTA bonded





Marchants Hill - Surrey

- 24 fantastic adventure activities to choose from
- 45 acres of grounds in an area of outstanding natural beauty
- Lakes for watersports and stunning hiking opportunities

Year 7 Adventure Week

- **Arrival Date and Time:** Monday 4 July 2022 @ 15:30
- **Departure Date and Time:** Friday 8 July 2022 – leaving centre at 14:00 , arriving back at school 15:30
- **Staff Ratios - Male : Female: 4:5**
(ASM, KSO, AMI, RPA, LAV, SBU, SOS, PFR, AAK)
- **Age range of students:** Year 7



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**


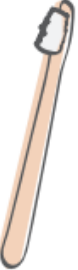

Your socks will need to cover your ankles to do some activities.
- 1 or 2 sets of **clothes for the evening**
- Suitable **nightwear**

Packing

FOOTWEAR

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

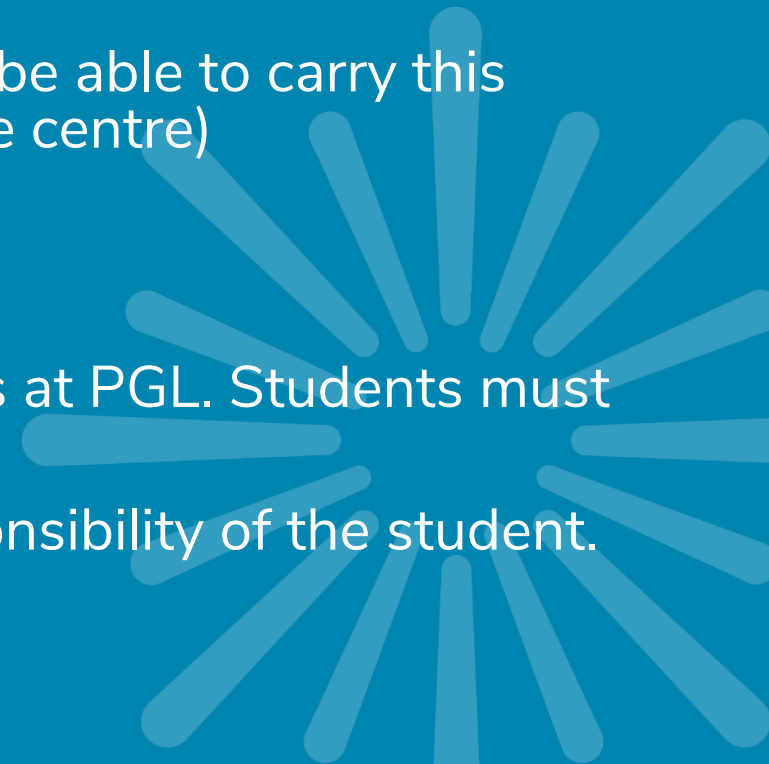
OTHER ITEMS

- 2 towels** → 1 for showering
1 old one for activities
- 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)
- Torch** for evening adventures



Monday 4 July 2022

- Final details to be communicated next week
- Attend school at 08:30, bags will be stored in Deneb building
- Students will be travelling by train from Redhill to Halsemere and then will get the bus to the centre, leaving school at lunchtime.
- One bag per student, and one back pack – students need to be able to carry this themselves (main bags will be transported by mini bus to the centre)
- Snacks / food for journey / plenty of water
- Bring books / magazines / playing cards
- Mobile phones are not allowed in buildings / on the premises at PGL. Students must leave these at home
- A small camera can be brought to the centre but is the responsibility of the student.





Multi-Activity

- 4 action-packed adventure activity sessions per day
- Evening entertainment
- Great for personal development & confidence building
- Increases motivation & appetite for learning



Adventure activities

- Abseiling
- Aeroball
- Archery
- Challenge Course
- Climbing
- Eco Trail
- Fencing
- First Aid
- Giant Swing
- Hiking
- Jacob's Ladder
- Low Level Ropes Course
- Orienteering
- Powerfan®
- Problem Solving
- Quad Biking
- Raft Building
- Rifle Shooting
- Sensory Trail
- Sports and Team Games
- Survivor
- Trapeze
- Zip Wire



Evening entertainment

- Ambush
- Boat Build
- Campfire
- Capture the Flag
- Cluedo
- Disco
- Generation Game
- Karaoke
- Night Hike
- Passport to the World
- Quiz
- Robot Wars
- Splash
- Starburst
- Wacky Races



Accommodation

- Lodges – en suite rooms sleep 6
- Bethany House – en suite rooms sleep 4-8
- Students will be in a room with at least one of their peers



Facilities

- 45 acres of grounds to enjoy
- Large playing field
- Sports hall
- Games room
- On-site adventure activities
- Disco
- Shop
- Classrooms / meeting rooms



Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement
- Sample menus available online: www.pgl.co.uk



FAQs

- Valuable items including mobile phone to be left at home
- Deodorants – roll-on only please
- Pocket money – between £10 and £20.

Contacting your child – use the face book group to find out what they have been doing each day.

- Emergency phone numbers available if required
- If a student needs you they can use these phones to talk to you

Year 7 Adventure Week

- Anxieties about being away from home! The students will be having so much fun all day, they won't have time to worry too much. However we do recognise that for some this is their first experience away from home, all of our staff are highly trained and will be available to comfort and reassure. If we are worried about anything someone will contact you.
- Involvement in activities: the whole idea of these trips is to take students out of their comfort zones and to enable to experience new things, we will not force anyone to do things they are uncomfortable with but we will encourage them all to have a go and also to support each other.
- Communication home:
 - ☀ Work Mobile for emergencies
 - ☀ Mr Smith: 07385749692
 - ☀ Mr Sorenson: 07385805426 (Mon – Wed until 15:00)
 - ☀ Miss Akhavan: 07586100676 (Wed from 15:00 – Fri)
 - ☀ Facebook Group: **Year 7 Carrington School Adventure Week (July 2022).**



Medical Needs

- Medication to be handed in on arrival – everything needed must be brought with students clearly named with details of amounts to be taken and when.
- If your child suffers from headaches do send some paracetamol in as we can only issue medication that has been given to us. Do make sure that these are handed in though for the safety of everyone.
- Asthma Inhalers and Epi-pens (if required) must be taken on ALL activities by t
- Medication will be dispensed by Carrington staff



Friday 8 July 2022

- Leave the centre @ 14:00 by minibus
- Arrival back at school – 15:30
- Updates will be provided as we leave the centre. We will post updates on Facebook Group



Expectations

We want everyone to have an amazing time and will be expecting the students to live up to 'Our Values' all of the time.

Our Values

ASPIRE



We pursue excellence
We believe in ourselves
We are ambitious
We persevere

INNOVATE



We are curious and creative learners
We are courageous
We show initiative and embrace change
We work collaboratively

RESPECT

We are kind to ourselves and others
We take responsibility
We celebrate diversity
We care for our environment



Expectations

- ‘Send Home’ Policy – if one of five rules below are broken – this will be the centre’s decision

| | |
|---|---|
| 1 | No anti-social behaviour |
| 2 | No bringing or using mobile phones on to the premises. |
| 3 | No leaving the Centre unsupervised. |
| 4 | No girls in boy’s room or vice versa. |
| 5 | No students allowed in other schools allocated areas. |



Parent Information

IMPORTANT – If you haven't already, please complete our medical and dietary needs [form here](#). This also asks for friendship information to inform rooming.

- Rooms will be allocated on arrival. Students will be in groups of 6.
- A pack is available [on PGL website](#) and linked in recent letter





Thank you for listening
Any questions?