

Y4
Barley Fields
Primary School 8th
– 10th May 2024



Wednesday 8th May – Friday 10th May 2024

Mrs Docherty, Miss Robinson, Miss Mallinson and Mrs Ward



PGL Newby Wiske Adventure Centre

Centre address:

PGL Newby Wiske Hall

Newby Wiske

Northallerton

North Yorkshire

DL7 9EY

Wednesday 8th May – Friday 10th May 2024

30 acres of grounds.

North Yorkshire's countryside.

The centre is just 10 minutes away from Northallerton.

Over 20 on-site adventures – chosen activities to be decided.



What will the children be doing?



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Safe and accessible to all children.

Children will not be forced to do things if they do not wish to but they will be encouraged to take part.

Activities are generally restricted to about one hour.



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Sample day for Primary Schools at Newby Wiske Hall

Schedule	Activities
07.00 - 09.00	Get up, get ready and fuel up for the day ahead
09.00 - 12.00	Morning activities - usually 2 sessions
12.00 - 14.00	Dry off & clean up. Time for a fresh & tasty two-course hot lunch
14.00 - 17.00	Afternoon activities - 2 exciting sessions
18.00 - 19.00	Time to eat again - a different menu each day
19.30 - 21.00	1 hour of activities - discos, campfires, quizzes and more. The evening activity programme keeps you laughing until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!

Evening activities finish at 9.00pm and there is then a settling down period of around 30 minutes when the children meet with their teachers and course leader. Following on from washing and brushing teeth the children are in bed with lights out by 10:00pm.



The teachers will be timetabled on 'bedtime' duty, to ensure that all children get settled and to sleep in their dormitories reasonably quickly. A designated member of the Barley Fields staff will be on call each night. In each child's bed, they have their own 'night light' which they can control if they require a light to sleep with, which does not affect the other children in their room.



There is no need to go out and buy anything special for a trip to PGL Newby Wiske, all specialist equipment is provided.

PGL also provides a selection of additional clothing which is ideal for the activities. A list of additional clothing provided by PGL Newby Wiske will be provided to you closer to the time.



The clothing list given includes clothing being worn on the journey, so for example assuming you are wearing socks and underwear on your journey to Newby Wiske, you only need to pack 5 pairs of each!

Suggested clothing list

- 3 T-shirts
- 3 Sweatshirts / tops
- 3 Pairs of trousers
- 1 Pair of shorts
- 6 Sets of underwear
- 6 Pairs of socks
- 1 Pair of trainers (indoor use)
- 1 Pair of outdoor shoes/boots
- 2 Towels
- 1 Coat (if required for the journey)
- 1 Warm hat / sun hat
- 1 Set of nightwear
- 1 Bag of toiletries

Due to the nature of the activities, it is possible that clothes may occasionally get damaged. All clothing should be suitable for use in an outdoor, and often muddy, environment. Old clothes are best, not new or expensive clothing.

Jeans are not suitable for our activities, as they are cold and restrictive when wet and difficult to dry. Tracksuits or jogging bottoms are ideal, but other trousers would also be fine.

What not to bring

Please do not bring valuable items such as mobile phones, cameras, radios, iPads/tablets, expensive watches or any computer games. It is also important for children not to bring their own snacks and sweets.

Please do not bring any aerosol sprays. The fire alarm is sensitive in order to ensure high standards of fire safety and aerosols sprayed near any of the many smoke alarm sensors can set off the fire alarm for the whole centre.



Meals

There are freshly-prepared hot or cold options available at every mealtime and a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner. Homemade soup is available most days and there is plenty of bread and fresh fruit available, as well as hot and cold drinks.

PGL caters for many dietary requirements as specified by culture, religion and medical concerns. They can provide meals for a wide variety of needs including coeliac, diabetic, food allergies and vegetarian/vegan. If you have any other concerns regarding dietary requirements please let us know as soon as possible.

PGL will provide alternatives to ensure no-one leaves the dining room hungry if children do not like what is on the menu. However, it would be great for the children to try new things!



Breakfast

Please be assured that the menu choices for individuals with allergens can be adapted and is not limited to the items displayed here. PGL can provide meals that do not include the main 14 allergens, where the dietary needs form has been completed during the booking process. If you require any further information please contact us on 01273 830000.

Available every day: porridge with toppers, selection of cereals and granola (ve), assorted yoghurts (v), white or brown toast (ve) & jam

Sausage ⓘ

Quorn™ Vegan Cumberland Sausage v VE ⓘ

Fresh Mushrooms v VE ⓘ

Baked Beans v VE ⓘ

Hash Browns v VE ⓘ

Lunch

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Available everyday: homemade soup (ve) with bread roll (v)

Battered Chicken Chunks ⓘ
Chicken breast chunks in a light batter

Vegetable Nuggets v VE ⓘ
Breaded Vegetable Nuggets

Sweetcorn v VE ⓘ

Garden Peas v VE ⓘ

Cheese Roll v ⓘ

Chicken Roll ⓘ

Potato Wedges v VE ⓘ

Tuna Mayo Roll ⓘ

Ham Roll ⓘ

Sweet Chilli Sauce v VE ⓘ

Dinner

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Chicken Curry ⓘ
Chicken cooked in a korma style sauce

Rice v VE ⓘ

Penne Pasta v VE ⓘ

Baked Cheesy Meatballs ⓘ
Beef meatballs cooked in a tomato sauce and topped with grated cheese

Penne Pasta with Tomato Sauce & Grated Cheese v ⓘ

Vegetable Curry v VE ⓘ
Mixed vegetables cooked in a korma style sauce

Mixed Vegetables v VE ⓘ

Jam Doughnuts v ⓘ
Apple and raspberry jam filled doughnuts

Breakfast

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Available every day: porridge with toppers, selection of cereals and granola (ve), assorted yoghurts (v), white or brown toast (ve) & jam

Bacon ⓘ

Quorn™ Vegan Cumberland Sausage v VE ⓘ

Fresh Mushrooms v VE ⓘ

Baked Beans v VE ⓘ

Hash Browns v VE ⓘ

Lunch

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Available everyday: homemade soup (ve) with bread roll (v)

Homemade Beef Bolognese ⓘ
Beef mince in a traditional bolognese sauce

Homemade Vegetable Ratatouille v VE ⓘ
Courgettes, onions and mixed peppers in tomato sauce

Garlic Bread v ⓘ

Penne Pasta v VE ⓘ

Grated Mild Cheddar v ⓘ

Cheese Roll v ⓘ

Ham Roll ⓘ

Chicken Roll ⓘ

Tuna Mayo Roll ⓘ

Dinner

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PGL's Sausage Pasta Bake ⓘ
Penne pasta, pork sausage meat and Cumberland sausage slices cooked in a tomato sauce and topped with cheese.

Chicken Kiev ⓘ
Chopped and shaped chicken breast coated in batter and crumb with a garlic & parsley butter filling

Homemade Sausage & Bean Casserole v VE ⓘ
Plant based Cumberland sausages cooked in a tomato sauce with white beans

Penne Pasta with Tomato Sauce & Grated Cheese v ⓘ

Mashed Potato v ⓘ

Fresh Broccoli v VE ⓘ

Baby Carrots v VE ⓘ

Chocolate Sponge & Chocolate Custard v ⓘ

Breakfast

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Available every day: porridge with toppers, selection of cereals and granola (ve), assorted yoghurts (v), white or brown toast (ve) & jam

Bacon 

Quorn™ Vegan Cumberland Sausage   

Fresh Mushrooms   

Baked Beans   

Hash Browns   

Lunch

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Available everyday: homemade soup (ve) with bread roll (v)

Battered Fish 

Harry Ramsden's™ MSC Battered Pollock

Jumbo Pork Sausage 

Quorn™ Fishless Fingers   

Vegan fishless fingers

Garden Peas   

Cheese Roll  

Chicken Roll 

Tuna Mayo Roll 

Ham Roll 

Skinny Fries   

Dinner

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Beef Burger 

British beef burger served in an unseeded burger bun. Optional toppings of fried onions and cheese

Homemade Mac 'n' Cheese  

Macaroni pasta cooked in a cheddar cheese sauce and topped with melted cheese

Meatless Farm™ Plant Based Burger   

Quarter pounder plant-based pea burger in an unseeded bun. Optional toppings of fried onions and vegan Sheeze slices

Penne Pasta with Tomato Sauce & Grated Cheese  

Ziggy Fries   

Sweetcorn   

Whole Green Beans   

Homemade Apple Crumble & Vanilla Custard  

Groups and dorms

All children's rooms are in the same dormitory and teacher's rooms are located within these dorms amongst the children's rooms. The dormitories are allocated just for our school, our activity groups will be for children just from our school.

Although there are separate sittings for meals it is possible that there may be other schools in the dining room at the same time as (lunchtime).

Children will be guaranteed to be in a dormitory with at least one good friend. Boys and Girls have separate rooms.

Daytime groups will be different from dormitory groups and are very carefully chosen.

We have a team of staff, with a course leader in charge and a group leader for each activity group.



Children do not need to be able to swim to take part in PGL water sports. Water sports take place on very shallow water; no more than a couple of feet, with children less than 10 metres from the bank at any time (they should not panic if they fall in). Everyone on the water wears a buoyancy aid, waterproofs and a canoe helmet.



We will set off from school around 10am Wednesday and will leave the centre after an early lunch on Friday, hoping to arrive back in at school at around 1:30pm.

We are in regular contact with the office staff to keep them informed of any delays that may occur on the journey.



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Luggage to school on **Wednesday** morning. More details to follow.
COVID-19 compliance.

Medicines

Sleep walkers

Bed wetting

LET US KNOW IF YOUR CHILD IS TRAVEL SICK

STAFF ARE AWARE OF ALL DIETARY, MEDICAL, PHYSICAL and
LEARNING NEEDS OF CHILDREN. These are taken into account
accordingly.

PGL staff will modify an activity to suit needs of the child.

What's the cost?

01.10.23 Deposit	£50.00
01.11.23 Payment 2	£50.00
01.12.23 Payment 3	£50.00
01.02.24 Payment 4	£50.00
01.03.24 Payment 5	£30.00

Total cost
£230

**Any
questions?**

