

PGL Year 6 residential trip.
20th October 2025 – 24th October 2025.



**Overstrand
Hall -
Norfolk.**



The staff team

The trip will be led by the Year 6 lead – Miss Biggs

There will be four adults accompanying the children.

We are a very experienced team and have taken groups of children on residential trips many times before.

All activities are led by trained PGL staff.

Overstrand Hall.



Nestled right beside the beach in a beautiful area of North Norfolk, this rural setting gives young people the opportunity to get out into the great outdoors. Drive through the gates of Overstrand Hall and you are greeted by a spectacular grand Lutyens Manor House.

This tranquil, stately setting gives way to an exhilarating adventure activity park set amongst pretty landscaped and wooded gardens close to the main building.

It is here that our students can face challenging adventures, ranging from an artificial caving system, woodland problem solving course and low ropes, to a whole series of demanding initiative exercises.



Overstrand Hall
Norfolk Coast

Why PGL?



- The children face daily challenges and are encouraged to face them in a safe and supportive environment.
- They gain a huge sense of achievement each time they try something new and succeed.
- The children are expected to be more independent and responsible while under the supervision of highly trained staff. We feel that this is excellent preparation for the year ahead and Secondary School.
- They have the chance to see what they can really do. They are taken out of their comfort zone and, for many, this will be their first time away from home without their parents. It may be challenging for them but they will find that they can cope and will come back feeling more mature.

A typical day



The children will be split into groups. Each group will have a different schedule but all children will have the opportunity to do each of the activities that we have chosen. These will include:

- Orienteering
- Archery
- Team building games and problem solving
- Abseiling
- Climbing
- Trapeze
- Evening activities/games
- Fencing
- Disco



Sleeping arrangements



- Overstrand Hall has standard dormitory style accommodation. Rooms range from 4 to 16 bed dormitories, with gender-separated bathroom and shower facilities.
- Sheets, duvets and pillows are provided.
- Teacher's rooms are near to the children. All of the children will know where we are so that they can come and find us in the event of an emergency.
- PGL staff patrol the site until 11:30pm by which point the children will be asleep. We will then continue to patrol for at least an hour.
- The children will have a choice of who they would like to share a room with and we will try to ensure that each child is sharing with at least one person that they have chosen.

What to pack:

Packing list

PLEASE USE THE FOLLOWING CHECKLIST TO HELP PACK BAGS:

- One swimming towel and costume (where required)
- One bath towel
- Toiletries bag containing: toothbrush, toothpaste, soap, hairbrush etc
- Night clothes
- Socks and underwear
- Four t-shirts, shirts, blouses (at least one with long-sleeves), sweatshirt (two in winter)
- One thick sweater plus one light sweater
- Three pairs of trousers and/or jeans and/or tracksuit bottoms
- Clothes for the evening activities
- Waterproof jacket (and trousers if you have them)
- Sturdy shoes or wellingtons (even in summer)
- Two pairs of trainers (one old pair)
- Large plastic bag for dirty clothes
- Gloves, hat, scarf (in winter)
- Water bottle
- Hat and sunscreen (in spring and summer)
- Rucksack for off-site studies (if applicable)

Recommended:

Long sleeved tops.

Lots of layers.

A warm coat.

Incase of lost property please put your child's name on all items of clothing!

What to pack:

Your child will need a small day bag/rucksack and a water bottle. They will need these items for the week.

The bag and water bottle can be what they use when they bring their packed lunch on the day of departure.

What to pack:

Your child will be given a copy of the kit list and one will be sent via Parent mail.

Spending money.

Your child will have an opportunity to purchase some souvenirs of their trip. They may have up to (but no more than) £10 (given in £1 coins). This will give them more than enough to buy a few things at the PGL shop. Please hand this in to the class teacher in a clearly named purse or wallet. Money can be brought in to school the week commencing **14th October** and no later than **Friday 18th October**.

Please DO NOT pack:

- Mobile phones
- Electronic games
- Expensive cameras (disposable only please)
- iPads or iPods
- Jewelry

If any of the above are found then we will have to confiscate them.

Food

- We will have our meals in the communal dining room.
- For breakfast, the children have a choice of cereals, toast and a cooked option.
- For lunch, there is a hot meal, salad, bread and a choice of puddings including fresh fruit.
- For supper, again there is a cooked meal, salad and a choice of puddings.
- At each meal the children are given water or juice depending on their preference.
- If your child has any allergies, please make sure that you have included this up to date information on the medical form.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Scrambled Egg Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Vegetable Sausages Hash Browns Plum Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Vegetable Sausages Scrambled Egg Grilled Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Scrambled Egg Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads Salad Bar Pizza Meat or Vegetarian Potato Wedges Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Pasta Bar Choice of Meat or Vegetarian Garlic Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Burger Choice of Meat or Vegetarian Fries Relishes Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day Salad Bar Beef Lasagne Cumberland Sausages Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy Seasonal Fresh Fruit Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Gammon Chicken Goujons Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn Seasonal Fresh Fruit Toffee Apple Crumble & Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Mexican Beef Chilli Fish Fingers Sticky Hoisin Noodles Rice or Chips Mixed Vegetables Baked Beans Seasonal Fresh Fruit Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Chunks with Sweet and Sour Sauce Vegetable Korma Root Vegetable Bake Rice Broccoli Seasonal Fresh Fruit Rice Pudding and Jam Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Meatballs in Tomato Sauce Chicken & Leek Pie Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Nuggets Fish in Tomato & Mascarpone Sauce Vegetable Pilaf Chips Mixed Vegetables Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Roast Dinner Yorkshire Pudding Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks

Medicine



- Please ensure that you have completed the medical forms. If they are not handed in to the office we can not take your child on school journey.
- There are some conditions that your child may be very sensitive about. Please remember that we will be in 'loco parentis'. We need to know if there are any medical issues however sensitive they may be. We will deal with all of them discretely and make sure that your child is safe and happy at all times.
- All medication can be brought in to school the week commencing **13th October** and no later than **Friday 17th October**.
- If the medication is required up until the day of departure then this can be brought in to school on the Monday.
- Each item needs to be clearly labelled with your child's name and the required dosage.
- Please remember that we are only allowed to administer **prescribed medication**. This includes hay fever relief tablets and travel sickness tablets. If any medication is handed in that has not been prescribed, we will not be allowed to give it to your child.



Contact

- The Year 6 lead will keep in regular contact with the school.
- Updates will be posted regularly on the school Facebook page.
- There will not be any direct contact between parents and children.
- If there is a problem school staff will liaise with Ms Eisele.



Emergency Contact

- In case of any emergencies while at PGL, school staff will immediately call Ms Eisele.
- In case of any emergencies at any other time, including while travelling, school staff will immediately call Ms Eisele.
- In both instances, Ms Eisele will communicate with parents via ParentMail or text message, depending on the circumstance, as often as needed with up to date information.



Day of departure

- The children will come to school at the normal time - 8:45.
- They will need to bring a packed lunch.
- The class teacher will meet them at their lining up spot. When the other classes have gone inside the year 6s will be directed to the lower hall where they will store their suitcases.
- The children will then go to their classroom for an activity.
- ETD will be 10am.



Day of return

- Arrival time at school - should be no later than 5pm.
- Depending on traffic, we aim to be back at school before the end of the school day.
- The year 6 lead will be in regular contact with the school, who will update all of you and let you know if there are any changes or delays.
- Also, keep a look out on social media for updates.
- Please make sure that someone is there to meet your child when we arrive back to school.

Any other questions?



