



Monday 19th October – Wednesday 21nd October



**A home away from home,
Newby Wiske Hall**

**Our newest activity centre,
showcasing the best of PGL**

Opened March 2023!

A promotional graphic for PGL's Newby Wiske Hall. It features a teal and lime green background. On the left is the PGL logo. In the center is a photograph of the hall. To the right is a map of North Yorkshire with a red location pin. Text is overlaid on the right side, and a red ribbon banner at the bottom left says 'Opened March 2023!'.

No need to make notes this evening!

- This presentation will be available on the Residentials page of the school.

[The fun starts here!](#)



On the day



- Children will arrive at school at normal time.
- Bring your luggage to the Art Room when you arrive.
- We are leaving school around 9:30 and aim to arrive at the centre at 12:00.
- Our first meal at the centre isn't until the evening so children will need to fetch a pack lunch including water bottle to have once we get there.

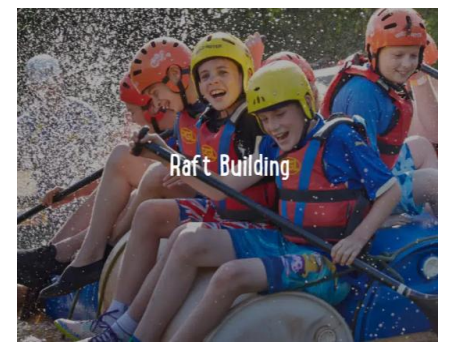
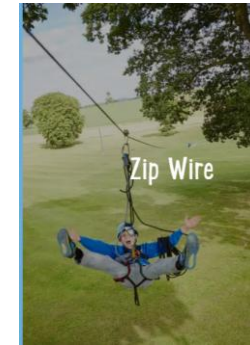
Staffing



- Mrs Adams (Assistant Head)
- Mr Allsop (Y6 teacher)
- Mr Edmondson (Y6 teacher)
- Miss Hartle (Level 3 TA)
- Miss Clarke (Y2 teacher)
- Mr Kenworthy (HLTA Teaching Assistant)

What will the children be doing?

- All activities are led by qualified instructors



- Each activity group will also have a Marlcliffe staff member with them
- No-one will be forced to do an activity but children will be encouraged to at least try them. Marlcliffe staff will be on hand to do the activity with them, if this helps!

Water sports

- Rafting is obviously a water-based activity; therefore, fetching more than one pair of shoes is essential (as one pair need to get wet!) The pair that becomes wet need to be ones that you **are not** precious about.



Shoes have to be secure so can't be wellies or crocs.

Meal times

There will be three meals per day, with lots of choice. Each day is carefully planned so that the meals are balanced and nutritional.

Dietary requirements are catered for. If you have given these details on the '*personal information form*' you completed recently then these have already been passed on to the centre; however, if you need to let us know about anything then please do this asap. Sample menu..



BREAKFAST

Baked Beans (ve) (51kcal)

Hash Browns (ve) (174kcal)

Fresh Mushrooms (ve) (55kcal)

Sausages (200kcal)

or

Quorn™ Vegan

Cumberland (ve) (214kcal)

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)	Baked Beans (ve) (51kcal)
Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)	Hash Browns (ve) (174kcal)
Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)	Fresh Mushrooms (ve) (55kcal)
Sausages (200kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Bacon (80kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Sausages (200kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Bacon (80kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Bacon (80kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Sausages (200kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)	Bacon (80kcal) or Quorn™ Vegan Cumberland (ve) (214kcal)
Available every day: Porridge with toppers* (445kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads						

LUNCH

Pepperoni Pizza (276kcal)	Beef Burger (339kcal)	Battered Chicken Chunks (207kcal)	Homemade Beef Bolognese (453kcal)	Battered Fish (214kcal)	Jacket Potato (ve) (204kcal) Served with your choice of: Grated Mild Cheddar (v) (453kcal), Baked Beans (ve) (51kcal) or Tuna Mayo (204kcal)	Roast Beef (189kcal)
Margherita Pizza (v) (276kcal)	Meatless Farm™ Plant Based Burger (267kcal) Served with: Ziggy Fries (ve) (454kcal)	Vegetable Nuggets (ve) (253kcal) Served with: Potato Wedges (ve) (258kcal), Garden Peas (ve) (79kcal), Sweetcorn (ve) (55kcal), Sweet Chilli Sauce (ve) (79kcal)	Homemade Vegetable Ratatouille (ve) (205kcal) Served with: Penne Pasta (ve) (208kcal), Garlic Bread (v) (169kcal), Grated mild cheddar (v) (453kcal)	Jumbo Sausage (603kcal) Quorn™ Fishless Fingers (ve) (172cal) Served with: Skinny Fries (ve) (254kcal), Garden Peas (ve) (79kcal)	Homemade Chilli Non Carne (ve) (243kcal) Served with: White Rice (ve) (243kcal)	Meatless farm™ Plant-based Chicken Breast (ve) (203kcal) Served with: Roast Potatoes (ve) (204kcal), Yorkshire Pudding (v) (156kcal), Fresh Broccoli (ve) (43kcal), Baby Carrots (ve) (28kcal), Gravy (ve) (16kcal)
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 (275kcal)	Fish Fingers (276kcal)	Chicken Curry (434kcal)	PGL's Sausage Pasta Bake (486kcal)	Beef Burger (400kcal)	Battered Chicken Chunks (207kcal)	Fish Fingers (276kcal)
Homemade Beef Lasagne (484kcal)	Hunters Chicken (434kcal)	Baked Cheesy Meatballs (254kcal)	Chicken Kiev** (273kcal)	Homemade Mac 'n' Cheese (v) (523kcal)	Homemade Beef Lasagne (484kcal)	PGL's Sausage Pasta Bake (486kcal)
Vegetable Lasagne (ve) (275kcal) Sides: Garlic Bread (v) (169kcal), Rice (ve) (163kcal), Garden Peas (ve) (79kcal), Fresh Broccoli (ve) (43kcal)	Shepherdless Pie (ve) (484kcal) Sides: Baby Potato (ve) (94kcal), Baby Carrots (ve) (28kcal), Whole Green Beans (ve) (20kcal)	Vegetable Curry (ve) (203kcal) Sides: Rice (ve) (163kcal), Penne Pasta (ve) (108kcal), Mixed Vegetables (ve) (45kcal)	Homemade Sausage & Bean Casserole (ve) (343kcal) Sides: Mashed Potato (v) (276kcal), Fresh Broccoli (ve) (43kcal), Baby Carrots (ve) (28kcal)	Meatless Farm™ Plant Based Burger (ve) (288kcal) Sides: Ziggy Fries (ve) (44kcal), Sweetcorn (ve) (55kcal), Whole Green Beans (ve) (20kcal)	Vegetable Lasagne (ve) (275kcal) Sides: Garlic Bread (v) (169kcal), BBQ Sauce (ve) (84kcal), Skinny fries (v) (254kcal), Mixed Vegetables (ve) (45kcal)	Shepherdless Pie (ve) (484kcal) Sides: Cheesy Garlic Potato (v) (244kcal), Baby Potato (ve) (94kcal), Sweetcorn (ve) (55kcal), Whole Green Beans (ve) (20kcal)
Homebaked Iced Sponge Cake (v) (106kcal)	Chocolate Muffin (v) (280kcal)	Jam Doughnuts (v) (228kcal)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (204kcal)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (223kcal)	Chocolate Muffin (ve) (280kcal)	Chocolate Cookies (v) (279kcal)

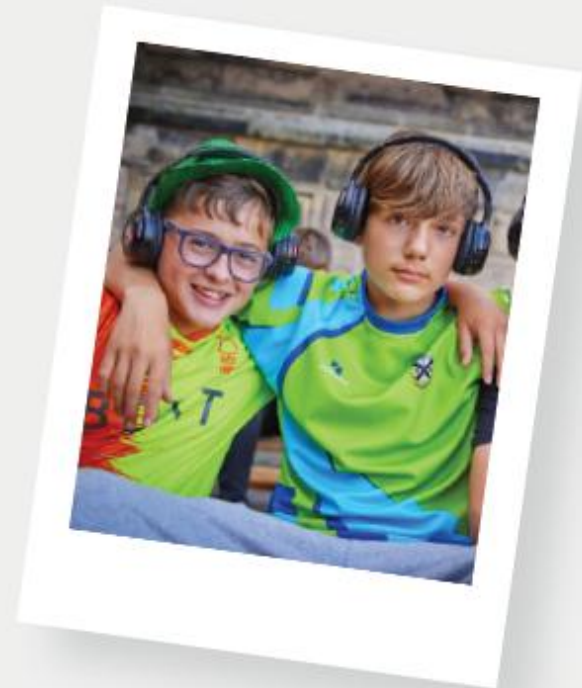
Evening Activities



SILENT DISCO

Bring all the fun of a normal disco but with the added extra of being able to pick the tunes you like! Party the evening away with your friends and don't be mistaken for thinking this disco will be silent, sing like nobody is listening and dance like nobody is watching!

ALL
AGES



Night time

- Marlcliffe staff rooms are only a short distance away and will be on call at all times.
- Any children with medical needs will be attended to by a member of the Marlcliffe staff (Miss Hartle or Mrs Adams)
- All children will be in a dormitory with a friend they have chosen.
- Children need to fetch their **own sleeping bag and pillow.**



Our ground-breaking new bedroom concepts

Our innovative bedroom design feature new 'bunk pods' with double and triple height bunks, individual lighting controls, en suite bathrooms and luxurious underfloor heating. It's the height of comfort and a home away from home.

Safety is paramount, with all the leaders lounges located near the guest rooms on every floor.



What to bring...

- Long sleeves are required for most activities (this is a health and safety requirement). Please bring warm, hard-wearing clothing which you won't mind losing – the floors of the dorms can get a little littered!
- Some clothing will get wet (pack a black bin bag in your bag/suitcase)
- Name as much of your clothing as possible (unfortunately we can't guarantee that everything will get back to you)
- You don't need any specialist equipment; this is all provided by the centre
- A towel is needed for showers

What to bring...

- A Book, small card games, drawing and colouring equipment – there isn't much free time but can be useful.
- Children can bring **up to £10** to buy souvenirs from the shop (£1 coins would be ideal so that the shop do not struggle for change).

It will be their responsibility to look after their money so please ensure that they bring it in a named wallet.

We will be allocated an evening slot at the shop so children do not need to carry their money around with them.



...what NOT to bring

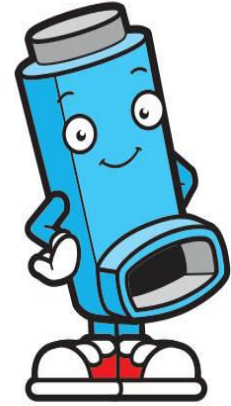


- Mobile phones
- Electrical equipment – iPods, hand-held games, expensive watches etc.
- Aerosols
- The centre doesn't allow children to use a camera of any sort. Marlcliffe staff will take plenty of photographs which will be used in-line with school policy and with your consent. These will be put on the blog throughout the trip (so keep checking) the internet isn't great so these will be posted late each evening once back in the centre – plus in the day we're busy having fun/supervising your kids.
- Sweets

Please pack a case/bag that your child can carry on their own. It is their responsibility to carry it to/from their dormitory. They also need to be able to repack it so packing it with them is a top tip.



Medication



- Pupils with asthma must bring **2** inhalers.
 - One will be kept by staff (Group Leader)
 - One will be carried by the pupil at all times
- All medications must be labelled clearly with the child's name and the dose to be administered.
- On the Monday morning, all medication must be given to Miss Hartle, with appropriate paperwork. **If possible, please try to bring them in the Friday (16th), we know this may not be possible but it would be easier than them all arriving on Monday!**

Contacts

- There will be no direct contact between pupils and parents (your children will be having too much fun)
- Are there any birthdays whilst we're there?
- School Blog will have daily updates so you can see what they have been doing
- Contact school: 0114 2344329



- We have created a blog to give you photos and updates throughout the trip
- We will only post photographs of children for who we have parental consent. Most of you have already given consent for your child on the information form you filled in. Please just ask me at the end of the meeting or contact the school office before the trip if you have changed your mind and would like your child to be on the blog.

Returning to School

- We will be leaving the centre between 1:30pm – 2:00pm on Wednesday so we should be back in school between 4:15 – 4:30pm
- We will give you up dated on arrival time via the blog.



Any Questions?

Before you ask...I'm afraid you can't come with us!

