



# Welcome PGL Windmill Hill, East Sussex Monday 16<sup>th</sup> – Friday 20<sup>th</sup> September



*When you arrive, please find the  
pack with your child's name on.*



# Welcome to PGL

- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed







# Windmill Hill – East Sussex

- 23 fantastic adventure activities to choose from
- Explore the 360 Virtual Tour [www.pgl.co.uk/windmill360](http://www.pgl.co.uk/windmill360) to see inside the centre and view activity information and videos





# Facilities

- Heated outdoor swimming pool
- 2000m<sup>2</sup> sports hall
- Indoor games / recreation area
- Sports pitches
- Purpose-built BMX track
- On-site adventure activities
- Disco
- Shop
- Classrooms / meeting rooms





# The PGL difference

- Dedicated PGL 'Groupie' to provide support throughout stay
- Tailor-made programmes
- All accommodation, food, activities and instruction included
- Free evening entertainment
- 24 hour support from centre team



## Multi-Activity

- 4 action-packed adventure activity sessions per day
- Evening entertainment
- Great for personal development & confidence building
- Increases motivation & appetite for learning





# Adventure activities

- Abseiling
- Aeroball
- All Aboard
- Aquafun
- Archery
- BMX
- Canoeing
- Challenge Course
- Climbing
- Eco Trail
- Fencing
- Giant Swing
- Hiking
- Jacob's Ladder
- Orienteering
- Problem Solving
- Raft Building
- Rifle Shooting
- Sensory Trail
- Sports and Team Games
- Trapeze
- Tunnel Trail
- Zip Wire



## Evening entertainment

- 50/50
- Ambush
- Battle of Windmill Hill
- Campfire
- Capture the Flag
- Casino Night
- Disco
- Karaoke
- Passport to the World
- Quiz
- Robot Wars
- Scrapheap Challenge
- Shoe Golf
- Snapchat Challenge
- Space Hopper
- Football
- Top Gear
- Ultimate Frisbee
- Wacky Races





# Accommodation

- Lodges – en suite rooms sleep 5-6
- Boys and girls will be separate



Accommodation for Windmill Hill can be viewed in the 360 virtual tour: <http://www.pgl.co.uk/windmill360>



# Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets and halal food catered for
- Sample menus available online: [www.pgl.co.uk](http://www.pgl.co.uk)





# Health & safety

The PGL Code of Practice describes all safety and operational procedures both on and off-site including:

- Sample risk assessments
- Staff-to-pupil ratios
- Operating procedures
- Staff vetting & training
- Site security
- First Aid procedures
- Emergency procedures

[www.pgl.co.uk/cop](http://www.pgl.co.uk/cop)



## Our trip: 16<sup>th</sup> – 20<sup>th</sup> September

- 36 children and 4 adults
- Miss Wright, Mr Deenoo, Rita, Jayden
- First aiders on site but Rita and Jayden are also first aid trained
- Health forms completed –
- children must bring their own medication /inhalers.
- We cannot give medication unless you have specified on form





## Our trip: 16<sup>th</sup> – 20<sup>th</sup> September

- Leaving the Chocolate Box at 12.45pm.
- Children will have an early lunch at school.
- Come to school in home clothes and with luggage.
- Luggage to go to caretaker's office to be stored.
- Arrive back at the Chocolate Box 3.30-4pm Friday.
- -Water bottle. No food needed.



## Our trip: 16<sup>th</sup>- 20<sup>th</sup> September

- **Pocket money – £10 maximum.**  
**Children are 100% responsible for this.**
- **No contacting the centre.**
- **No mobile phone or electronic devices**





# Our trip: 16<sup>th</sup>- 20<sup>th</sup> September

## Kit List:

- Can ignore some items on provided kit list e.g swimwear
- Sleeping bag and pillow provided
- No crocs
- 2 pairs trainers
- Preferably roll on deodorant
- No wellies
- No phones or electronics
- Label everything!



# Our trip: 16<sup>th</sup>- 20<sup>th</sup> September

-If you have not filled out your medical form, please fill it in before you leave

-Final arrangements letter will go out Thursday.





**Thank you for listening**  
**Any questions?**