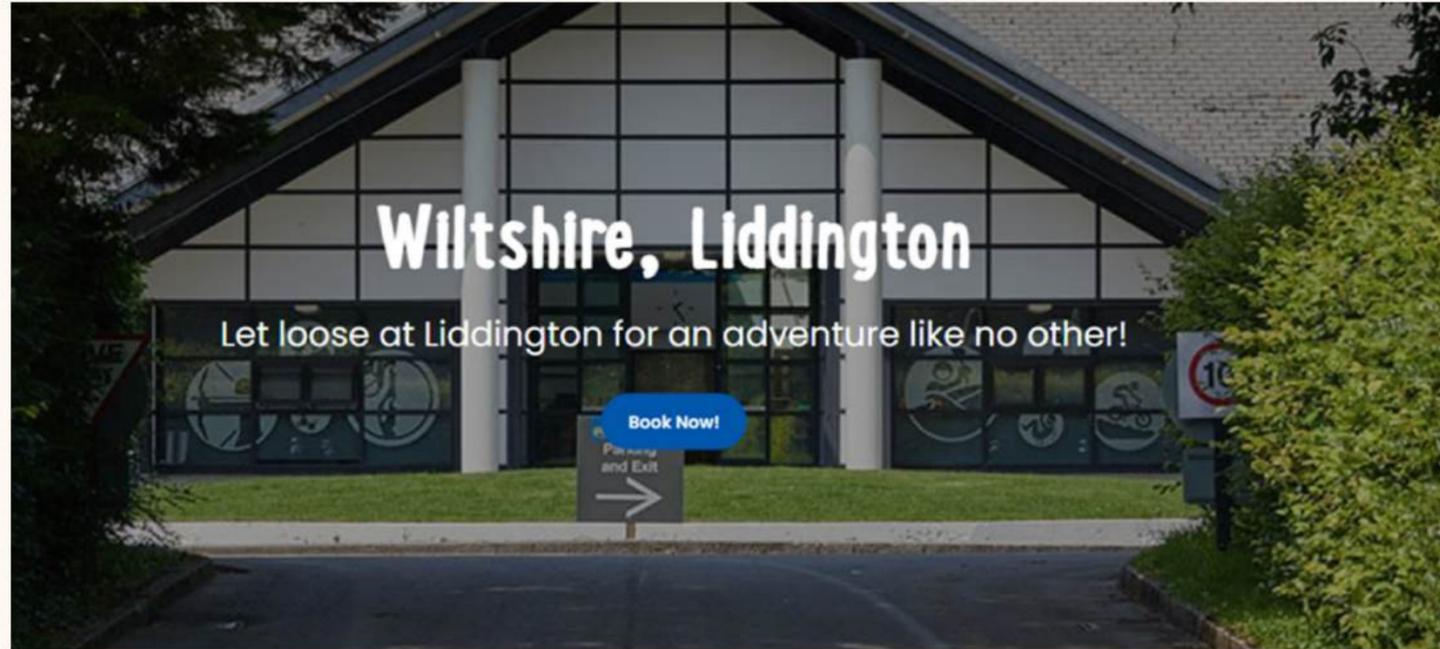




AN EXCITING RESIDENTIAL EXPERIENCE



Where?



LEAVING AT APPROXIMATELY
9:30AM. PARENTS
ENCOURAGE TO WAVE
CHILDREN OFF



Activities

Wealth of activities:

- Aeroball
- Raft building
- Giant swing
- Crate stacking
- Abseiling
- Sensory trail
- Archery



Supervision

There will be at least 4 staff members attending the trip.

There is a PGL group lead throughout the trip who the children get to know well.

During the day, children are split into groups between 5-8 children. Every activity has a PGL instructor to supervise as well as a St Marys staff member.



Food

What's on the menu at Liddington?

Tasty meals and plenty of choice to please even the fussiest of eaters

Adventure is hungry work! Kids at Liddington camp enjoy three nutritious meals a day in our dining rooms, picking and choosing from a varied menu of delicious family favourites.

- ✓ Hot and cold meal choices with vegetarian options
- ✓ Self-service fresh salad bar
- ✓ Fresh fruit available with every meal
- ✓ Catering for allergies, intolerances and special diets
- ✓ 'Fussy Eater Guarantee' ensures no child ever goes hungry



Sleeping arrangements



- 4-6 pupils in a room
- Children must bring a sleeping bag and a pillow
- Regular room checks by staff
- Staff rooms along the same corridor



Finances

£160 per child

£35 non-refundable deposit by Half term

Speak to Miss Greene regarding payment plan



PGL Kit List



CLOTHING

Take plenty of clothing in case of wet weather. Clothing should be old.

- Nightwear
- Underwear
- Socks, including over ankle length
- 2 or more fleeces/sweatshirts
- 3 T-shirts
- 1 Long sleeved T-shirt
- 3 pairs of old trousers (not jeans) 2 for activities, one for evening
- 2 pairs of shorts
- 2 pairs of trainers
- 1 pair of shoes/trainers for indoors
- Waterproof jacket
- Baseball cap/Hat
- 1 Set of Disco Clothes



OTHER ESSENTIALS

- Sleeping bag & pillow
- Wash bag (soap & toothbrush etc.)
- 1 large towels
- Torch & batteries
- Plastic bottle for drinks
- Sunscreen
- Pen & Paper
- Small Bag/Rucksack



PLEASE DO NOT BRING

- Electrical Devices
- Computer Games
- Jewellery/valuables
- Aerosol cans
- Mobile Phones



Children are allowed to bring **£15** spending money, please put this in an envelope with their name on the front

Skills learnt:

This journey is more than just fun – it was about building essential skills that will last a lifetime! 🧗👏

From climbing to teamwork, every moment was a chance to grow. Here are some of the fantastic skills our students develop:

- **Teamwork:** Collaborating with classmates during activities, learning how to support each other and achieve common goals! 💪
- **Problem-Solving:** Navigating challenges and finding creative solutions while exploring the great outdoors! 🌲
- **Communication:** Enhancing their ability to express ideas and listen to others, crucial for building friendships and working effectively in groups! 🗣️
- **Resilience:** Overcoming fears and pushing personal boundaries during adventurous activities like zip-lining and night hikes! 🌄
- **Independence:** Gaining confidence by taking care of themselves, from packing their bags to managing their own itineraries! 🧡



