



# **PGL Outdoor Adventure Days**



**Winmarleigh Hall, Garstang**

Wed 3<sup>rd</sup> to Fri 5<sup>th</sup> September, 2025

**A PARENTS' GUIDE TO THE NORBRECK  
OUTDOOR ADVENTURE DAYS FOR YEAR SIX**

**Please keep this file for reference and read through it with your child.  
The answers to most of the questions we get asked are usually contained here.  
The medical form and parts of this brochure will be sent home in July.**

For a virtual tour you might like to visit:

<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/winmarleigh/tour.html>

# PGL at Winmarleigh Hall

## General

This booklet contains all the information you might need. However, if you have further questions, please contact the school office.

PGL is a voluntary activity undertaken by both staff and pupils and is open to all Y6 children. We really hope that all Y6 children will attend. This will be our 17<sup>th</sup> visit to Winmarleigh, in addition to many years previously at Boreatton Park, Shropshire.

The PGL ethos is built on 'Challenge by Choice' - children are never pushed beyond their comfort zone; however, their fully trained instructors have proven success in nurturing and supporting even the most apprehensive child. Many children discover a love for new, healthy pastimes and it is a great deal of fun that the children will remember for the rest of their academic career and beyond. We have Norbreck 'children' who are now parents who come back and recount their fun at PGL.

PGL takes its name from the initials of its founder - Peter Gordon Lawrence, who started leading canoe trips down the River Wye in 1957 (and not 'PARENTS GET LOST' or 'PRETTY GOOD LOOKING'!). The aim of the week is to: give children a taste of outdoor pursuit activities; encourage team building skills, in a safe, supportive environment, whilst fostering independence and responsibility. This is a valuable experience for all children - one in which they will work together as a group and, as it is residential, consequently become more independent.

Following school ratios, familiar staff will accompany the children on the holiday. There are a variety of dormitories, which are all en-suite. Teachers are available on all floors at all times. Paperwork must be submitted to PGL by July 2025; therefore, children will be asked to choose roommates by this point. After this time, changes cannot be made.

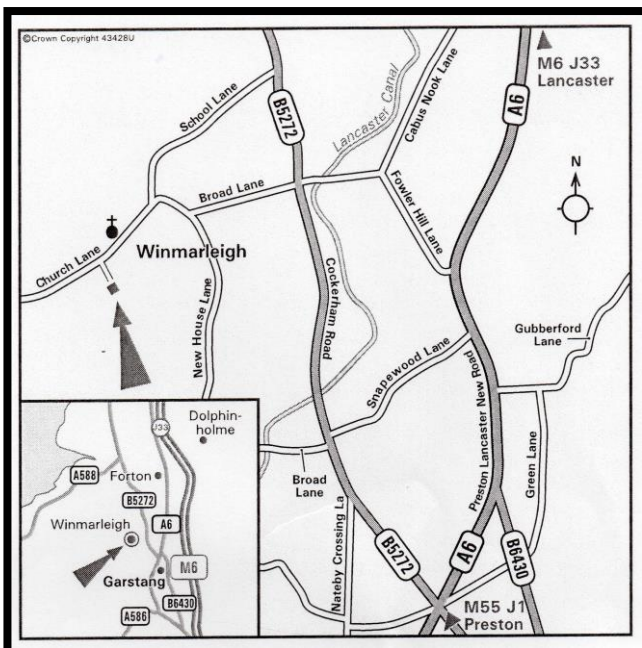
**We DO recommend that children experience a sleepover at a friend's house during the summer holidays, so that the children have a glimpse of being away from home.**

## Travel Timing

We leave school at approximately 11.00am on Wednesday morning and arrive back at school at approximately 2.00pm on Friday. Parents are gladly invited to wave the children off and the children love it if parents or a relation can take them home on Friday as an early finish. We understand that siblings in school, or After School Club might make this difficult.

Any child who is not picked up at 2.00pm should be picked up at 3.15pm or follow usual arrangements. **For safety reasons, no children will be allowed to walk home with their property by themselves.**

# THE CENTRE, ACTIVITIES AND SAFETY



“Winmarleigh Hall is a secluded Victorian estate of 50 acres of gardens, parkland and woodland about two miles from Garstang. The estate provides a stimulating but secure environment for the wide range of activities that take place within its boundaries.

The estate is dominated by the Hall, which overlooks the grounds. Adjacent to it are the newer features of the centre which include an additional residential block with a recreation area and a large, modern canteen.”



PGL has always been a safe environment and the company continually ensures that it complies with national requirements. Over the past years we have seen safety measures increase constantly, so that by now it is difficult to see how the holiday could be made any safer and still retain a sense of thrill for the children.

As activities offered by the centre differ slightly each year, the final programme will not be finalised until we arrive but the children *may* be taking part in the following activities (most photos are from our recent PGL visits):-



### Abseiling

Children descend about 10 metres. Abseiling is an activity that many children are apprehensive about, but as well as the rope they control, children are also fastened to a safety rope controlled by the instructor, who in turn is attached to a steel frame. Even if children let go of their rope, they cannot fall an inch. Determination and courage are rewarded with an overwhelming sense of achievement for the pupil who manages to walk backwards over the edge of a climbing tower. In addition to learning a new skill, abseiling enables pupils to understand risks and how to control them.

### Archery

Safety is paramount and the rules about where to stand and how to handle a bow and arrow are strict and clearly explained. Qualified instructors encourage children to develop their technique and show awareness of all safety measures.



### Climbing Wall

Climbing may look easy but if you've never tried it before you'll find it needs a surprising amount of strength and agility – it's a sport you can easily become hooked on! There's masses to learn – even before they leave the ground children will be shown how to identify and control risk, how to find a safe route and they'll have an introduction to the basic skills and techniques of climbing. Once they're on the wall it's their determination, clear thinking and adrenaline that will help get them to the top! At any time the "auto-belays" lower the children slowly to the ground.

### Fencing

Children wear the regulation body and head protection and learn some of the standard moves and phrases. En garde! Learn the basic principles of fencing, and safety procedures - and then prepare to outwit your opponent in a test of skill and fast reactions! Qualified instructors teach the basic principles of this Olympic sport before allowing children to compete.

### Challenge Course



## Giant Swing

Two or three friends sit side by side, fully harnessed on a swing suspended by a metal rope. The remaining children in the group use a pulley system to lift the chair backwards up to 10 metres into the air. The riders can ask to stop when they think that they are high enough. Then, children in the swing launch themselves by pulling on a release cable. The ultimate test of nerve and joint decision-making; or will one person pull the cable first? How high will you go?



## Jacob's Ladder

Children climb a giant, 10 metre ladder whose rungs are about 1.75 metres apart, helping each other as they ascend. They are harnessed and attached to a safety rope which is controlled by the instructor so that if they lose their grip they can easily return to climbing without losing height. Should they wish to terminate their climb without reaching the top they can simply swing off the ladder and be lowered gently back to ground. Good teamwork is key to climbing the ladder. The activity promotes communication, friendship, leadership and decision making. All of the children also get a chance to practise how to use climbing equipment properly by being taught how to 'belay'.



## Canoeing

Experience one of the most popular activities and take to the water in a canoe. Challenging and fun, pupils learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat. There are several instructors and teachers in supervision. Even though the lake is very shallow, children must wear buoyancy aids and helmets. Capsizing is unlikely, due to the stability of the boats. Even the weakest of swimmers can take part without fear of getting into difficulty. Then, get in and get wet!







### Raft Building

Children work together to create a 'raft' out of barrels, wooden poles and rope. They are then given the opportunity to sail it as a team across the lake. The usual water safety gear is issued to each child and checked carefully. Build it well or you are likely to get wet!

It promotes teamwork, planning and communication skills. Norbreck teachers can request as much or as little assistance as required from the instructors.



### 'Trapeze'

It takes a lot of energy and courage to climb the telegraph pole equipped with foot holds at awkward intervals. It takes even more bravery to jump off and hit the ball hanging in front of them. Of course, the children are fully harnessed and can stop at any time. Letting go, or jumping off just means a few seconds of hanging around on the end of a rope before being lowered safely by the instructor. There is a great feeling of achievement however high the children manage to climb, but many seem to make this a personal challenge and then achieve well.



### Zipwire

Children put on a full harness before their brief but exhilarating trip along a 70m+ wire. The children climb a wooden tower with stairs. The tiring part is having to run back to return the rope ready for the next person.



### Survivor

Children scour the forest floor for logs, twigs and stones to make a shelter when in the wild. We have

had such luxuries as a convertible bed, swing, seesaw, outside campfire, burglar trap and "mistletoe" on the front door! We then learn how to make a fire using flint and cotton.



### Problem Solving

Children are faced with a few mental and physical challenges which are not always as easy as they seem.

Teamwork is essential to completing each task.



## Campfire

A few sing-a-longs, tall stories and dances around the campfire. Then the children toast marshmallows before setting off back to the dormitories after the sun has set.



## Archery Tag

A new event for us. Children are kitted out with Darth Vader style masks. It is hilarious to watch but even more fun to do, as, for once, the children are allowed to shoot arrows at each other and the instructors (from a distance!). Don't worry, they are all foam tipped and don't hurt at all.



## Aeroball

A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball into the opposing player's net. As well as being lots of fun, children develop team tactics and improve communication skills along the way.



Children are **not**, of course, forced to do any activity. It is fine to sit out and watch, although the instructors and teachers will try to encourage everyone to participate. Norbreck staff give great praise for 'having a go' and for the children pushing themselves just a little further when they are nervous. We try to make the children consider if they will ever get the opportunity to experience these activities again, with all their friends.





# SAMPLE MENU

Reach your

# FULL PGL POTENTIAL

with our delicious menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



<p><b>Bacon</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Sausages</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Sausages</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Bacon</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Sausages</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Sausages</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>	<p><b>Bacon</b> Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms</p>
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Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam



<p><b>Pizza</b> Choices: Pepperoni Margherita (v) Plant-based Margherita (ve) Sides: Skinny Fries</p>	<p><b>Hot Dogs</b> Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Potato Wedges</p>	<p><b>Pasta</b> Choices: Pasta Bolognese Tomato &amp; Basil Pasta (ve) Sides: Garlic Bread</p>	<p><b>Hot Sandwich</b> Choices: Ham &amp; Cheese Panini Plant-based Fish Finger Sandwich (ve) Sides: Crisps</p>	<p><b>Burger</b> Choices: Beef Burger Plant-based Burger (ve) Sides: Curly Fries</p>	<p><b>Fajitas</b> Choices: Chicken Plant-based Fajita (ve) Sides: Tortilla Chips</p>	<p><b>Sausage Rolls</b> Choices: Jumbo Sausage Rolls Plant-based Sausage Roll (ve) Sides: Peas Mashed Potato</p>
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<p><b>Bangers &amp; Mash</b> Chicken Fillets with a BBQ Sauce Plant-based Bolognese (ve) Sides: Penne, Mashed Potato Sweetcorn, Carrots Doughnuts (v)</p>	<p><b>Piri Piri Chicken</b> Sausage Pasta Bake Plant-based Chicken Schnitzel (ve) Sides: Skinny Fries, Peas, Cauliflower Fruit Muffin (ve)</p>	<p><b>Chicken Curry</b> Fishcakes Chilli non Carne (ve) Sides: Rice, Potato Wedges, Broccoli, Carrots Chocolate Crispy Cake (v)</p>	<p><b>Pork Meatballs in Tomato Sauce</b> Chicken Kiev Plant-based Meatballs in Tomato Sauce (ve) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Waffles (v)</p>	<p><b>Fish &amp; Chips</b> Chicken Katsu Curry Plant-based Fishless Fillet (ve) Sides: Skinny Fries, Rice, Peas, Carrots Chocolate Eclairs (v)</p>	<p><b>Sweet Chilli</b> Chicken Chunks Lasagne Vegetable Curry (ve) Sides: Rice, Garlic Bread, Country Veg Chocolate Muffin (ve)</p>	<p><b>Sweet &amp; Sour Chicken</b> Fish Fingers Plant-based Nuggets (ve) Sides: Curly Fries, Rice, Carrots, Green Beans Profiteroles (v)</p>
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### Healthy Choices

Available daily  
**Fresh fruit**  
- every mealtime

**Unlimited salad**  
- from our salad bar, lunch & dinner

### Unlimited Drinks

Coffee, tea, chilled squash

### Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

You will have a chance to point out religious or dietary requirements on the medical form.





# WHAT TO TAKE ON PGL

## A lunch for Wednesday

- a packed lunch in a **named, disposable bag** for arrival (no fizzy drinks, please) to be taken onto the coach
- a **named, plastic** water bottle for lunch and for use on all activities; a branded bottle is ideal, which can be refilled and disposed of on Friday. Please encourage your child to keep track of their water bottle carefully.

## Tuck-shop Money

An **optional £10** for the tuck-shop can be brought. This should be handed to the Y6 class teacher on the day at 8.50am, in a named envelope during registration.

The PGL staff know that we have allocated **£10** per child, and they will not accept any more. The children usually buy sweets. We have asked the shop to only allow £5 to be spent on sweets. **You might like to encourage them to buy something with a PGL logo on it as a keepsake, rather than items that can be bought in the local shop back home.**

**NB:** Sorry, but we will be unable to send a text or phone reminder to parents on the departure day about Tuck-shop money. Also, the teachers cannot accept any money from parents at our departure time as it will already have been allocated to group leaders.



**PGL GIFT SHOP PRICE LIST**

**TOYS**

Teddy Bears.....	from £5.00
Football.....	£6.00
Basketball.....	£6.00
Bouncy Ball.....	£1.00

**STATIONERY**

Notebook & Pen.....	£3.50
Colouring Pencils.....	£2.50
Pencils.....	£1.00
Pen.....	£1.00
Rubbers.....	from 40p

**ACCESSORIES**

Water Bottle.....	£4.50
PGL Medal.....	£3.00
LED Torch.....	£3.00
Badges.....	from £1.00
Wristbands.....	£1.00
Coaster.....	£2.50

**CLOTHES**

Caps.....	£5.50
T-shirts.....	£7.50

**GIFTS**

*Treat someone you love...*

Keyrings.....	£3.00
Magnets.....	from £2.50
Mugs.....	£4.50
Postcards.....	£0.50

Other items shown: Teddy Bear in PGL life jacket, PGL keyring, PGL water bottle, PGL notebook, PGL pencil case, PGL LED torch, PGL medal, PGL wristband, PGL coaster, PGL mug, PGL postcard.

## Medication

All medication must be handed to the class teacher at 8.50am with **full written instructions, dosage and times**, together with **name and class**.

Although the journey will only take about forty minutes, children who suffer from travel sickness may wish to hand in a named tablet to the class teacher to be taken at the recommended time before departure, with another tablet for the return journey.

**Please** ensure that all inhalers are in date and **clearly** marked with your child's name.

A **medical form** (paper copy) with a shortened version of this brochure will be sent to parents in July. Please complete and return just the medical form directly to your child's Y5 class teacher (**not via the office, please**), **as soon as possible**. Any special requirements will be passed on to the PGL staff. A new medical form can be requested before we set off in September if there are any changes to medical requirements over the Summer.

## Packing, Clothing and Toiletries

**Please pack the suitcase together** - you would be amazed how many children do not recognise their own belongings. **Please** name **all** items of property – even **shoes, towels and underwear**.

Rooms accommodate between 4 and 8 children and it is very difficult to match unnamed property from the drying room or dorms to its owner. Items that are not named will generally not find their way back to you, despite our best efforts. Lost property will be laid out on the wall upon our return and again at the Y6 'Meet the Teacher' event.

Everything, except a sleeping bag and possibly a pillow, must be contained in **one** (small) suitcase or holdall. Do try to pack the pillow in to the suitcase if you can. If this is not possible, the pillow should be taken on to the coach along with the packed lunch.

Please remember that children will be expected to carry their own belongings upstairs.

**Please practise packing away sleeping bags as staff cannot pack everybody's for them.**

## Clothing

- 1 waterproof coat with hood
- 3 T-shirts (one long sleeved) (no crop tops, as these cannot be used on harnessed events)
- 1 or 2 warm fleeces/ hoodies
- 1 pair of waterproof trousers
- 2 pairs of trousers (e.g. tracksuit bottoms, cargo-pants, leggings – NOT jeans)
- 1 pair of knee-length shorts
- 2 pairs of underwear
- 2 pairs of socks
- 1 pair of pumps or aqua shoes for water activities (trainers take far longer to dry)
- 1 pair of trainers
- a cap or hat
- nightwear



## Toiletries

- 1 hand towel and 1 larger towel
- a toiletry bag with the basics: soap, toothbrush, toothpaste, shampoo, brush/comb, **roll-on** deodorant (see below), sun cream
- Long hair must be tied back for activities. Please bring multiple bobbles.

**PLEASE pack 1 large plastic bag for dirty/ wet clothes and shoes**

## Optional

- A small battery-powered clock or **cheap** watch (for the dormitory only since watches cannot be taken on events) can be packed, although the teachers will let the children know of times and will wake them up and inform the children where they need to be and when.
- A book to read or a puzzle book and pen

**PLEASE DO NOT BRING**

- money (other than the £10 given to the teacher)
- torch
- camera
- aerosol deodorants (the fire alarms are very sensitive to these)
- jewellery
- sweets – these *can* be purchased at the tuck-shop (and probably will be)
- electronic devices **such as mobile phones** (it will be taken off your child and returned on Friday)
- expensive items e.g. valuable watches
- Crocs shoes. The instructors ask children not to wear these.

There is no need or time for virtual media; we are out in the wide open, doing it for real!

(The teachers all have a camera to take photos of the children on the activities.)

A selection of pictures will be placed on the school web pages upon our return.







Sad to be leaving :(







## HOW DO I PAY?

The cost of the trip is **£230** which includes: activities, accommodation (2 nights), food (6 meals) and all travel costs.

Payment options and consent details are as follows:-

- (a) Firstly, a deposit of £90 via the ParentPay website ([www.parentpay.com](http://www.parentpay.com)) by Friday 11<sup>th</sup> October, 2024 and payment completion by Sunday 1<sup>st</sup> June, 2025.

To help families budget for the balance of the trip, instalments of as little as £1 can be made on ParentPay, as and when parents wish to do so, from Friday 1<sup>st</sup> November, 2024.

OR

- (b) One lump-sum of £230 via the ParentPay website ([www.parentpay.com](http://www.parentpay.com)) by Friday 11<sup>th</sup> October, 2024.

Travel is by hired coaches and/or Norbreck Academy minibuses. All travel arrangements are risk-assessed and all vehicles have seatbelts.

The ParentPay website ([www.parentpay.com](http://www.parentpay.com)) will also contain details of the above payment dates and any reminders. The school office will send out a text reminder for the second instalment and any other necessary reminders before the trip commences.

Please note that if you have to cancel your child's place, PGL cancellation charges apply on a sliding scale. Please visit their website for T&C's.

**If you have any concerns about payments, please contact the school office.  
(01253 852219)**

**Please do not contact PGL directly.**



**Toasting marshmallows at the campfire**



**Norbreck Primary Academy 2024-2025  
Brochure – Mr. Timson**

**Please do not share any images from this file on social media.**

