

PGL - Bawdsey Manor



What is PGL?

- The purpose of the trip is for children to gain experiences they wouldn't normally have e.g.
- Physical challenge
- mental challenge
- promoting independence
- team work
- supporting others
- and lots more!
- **SUNDAY 5TH – WEDNESDAY 8TH Oct 2025** - leaving around 10am on Sunday morning and returning around 4pm on the Wednesday

While we are there...

- 4 activities per day (1 ½ hours each) completed in small groups with an evening activity before bed.
- Children complete activities in groups of approx. 12 with an Abacus member of staff with each group and trained staff who run the activities.
- There will be water activities so children will need changes of clothes they do not mind getting wet, including shoes. They will also need an additional towel. They should bring a plastic bag to put wet clothing into.

Example 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 - 21:00	
Monday	1						Arrive on Centre		Ambush (AMB1)
	2						Arrive on Centre		Ambush (AMB1)
	3						Arrive on Centre		Ambush (AMB1)
	4						Arrive on Centre		Ambush (AMB1)
Tuesday	1			Giant Swing (GS1)	Challenge Course (CC3)	Abseiling (AB2)	Sensory Trail (ST1)		Campfire (CF1 - CF1)
	2			Challenge Course (CC3)	Giant Swing (GS1)	Sensory Trail (ST1)	Abseiling (AB2)		Campfire (CF1 - CF1)
	3			Challenge Course (CC4)	Abseiling (AB3)	Giant Swing (GS1)	Sensory Trail (ST2)		Campfire (CF1 - CF1)
	4			Abseiling (AB3)	Challenge Course (CC4)	Sensory Trail (ST2)	Giant Swing (GS1)		Campfire (CF1 - CF1)
Wednesday	1			Problem Solving (PS1)	Buggy Building (BB3)	Rifle Shooting (R1)	Archery (A1)		Capture The Flag (CTF1 - FF5)
	2			Buggy Building (BB3)	Problem Solving (PS1)	Archery (A1)	Rifle Shooting (R1)		Capture The Flag (CTF1 - FF5)
	3			Buggy Building (BB4)	Rifle Shooting (R1)	Problem Solving (PS1)	Archery (A2)		Capture The Flag (CTF1 - FF5)
	4			Rifle Shooting (R1)	Buggy Building (BB4)	Archery (A2)	Problem Solving (PS2)		Capture The Flag (CTF1 - FF5)
Thursday	1			Zip Wire (ZW3)	Aeroball (AE3)	Beach/Coastal Walk (CW1)	Jacob's Ladder (JL1)		Passport To The World (PTTW1 - ACC)
	2			Aeroball (AE3)	Zip Wire (ZW3)	Jacob's Ladder (JL1)	Beach/Coastal Walk (CW1)		Passport To The World (PTTW1 - ACC)
	3			Beach/Coastal Walk (CW1)	Jacob's Ladder (JL1)	Zip Wire (ZW2)	Aeroball (AE2)		Passport To The World (PTTW1 - ACC)
	4			Jacob's Ladder (JL1)	Beach/Coastal Walk (CW1)	Aeroball (AE2)	Zip Wire (ZW2)		Passport To The World (PTTW1 - ACC)
Friday	1			Trapeze (TR1)	Survivor (SU1)	Depart			
	2			Trapeze (TR2)	Survivor (SU2)	Depart			
	3			Survivor (SU1)	Trapeze (TR1)	Depart			
	4			Survivor (SU2)	Trapeze (TR2)	Depart			

Staff Attending

TBC

Food and drink

- The buffet style restaurant means that children can 'mix and match' the items they love most.
- There is unlimited access to the salad bar and bread basket and children can help themselves to fruit.
- A vegetarian alternative will always be provided and they accommodate most special diets required on medical or religious grounds
- Water and squash are available with all meals and children are encouraged to refill their water bottles for regular use throughout the day. There are also water fountains available around the centre.

Example menu

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
 <p>BREAKFAST</p>	Sausages Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)
	Scrambled eggs	Hash brown	Scrambled eggs	Scrambled eggs	Hash brown	Scrambled eggs	Hash brown
	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
<p>AVAILABLE EVERY DAY Choice of cooked & continental breakfast</p> <p>Continental options: Choice of cereals Porridge Assorted yoghurts White or brown toast & jam</p>							
 <p>LUNCH</p>	<p>AVAILABLE EVERY DAY Homemade soup of the day & roll Choice of meat, vegetarian or vegan option</p>						
	Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
 <p>DINNER</p>	Mains Crispy chicken breast pieces with sweet & sour sauce	Mains Beef bolognese	Mains Chicken vegetable tikka & naan	Mains Sausages & onion gravy	Mains Battered fish fillet & tartare sauce	Mains Meat pizza	Mains Roast dinner, Yorkshire pudding & gravy
	Chickpea, lentil & coconut curry, naan (v)	Piri Piri chicken	Fish fingers	Chicken & vegetable pie	Meatballs in tomato sauce	Margherita pizza (v)	Mac & cheese (v)
	Vegetable Kiev (v)	Vegetable biryani (v)	Feta & roasted vegetable lattice (v)	Quorn & vegetable chow mein (v)	Lentil bolognese (v)	Chicken Kiev	Roast potatoes, roasted root vegetables
	Sides Chips, rice, broccoli, carrots	Sides Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	Sides Chips, rice, peas, carrots	Sides Mashed potato, mixed vegetables	Sides Chips, spaghetti, peas, carrots	Vegetable & mushroom pilaf (v)	Dessert Waffles & strawberry sauce
	Dessert Doughnut	Dessert Raspberry ice cream cake	Dessert Chocolate crispy cake	Dessert Apple crumble & cream	Dessert Ice cream	Cajun fries, green beans, broccoli	Profiteroles & chocolate sauce

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.



Medicine and First Aid

- 24 hour on site First Aid area and trained staff from PGL. All Abacus staff are first aid trained.
- Any medication needed during their stay is kept with Abacus staff who administer and keep a record of this.
- Please fill out the contact/medical form ASAP when sent out

Communication

- Children must not bring mobiles or tablets with them
- Staff will regularly update Mrs Blakeley and this will be passed onto parents
- Mrs Blakeley will send a test text on the Friday before the residential
- Unfortunately, children are not allowed to bring personal cameras; however, photos taken by staff will be shared every day on the school website.

Dorm rooms

- Children will be allocated same sex dormitories in small groups (usually 4 or 6) with en-suite bathrooms
- Children should bring a sleeping bag and pillow with them (Duvets and pillows are available to rent at an additional cost.)
- Dorm allocations will be organised the week before we go and children will be in a room with their friends
- Staff bedrooms will be made clear to children. Staff doors will be open during the day while in the dorms and children can knock on the doors at night if they have any concerns

Other information

- Children can bring up to £12 with them to spend in the gift shop split into 4 individual envelopes of £3 per day. They will be given a short amount of time to visit each day.
- Children should wear their own clothes to school on the morning of Monday 9th October.
- They should bring their cases through the office entrance and parents should present staff with any necessary medication then
- Children should be able to carry their own case as they may need to take them up stairs (so try not to over pack!)







