



Year 4 Osmington Bay

Wednesday 7th May – Friday 9th May 2025

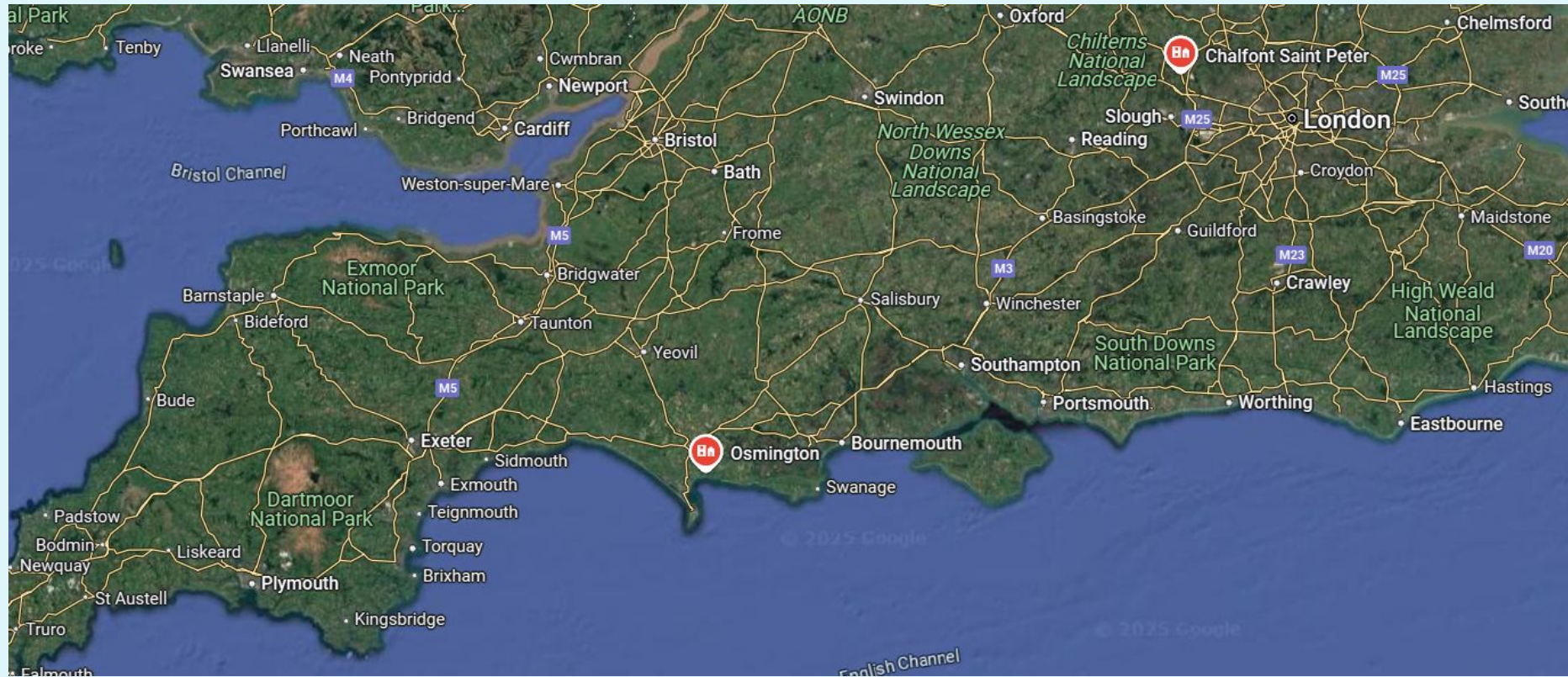


Information



- Welcome and Introduction
- Where we are going
- The activities we will be doing
- Staying Safe
- Food at Osmington Bay
- Our Accommodation
- Organisation and structure of our trip
- What you need to pack
- Medication and Welfare
- Questions

Where are we going?



Osmington Bay, PGL 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 Ocombe 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

- | | | | | | |
|-------------|----------------|------------------|----------------|---------------|----------|
| Abseiling | Climbing | Jacob's Ladder | Quad Biking | Sensory Trail | Zip Wire |
| Aeroball | Dragon Boating | Kayaking | Raft Building | Street Surf | |
| Animate | Fencing | Keelboat sailing | Map Skills | Survivor | |
| Archery | Forensics | Low Ropes Course | Mini Beasts | Trapeze | |
| Buggy Build | Giant Swing | Problem Solving | Rifle Shooting | Tunnel Trail | |



Challenging and Fun activities



Archery
Beach Walk
Abseiling
Giant Swing
Zip Wire
Eco Explorer
Survivor
Low Level Ropes
EVENING FUN!



Provisional Activity Programme



	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
Wednesday	1				Arrive on Centre	Giant Swing (GS5)	Eco Explorer (EE1)	Balloon Splash (BSP1)
	2				Arrive on Centre	Eco Explorer (EE1)	Giant Swing (GS5)	Balloon Splash (BSP1)
	3				Arrive on Centre	Giant Swing (GS6)	Eco Explorer (EE2)	Balloon Splash (BSP1)
	4				Arrive on Centre	Eco Explorer (EE2)	Giant Swing (GS6)	Balloon Splash (BSP1)
	5				Arrive on Centre	Archery (A6)	Abseiling (AB1)	Balloon Splash (BSP1)
Thursday	1			Zip Wire (ZG4)	Beach Walk (BW1)	Low Level Ropes Course (LR1)	Survivor (SU3)	Campfire (CF3)
	2			Beach Walk (BW1)	Zip Wire (ZG4)	Survivor (SU3)	Low Level Ropes Course (LR1)	Campfire (CF3)
	3			Zip Wire (ZG5)	Beach Walk (BW2)	Low Level Ropes Course (LR2)	Survivor (SU4)	Campfire (CF3)
	4			Low Level Ropes Course (LR1)	Survivor (SU3)	Zip Wire (ZG5)	Beach Walk (BW1)	Campfire (CF3)
	5			Survivor (SU3)	Low Level Ropes Course (LR1)	Beach Walk (BW1)	Zip Wire (ZG5)	Campfire (CF3)
Friday	1			Abseiling (AB2)	Archery (A2)	Depart		
	2			Archery (A2)	Abseiling (AB2)	Depart		
	3			Abseiling (AB3)	Archery (A1)	Depart		
	4			Archery (A5)	Abseiling (AB3)	Depart		
	5			Eco Explorer (EE1)	Giant Swing (GS1)	Depart		

Staying Safe!

- Risk assessments – personalised by us
- Staff to pupil ratios – 59 children to 10 staff
- Activities – up to 12 children to 2 or 3 adults (1 instructor and 2 members CSPA staff)
- Staff are all DBS checked
- High quality equipment
- Site security
- Medical cover



Food!

- 3 cooked meals a day
- Vegetarian option
- Salad bar
- Soup and bread
- Nut free
- Special diets catered for



Sample Menu



REFUEL WITH OUR DELICIOUS MENU



BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)	Baked Beans (ve) (dairy)
Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)	Hash Browns (ve) (dairy)
Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)	Fresh Mushrooms (ve) (dairy)
Sausages (dairy)	Bacon (dairy)	Sausages (dairy)	Bacon (dairy)	Bacon (dairy)	Sausages (dairy)	Bacon (dairy)
Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)	Quorn™ Vegan Cumberland (ve) (dairy)

Available every day: Pomridges with toppers* (dairy), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

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

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

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

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composts, vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy Information

If you or a member of your group has a food allergy, please let us know prior to arrival. Please speak to the Catering Management Team in Centre, where more information is available prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen major allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are free range.

All our products are free from Genetically Modified (GM) ingredients.

All our products do not contain peanuts or any other tree nuts.

All our fish, fish products and seafood are MSC certified, with the exception of smoked tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, shellfish and seafood dishes & small bones and pieces may remain in our eggs, and some live stones may remain in our salads.

Where noted, our items are prepared from selected cuts of pork with added water.

* Small children can choke on seeds.

** Chopped and shaped chicken.

ASK ABOUT ALLERGENS WE ARE HAPPY TO HELP!

The dining hall



The dining hall



Accomodation

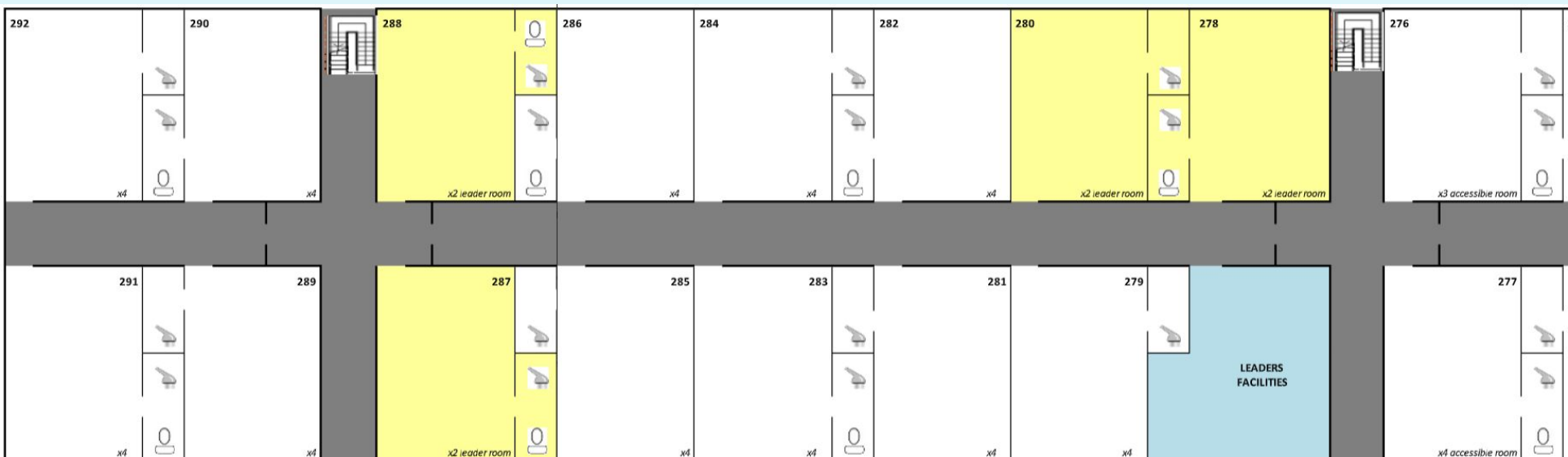


Abbotsbury accomodation block

Abbotsbury



The children will have rooms between the adults rooms.



Accomodation



Staffing



Mrs Valentine

Mrs Newton

Mrs Botia

Mrs Ditty

Mrs Fletcher

Miss Little

Mrs Kwasnik

Mrs Agarwal

Mrs Greene

Mrs Lown

Wednesday



- Children will be asked to arrive at school by 8 am
- They will have been allocated a coach A or B
- They take bags to the staff by their coach.
- Children will be registered as they board the coach
- Depart promptly at 8.15 am



Wednesday – The Journey



- Stop at Winchester Service station for a comfort break
- Arrive at Osmington Bay at approximately 12.00pm and have lunch.
- Children will be shown to their rooms and have a tour of the site
- Fire drill
- Split into our groups for activities
- Evening meal
- Evening activity- Balloon Splash
- Hot chocolate and biscuits
- Bed!!



Thursday

- Wake up and have breakfast
- Activity x 2
- Lunch
- Activity x 2
- Evening meal
- Camp Fire
- Bed



Friday ... Going home!

- Wake up and have breakfast
- Activity x 2
- Lunch
- Leave Osmington at 2.00pm
- Return to Chalfont at 5.30pm
(Times will be confirmed closer to the date and updated throughout our journey)



What to pack in the suitcase

A Kit List will be emailed to you

- Clothes with long sleeves...LAYERS!
- Trainers, walking boots
- Not too many clothes.
- All clothes **MUST** be named please
- Clothes in carrier bags with days written on



SUGGESTED KIT LIST



The following should be packed into a holdall or small suitcase which your child is able to carry. **Please ensure that all clothes and possessions are clearly named**

Bedding- Sleeping bag, pillow and pillowcase.

1 school sweatshirt (to be worn on the journey to and from Osmington Bay)
1 red cap (provided by the school)
At least 2 pairs trousers - jogging bottoms, combat trousers, leggings
At least 3 long sleeved T-shirts (for activities)
Short sleeved T-shirts
Jumper/fleece/Sweatshirt
Comfortable clothes for the evening activities
Underwear and socks for each day (plus spares!)
Trainers for wearing during the day. If you already have walking boots these are also an option.
Indoor shoes (clean trainers would be perfect)
Waterproof outdoor jacket
Hats/gloves...just in case the British weather turns against us!
Nightwear
2 towels (1 large, 1 small)
Washing kit: Toothbrush, Toothpaste, Flannel, Soap, Hairbrush, Shampoo, Showergel
Bag for dirty clothes
Small cuddly friend
Water bottle (to refill during the trip)

Day bag containing:

- A small snack
- A water bottle
- Tissues, books/magazines/cards, quiet games
- Optional: Disposable camera

We strongly advise NOT to bring items of value.

No money required.

No mobile phones or electronic games to be taken.

What to pack in the bags for the journey

MUST HAVE...

- Small snack for stop at Winchester
- Water bottle- with water only please
- A waterproof coat



OPTIONAL...

- Magazine / comic / book / puzzle book
- A quiet game
- Writing pad / pencil (to keep a diary)
- Disposable camera



NO ELECTRONIC GAMES, PHONES OR MONEY

What the children need to wear on Wednesday?



Trousers: Jogging bottoms/leggings (ideally not jeans)

Tops: Any t-shirt and their school PE Sweatshirt

Waterproof coat is essential

Shoes: Trainers or walking boots



We will give each child a red cap to wear

Medication and Welfare



- Any concerns please speak to myself, Mrs Kwasnik or Mrs Lown.
- Travel sickness pills for return journey in original packaging and named. Forms need to be completed for these to be administered.
- For **all** medication please complete the permission to administer medicine form.
- Medication to school prior to the trip by Wednesday 30th April please.
- Bed Wetting we will deal with discreetly.
- New inhalers please.



Staying in touch



We will keep in very regular contact with Mrs Alburg who will post updates on the school website and social media.

We will inform you when we arrive at Winchester and again at Osmington Bay.

Updates will be posted on a regular basis



FAQs



- What to take with you – refer to kit list
- Waterproof coat
- Walking boots/shoes – not new please
- Small suitcase or holdall – with wheels/handle if possible
- Water bottles – can be filled up every day
- Valuable items – left at home please
- No tracking devices please
- **No sweets or additional food please**
- Deodorants – roll-on only please
- All payments have been made to PGL, please check ParentPay and pay any outstanding balance

And...



- We will phone the school each morning so that you will be able to follow your children's experience!
- We will post photographs on social media/school website too! Please let us know if you would rather your child was not included in these photos!
- All medication to be handed in prior to the morning of the trip- ideally by Wednesday 30th April
- **No electronic games, phones, or money please.**