



Dereham
Church Of England
Junior Academy

Caythorpe Court Lincolnshire



Welcome Residential Parents (and Children!)





Dereham
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Junior Academy

Caythorpe Court

Lincolnshire

Meet the Team



Mrs Scott



Mrs Waymouth



Mr Jenkinson



Miss Folkard



Mr Allott (Trip Leader)



Mrs Stuart-Sheppard



Mrs Kendall



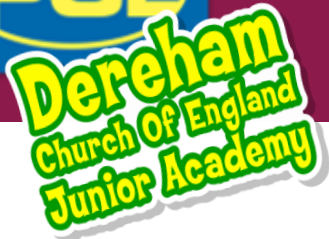
Mrs Fraser



Mrs Harding



Mrs Postle



Caythorpe Court Lincolnshire

Itinerary:

Dereham Church of England Junior Academy at PGL Caythorpe Court – Sunday 30th June to Wednesday 3rd July 2024

Itinerary

Please make sure you arrive at school in plenty of time to allow for baggage to be loaded, registers taken and farewells before departure.

Sunday 30th June 2024

- 13:00 Children arrive at school to prepare for departure.
- 13.30 Leave Dereham Church of England Junior Academy
- 15:30 approx. Arrive at PGL Caythorpe Court, Lincolnshire

Wednesday 3rd July 2024

- 15:00 approx. Depart PGL Caythorpe Court, Lincolnshire
- 17:00 approx. Arrive back at Dereham Church of England Junior Academy

(Updates will be provided to parents with more precise timings on the day).



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Medical Form:

- This year, we were more organised with this and have the majority in now, with Mrs Costello chasing up any missing and clarifying information given on others.
- If there is any information that comes to light/we will need to know in the meantime, please do not hesitate to let us know. We want to make sure that we are as prepared as possible to support the children whilst away.
- It is vital to include whatever would be important for us to know about your child in the **'other information'** section; anything from food habits, bedtime routine, phobias etc.

Additional information Form – Level 3 Visits
CONFIDENTIAL

Please return to: Mr Allott (Visit Leader) / Mrs Costello (Office)
The Visit Leader will only divulge information on this form to other staff as necessary, to ensure the welfare and safety of the participant.

Place of visit: PGL – Caythorpe Court
Day & date of departure: Sunday 30th June 2024 Time: 13:30
Day & date of return: Wednesday 3rd July 2024 Time: 16:00 (approx.)
List of activities to be undertaken: TBC
Method of travel: Coach (seat belts fitted as standard - Yes)

Additional Parent/Guardian Details: (In addition to the main contact)

Name: _____
Relationship to the child: _____
Contact Details: _____

Please give details of any recent illnesses: _____

Please tell us about any food not eaten for religious or health reasons:

Please provide any other information which you feel might be useful in an emergency, or that the Visit Leader should be aware of: e.g. phobias, hyperventilation, sleepwalking, travel sickness etc.

NHS No. _____

I give/do not give* permission for my child to receive pain relieving medication when appropriate (one dosage of paracetamol only).
Please delete as appropriate

I agree to my child receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.

Signature of Parent / Guardian: _____

Should there be any amendments to this form after it has been handed in, please contact the Visit Leader immediately.

In event of an asthma attack:

1. I can confirm that my child has/has not been diagnosed with asthma and has/has not been prescribed an inhaler [delete as appropriate].
2. My child has a working, in-date inhaler, clearly labelled with their name, which they will bring with them – Yes/No/Not applicable [delete as appropriate].
3. In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies - Yes/No/Not applicable [delete as appropriate].

Signature of Parent / Guardian: _____



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Caythorpe Court

Centre Map

0 50 100m

Caythorpe Court - Lincolnshire

- 24 fantastic adventure activities to choose from
- 65 acres of beautiful grounds
- Sports pitches and lake for watersports
- Explore the 360 Virtual Tour www.pgl.co.uk/caythorpe360 to see inside the centre and view activity information and videos



Key

Abseiling	Buggy Build	Giant Swing	Survivor	Rifle shooting	Tunnel Trail	WC Toilets
Aeroball	Challenge Course	High Ropes	Problem Solving	Sensory Trail	Vertical Challenge	Dining Room
All Aboard	Climbing	Jacob's Ladder	Quad Biking	Trapeze	Zip Wire	Bar
Archery	Fencing	Open Canoe	Raft Building			



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All of these activities and more can be explored on the PGL website.

Just search '*PGL Caythorpe Court*' in Google and scroll down to the activities.

Adventure activities

- Abseiling
- Aeroball
- All Aboard
- Archery
- Challenge Course
- Climbing
- Fencing
- Giant Swing
- High Ropes Course
- Jacob's Ladder
- Kayaking
- Low Level Ropes Course
- Orienteering
- Problem Solving
- Quad Biking
- Raft Building
- Rifle Shooting
- Sensory Trail
- Sports and Team Games
- Survivor
- Trapeze
- Tunnel Trail
- Vertical Challenge
- Zip Wire



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Evening entertainment

- 50/50
- Ambush
- Campfire
- Capture the Flag
- Cluedo
- Disco
- Get Your Own Back
- Ice Breakers
- Nightline
- Passport to the World
- Quiz
- Robot Wars
- Scavenger Hunt
- Splash
- Star Auction
- Talent Show
- The Cube
- Wacky Races



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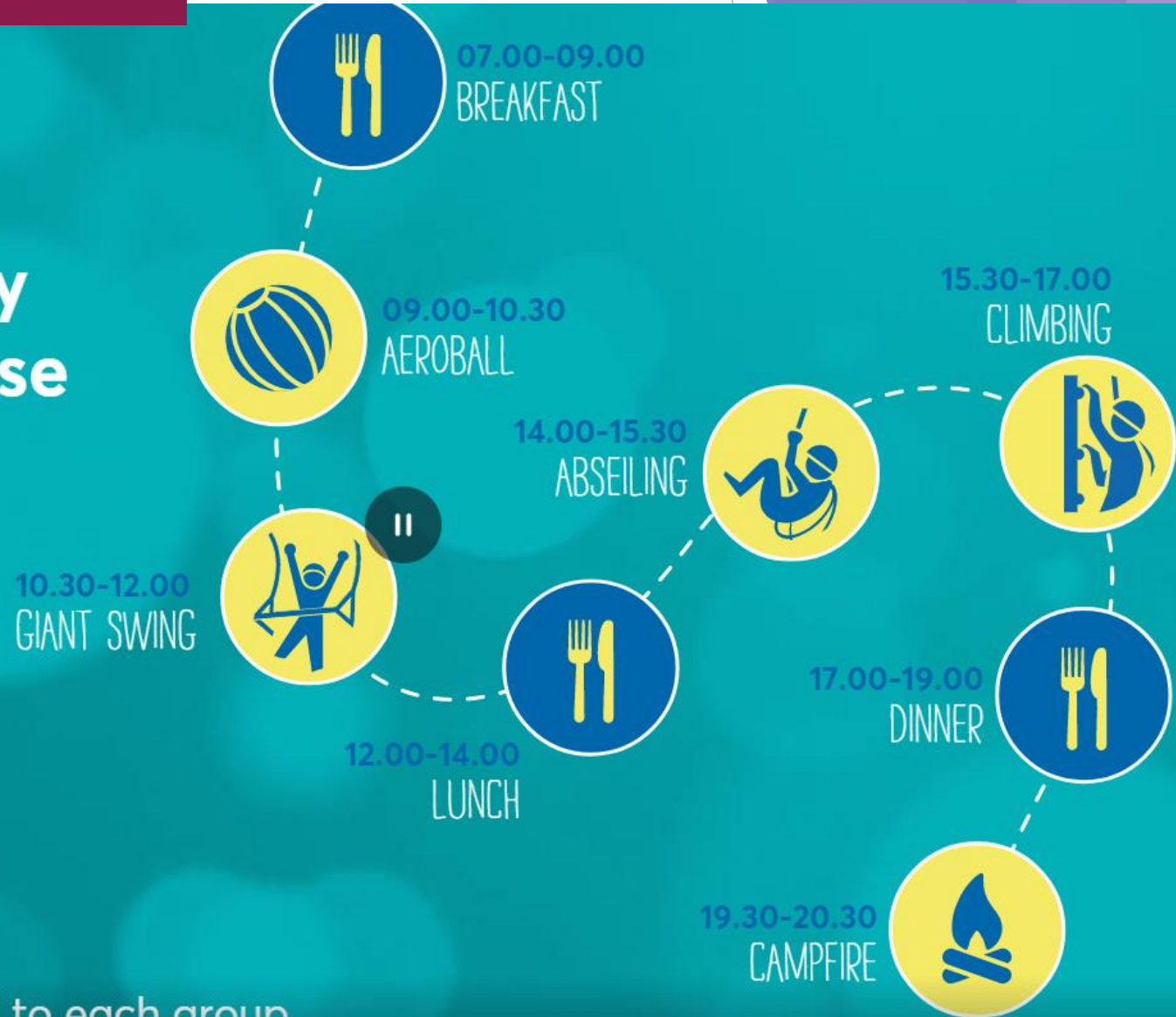
Caythorpe Court Lincolnshire



A sample day
to give a sense
of what to
expect...



*Programmes tailored to each group





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Sample Menu:

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>



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Kit List:

Notable additions this year:

- Sun cream - We are going slightly later this year so sun cream will certainly need to be brought along for protection.

- It was cold in the evenings in the tents so just to be prepared with something warm to wear in bed if necessary!



WHAT TO BRING

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
- Trousers or leggings**
but not jeans as they get heavy and cold when wet
- Underwear & socks**
- 1 or 2 sets of **clothes for the evening**
- Suitable **nightwear**



Your arms will need to be covered to do some activities.



Your socks will need to cover your ankles to do some activities.



Last year, it was particularly cold at night so please ensure that you have **something warm to wear in bed!**

TRAVELLING IN THE...

- ...SUMMER?**

 - Shorts
 - Baseball cap/sun hat

Sun Cream
- ...WINTER?**

 - Warm coat
 - Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

You may bring items for the journey(s), such as snacks, books, sketchpads, travel games, but no electronic devices, including mobile phones are allowed.

FOOTWEAR

- 2 pairs of trainers**
 - 1 for activities
 - 1 old pair for watersports
 - 1 pair of dry shoes** for evening activities
- Water shoes** are great if you have them!

OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities
- Reusable **drinks bottle**
- Small **rucksack/bag**
- Labelled **bin bag** for wet and dirty clothing
- Sleeping bag or duvet** and pillow (unless otherwise advised)
- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)



You may also want to bring a **torch/battery-operated camping lantern**

PLEASE DO NOT BRING

- Electrical devices
 - Computer games
 - Food items that contain nuts
 - Jewellery/valuables
 - Aerosols
 - Mobile Phones**
- It is not covered by our insurance.



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Accommodation:

- Tent Village – with access to toilet and shower block as shown below
- 5 children per tent (children will have the choice of who they share with which we will help facilitate nearer the time (36 boys/34 girls going – no mixed sharing)
- **A pillow and sleeping bag/duvet cover is required** (a fitted sheet will be provided as shown below).





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PGL adventure holidays

<https://www.pgl.co.uk> > virtual-tour > caythorpe > tour

krpano.com - HDR-caythorpe staff-lounge

INFO: krpano 1.19-pr8 (build 2016-09-30) INFO: Android 6.0.1 (Nexus 5X) - Chrome 124.0 -
WebGL INFO: Registered to: Avenue Imperial WARNING: Unknown action: ...

360° Virtual Tour:

- Check out the interactive 360° tool and explore the site.
- Simple put '360 degree Caythorpe' in google and click on this:

Ter



Explore the whole site
by clicking on:

- the different blue icons to see the different activities or
- the 360° icons to see key locations such as the tent village.





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Any Questions?