

Bawdsey Manor, Suffolk PGL

Fawbert and Barnard's Primary School

2 - 4 October 2023



Activity Timetable



| | Group | Meeting Point | Group Leader | Session 1 9:00 - 10:30 | Session 2 10:40 - 12:10 | Session 3 14:00 - 15:30 | Session 4 15:40 - 17:10 | Evening 19:30 - 20:30 | |
|-----------|-------|---------------|--------------|---------------------------|----------------------------|----------------------------|----------------------------|--------------------------|------------------------------|
| Monday | 1 | | | | | Jacob's Ladder (JL1) | Zip Wire (ZW1) | | Balloon Splash (SPL3 - FLF3) |
| | 2 | | | | | Zip Wire (ZW1) | Jacob's Ladder (JL1) | | Balloon Splash (SPL3 - FLF3) |
| | 3 | | | | | Giant Swing (GS1) | Jacob's Ladder (JL2) | | Balloon Splash (SPL3 - FLF3) |
| Tuesday | 1 | | | Raft Building (RB1) | Rifle Shooting (R1) | Giant Swing (GS1) | Challenge Course (CC1) | | Ambush (AMB1) |
| | 2 | | | Sensory Trail (ST2) | Raft Building (RB1) | Giant Swing (GS2) | Challenge Course (CC2) | | Ambush (AMB1) |
| | 3 | | | Trapeze (TR1) | Challenge Course (CC1) | Raft Building (RB1) | Rifle Shooting (R2) | | Ambush (AMB1) |
| Wednesday | 1 | | | Trapeze (TR1) | Sensory Trail (ST1) | Depart | | | |
| | 2 | | | Rifle Shooting (R2) | Trapeze (TR1) | Depart | | | |
| | 3 | | | Sensory Trail (ST1) | Zip Wire (ZW1) | Depart | | | |

Menu



| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
| Baked Beans (ve) (120kcal) | Baked Beans (ve) (120kcal) | Baked Beans (ve) (120kcal) |
| Hash Browns (ve) (170kcal) | Hash Browns (ve) (170kcal) | Hash Browns (ve) (170kcal) |
| Fresh Mushrooms (ve) (100kcal) | Fresh Mushrooms (ve) (100kcal) | Fresh Mushrooms (ve) (100kcal) |
| Sausages (120kcal) or Quorn™ Vegan Cumberland (ve) (120kcal) | Bacon (120kcal) or Quorn™ Vegan Cumberland (ve) (120kcal) | Sausages (120kcal) or Quorn™ Vegan Cumberland (ve) (120kcal) |
| Available every day: Porridge with toppers* (140kcal) | | |
| Pepperoni Pizza (170kcal) | Beef Burger (120kcal) | Battered Chicken Chunks (120kcal) |
| Margherita Pizza (v) (170kcal) | Meatless Farm™ Plant Based Burger (ve) (160 kcal) | Vegetable Nuggets (ve) (120kcal) |
| Plant-based Margherita Pizza (ve) (170kcal) | Served with Ziggy Fries (ve) (160 kcal) | Served with: Potato Wedges (ve) (180kcal), Garden Peas (ve) (70kcal), Sweetcorn (ve) (100kcal), Sweet Chilli Sauce (ve) (70kcal) |
| Served with: Skinny Fries (ve) (130kcal) | Nothing you fancy? Filled rolls - ham, tuna mayo | |
| Chicken Katsu Curry (170kcal) | Fish Fingers (170kcal) | Chicken Curry (140kcal) |
| Homemade Beef Lasagne (130 kkal) | Hunters Chicken (140kcal) | Baked Cheesy Meatballs (130kcal) |
| Vegetable Lasagne (ve) (170kcal) | Shepherdless Pie (ve) (140kcal) | Vegetable Curry (ve) (120kcal) |
| | Sides: Baby Potato (ve) (100kcal), Baby Carrots (ve) (100kcal), Whole wheat bun (10kcal) | Sides: Rice (ve) (100kcal), Penne Pasta (ve) (100kcal), Mixed Vegetables (ve) (100kcal) |

Sample of Daily Itinerary

- **07:00** - PGL staff wake up the group
- 07:40** - Breakfast (English or Continental, cereal, toast and drinks)
- 08:50** - First activity session
- 10:30** - Second activity session
- 12:10** - Hot lunch or packed lunch
- **13:00** – Shop time
- 14:00** - Third activity session
- 15:30** - Break
- 15:40** - Fourth activity session
- 17:10** - Supervised free time
- 17:30 – 19:00** - 3 course evening meal, then free time.
- 19:00 – 20:30** - Evening entertainment. Group Leaders assist Party Leaders until 21.00. From 21.00 - 23.00 there will be PGL staff on active night duty. Through the night there will always be a senior PGL staff member on call.





Reminders

- Arrive at school normal time 8:40
- Leave at 9:30 ish.
- Packed lunch and drink in a disposable bag – eat on arrival
- Children need to be wearing clothes ready for our first activity - we can't access our rooms until 5:00 pm and our bags will be locked away until then.
- £10.00 spending money, named envelope into school by Monday 25th September
- Medical form
- Medication – named bag by Wednesday 27th September
- RETURN
- Leave between 1:30 – 2:00 pm on Wednesday 4th October
- Approx. time arrive back at school 3:30-4:00 pm.
- We telephone the school to update times.
- Keep an eye on Parentmail.
- No phones, tablets etc. can be taken but disposable cameras are fine.