

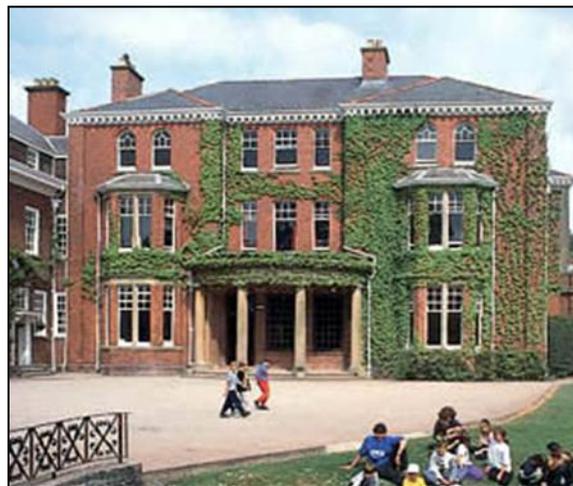


## Year 6 Autumn Term Residential

PGL

Tregoyd House

Brecon Beacons





## Introduction

As children move into year 6 – we expect them to develop socially as well as academically.

PGL provides an excellent starting point for all children who need help to interact with their peers and adults. During the five day residential, pupils are given more freedom and trusted to behave responsibly.

Although the children are out of school – the learning that takes place during this week is invaluable in terms of:

Social development

Interpersonal skills

Developing independence

Confidence

Self esteem

Activity passport links

Route to Resilience links

## The Location : Tregoyd House : Brecon Beacons



Tregoyd House is situated at the foot of the Black Mountains in Breconshire, in the Brecon Beacons National Park. The views of the surrounding countryside are breathtaking; sheep and horses fill the adjacent fields whilst pheasants roam freely around the seven acres of gardens, lawns and parkland in which Tregoyd House itself (the former home of Lord Hereford) is situated.

The house is an imposing country mansion, which, in spite of its conversion to an activity centre still retains lots of its original features, in particular the high, ornate ceilings and grand entrance hall with a welcoming open fire and impressive main staircase which leads to the pupil and staff accommodation.

As a school, we have been visiting Tregoyd for our Year 6 residential for six years, having previously used the Kingswood Centre in Staffordshire. Tregoyd House is a well-established site and has been a PGL base for many years. With its experienced staff and range of activities specifically designed for the age of the visiting group, it provides a safe environment for the children during which they will be given the opportunity to challenge themselves in different activities, develop their social skills, increase their own self-confidence and self-esteem and hopefully return home with some great stories to tell and some lasting happy memories..

Pupils sleep in dormitories on the second and third floor of the mansion (between eight and twelve pupils per room) and staff rooms are located on each floor. From the dormitory windows are views of the impressive surrounding grounds and landscape.

Meals are served in the dining room. Children are served a hot breakfast, lunch and evening meal. There is always a selection of main meals to suit all tastes, with a range of accompanying salad dishes also available. All special dietary requirements are catered for.

### **Activities and aims of the residential**

Throughout the residential, pupils will be taking part in a wide range of outdoor activities. The activity programme starts on Monday afternoon and continues until our departure on Friday lunchtime. Pupils will find themselves setting personal goals, encouraging their peers, and celebrating their successes whilst having lots of fun in doing so. All of the activities take place in the grounds of Tregoyd House; for water based sessions (raft building and kayaking) pupils, leaders and staff take a short walk to a small man-made lake, affectionately known as 'The Puddle' where they will spend two half days learning to build a raft and to kayak.

There is never a dull moment during our stay. PGL leaders are assigned specifically to our group for the week and they ensure that the pupils are always entertained. Whilst waiting for meals, children join in team games and group activities either on the lawn immediately outside the house, or in the games room. After the evening meal, pupils take part in an evening activity programme which includes outdoor team games and team building activities.

Throughout the residential, pupils are encouraged to 'have a go' at each activity. For some, their challenge might be putting on their harness and looking at the climbing wall; for others, it may be climbing half way up the wall. The high ropes present particular challenge for some

and it may be that climbing the initial ladder up the first tree is their goal. Children will always be encouraged to try things out, the aim being that they come away from the activity having achieved their own personal goal.

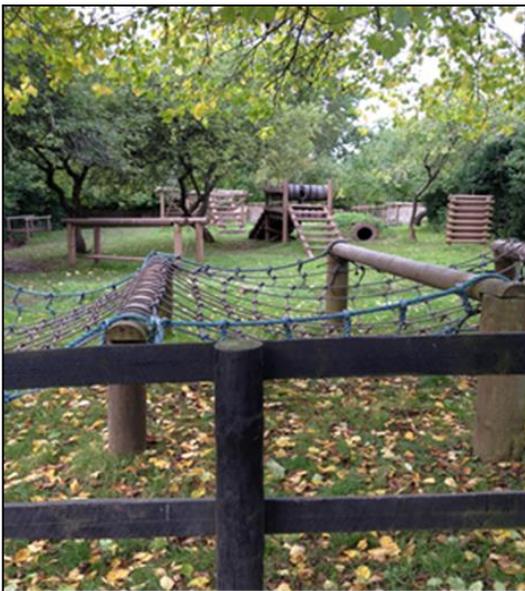
Due to the nature of the activities in which pupils will participate, they will often find themselves getting wet and muddy! It is important, in order for children to fully enjoy the activities, that they are suitably dressed and to help with this, a suggested 'kit list' together with details of each activity are included here.

What to expect.

- At the start of your child's Autumn Term in Year 6, you will receive a letter asking for medical details for your child.
- Children will be allocated dorms and activity groups based upon their friendship choices (the week before we go!)

### **Activities**

The children will participate in a wide range of activities including most of those listed below. Our activity timetable is usually confirmed just before our visit and is subject to change.



#### **The Challenge Course**

An obstacle course which includes tunnels, puddles, balance beams, the 'car wash' (two layers of tyres through which pupils squeeze themselves!), cargo nets, log hurdles and wooden walls to climb. Children will love crawling and climbing through mud and water; PGL water proof cagoules are provided but pupils will need to wear old clothes and shoes of their own (joggers / old trousers; old trainers / old shoes and an old top or T-shirt are ideal)

#### **Climbing and abseiling**

For each of these activities, pupils will be using chest and waist harnesses and wearing helmets. Qualified instructors teach children how to scale an outdoor climbing wall and to abseil down from the point that they reach. There is also an abseil tower where pupils will climb internal ladders to reach the top of the tower, before they abseil down. In addition to climbing and abseiling skills, children are also taught how to 'belay' and 'feed' the rope. Pupils are encouraged to set their own personal target regarding how high they would like to climb and their peers will be encouraging them throughout.



## Zip Wire

Whilst harnessed and under the supervision of an instructor, pupils climb a large tree using metal 'staples' as foot holds. Upon reaching the wooden platform where the second instructor is waiting, each student is then attached to the zip wire harness whilst the 'zip' is explained in detail. When ready, pupils leap from the platform and travel the length of the 100metre rope, swinging above the ground, usually whooping in delight before being lowered to the ground to recount their experience to their waiting friends.



## Sensory Trail

Children are encouraged to work as a team, understanding the importance of the human senses before being blindfolded and asked to complete a series of activities. The pupils are required to communicate throughout and collaborate to negotiate a range of obstacles in the grounds of Tregoyd House.



## Trapeze

As the activity's name suggests, children swing from a trapeze; the catch being that the trapeze is several metres in the air and to reach it, it is necessary to scale a 'totem pole' and jump from a small platform to reach the trapeze. Children are harnessed throughout and are lowered to the ground after their 'leap of faith'.

## Rifle shooting

Pupils are trained by qualified instructors to shoot lead pellets in a purpose built rifle range. After several practices at shooting, pupils then try their hand at hitting a traditional 'target' where points are awarded for shots which are nearest to the 'bullseye'.

## Jacob's ladder

This challenge consists of a series of logs, suspended by metal cables, in a vertical arrangement, amongst the trees. Pupils climb in groups of three, each pupil being attached to a safety harness whilst others assist in belaying and rope feeding. Children are all encouraged to climb to log four (of eight) before tackling the trickier, higher parts of the climb.



## Archery

Under close supervision of qualified instructors, pupils will be taught how to use a bow and arrow. Children will be shooting arrows at archery targets in a purpose built archery range. After several practices, pupils will be encouraged to attain their highest score possible by aiming to shoot arrows as close the 'bullseye' as they can.

## Mountain Walk

Pupils complete a three hour 'hike' around the surrounding countryside. The views from the top of the 'mountain' are stunning on a clear day, but to reach that point, pupils climb up 'cardiac hill', climb stiles, walk across fields and through pine forests. For the hike, in addition to long trousers, leggings or joggers (preferably not jeans), pupils will need sturdy shoes, a water bottle and a waterproof coat.

## Water-based activities

Two half day sessions will be based at the nearby 'Puddle' (the lake used for rafting and boating activities).

For each of these activities, children will require clothing which will get wet and muddy, despite being provided with PGL waterproof coats to wear over their own garments. All children are provided with life jackets and are under the constant supervision of qualified water sports instructors.



For kayaking, pupils will be taught how to paddle and steer their craft around the lake; they will participate in a range of fun activities including joining with other kayaks and 'steering around' obstacles. Pupils will be in groups of two, three or four, depending upon the size of boats used.

For the raft building activity, pupils will be given a set of equipment to 'model' their raft, then once at lakeside will make the raft using barrels, wooden logs and ropes. They will be taught how to use appropriate knots in the ropes and will be guided in how to arrange the equipment to make the optimum raft. Pupils will then each have a paddle and will float their own raft and compete with a second group in a variety of fun games on the water.

For all activities, a long sleeved top and long trousers, together with sturdy shoes are essential. Wellingtons are not appropriate for rope and climbing activities. A waterproof coat is also a prerequisite. For further information, see the suggested kit list.

## Suggested kit list

When preparing kit for the residential it is important to remember that during October, the weather in the Brecons is unpredictable. It can be wet and cold and as all activities require children to wear a long sleeve top and long trousers, it is key that pupils are appropriately dressed for each challenge. Pupils will be spending most of each day outdoors. Activities that are undertaken will require clothing that is sturdy and furthermore that pupils will not worry about if the activity means they get wet and muddy. A large drying room is available in which children will leave wet clothes overnight but the clothes do not always dry fully in time for the following morning so additional 'wet wear' is needed.

The following information provides suggestions to help you prepare your child's luggage prior to the residential trip in the Autumn term.

- **Three complete changes of clothes that can get muddy / wet.** Each set of clothes for wet / muddy activities *must include* long trousers / joggers; a long sleeved top and underwear (socks and pants). Each set of clothes should be packed into a separate carrier bag labelled 'wet clothes 1', 'wet clothes 2' and 'wet clothes 3'.
- **Three complete changes of clothes for the 'Dry Bag' needed after each wet / muddy activity.** Pack each set of clothes in a separate carrier bag labelled as 'Dry Bag 1', 'Dry Bag 2' and 'Dry bag 3'. ). Each set of clothes in the 'dry bags' *must include* long trousers / joggers; a long sleeved top and underwear (socks and pants). You will also always need a dry towel in your 'dry bag' – see notes on 'towels' below.
- **Old trainers / shoes** are essential for water based activities (and for the challenge course). Shoes worn for these activities will get wet and muddy and will not be suitable for dry activities afterwards as they are unlikely to be sufficiently dry.
- **Two additional complete sets of clothing** for the 'non-muddy/wet' activities to include long trousers, long sleeved top and 'hoodie' or warm jumper.
- **Waterproof coat** (this may get muddy during some activities however a PGL waterproof will be provided for the challenge course and 'Puddle' activities).
- Underwear – in addition to the underwear packed in 'Wet clothes' and 'dry bag' kit, four additional sets of underwear are needed (including pants and thick socks).
- **Pyjamas** (a 'onesie' is ideal)
- **Hat and gloves**
- **Three** bath towels – two of which may get muddy, the third towel will be kept 'at base' (children will have a warm shower in washrooms adjacent to the lake after water-based activities but towels used here may get muddy) Dark coloured towels are preferable; towels **MUST** be named.
- **Wash kit** – soap; toothbrush/paste; shampoo, brush / comb
- **Draw string bag** – a school PE bag is ideal (in which to put dry change of clothes for water based activities) this is referred to as a 'Dry Bag' and is used daily. This bag should also be used to carry lunch for the outward journey; please do not bring a lunch box.

All luggage should be packed in a holdall or suitcase, clearly named please. It is helpful if children have packed / helped to pack their own case then they will be aware of which items they have brought with them.

In addition, children will also need:

- Their 'PGL' hoodie (included in the cost of the trip) which should be worn on the outward and homeward journey; children DO NOT NEED SCHOOL UNIFORM during the week; they should travel in comfortable clothes (long trousers /jeans/ leggings/ tracksuit bottoms not shorts please). The clothes that the children travel in can also be used as a spare set of dry clothes for the evening.
- Lunch for outward journey (ideally in the draw string bag that pupils will use during the week for their water bottle and in which to pack dry clothes for wet activities – no lunchboxes please).
- A NAMED water bottle – this can be used for a drink on the outward journey, but children are also encouraged to fill their water bottle every morning and drink throughout the day at PGL.
- Sleeping bag rolled inside a sleeping bag 'sack' or black bag which must be clearly named.
- **If using a bin liner or plastic bag for the sleeping bag, rather than its own 'carry sack', It is essential that you include a spare named black bag in which to pack sleeping bag for homeward journey.**
- Plastic bags in which to put wet and dirty clothes.
- Medication – any medication must be handed to the trip's Lead Teacher upon arrival in school on the Monday morning prior to the journey. Medication should be clearly named and labelled with appropriate dosage. Medicines will be administered by a qualified first aider at the appropriate time (s) during the residential.
- If your child requires travel sickness tablets, please ensure that these have been given BEFORE you arrive at school. Tablets for the return journey should be handed to the trip's Lead Teacher in a named envelope / packet. PLEASE NOTE our journey involves several miles of narrow, twisty country lanes (near the PGL venue) so if your child is prone to travel sickness, necessary medical precautions are essential.

***You will be given reminders of the kit requirements before the trip and your child(ren) will have lots of opportunities to ask questions and talk to pupils who have already experienced the Year 6 residential trip.***