



**Langley**  
SCHOOL

**Year 6 PGL Residential**  
**June 2023**



**Year 6 Residential  
Caythorpe Court,  
Lincolnshire  
June 2023**







# Caythorpe Court



## **The Primary to Secondary Transition Course**

**In the freedom of the outdoors, children are encouraged to face the physical and emotional challenges of our adventure courses.**

**You'll see their focus turn to building stronger relationships; supporting and encouraging each other.**

**They'll begin to think in a different way - about each other and about themselves.**

**Our 'Plan, Do, Review' structure will help them understand the implications of what they learn and translate this back to their own personal and social circumstances.**

**Being away from home also helps your pupils become more self-reliant and responsible for their personal organisation.**

**A Primary to Secondary Transition course is about helping children grow up a little. Helping them feel stronger, more confident, more self-aware. Ready for anything in fact. Even a new school!**

# Sample programme for a 5-day Primary to Secondary Transition course

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
09.00-10.30		Archery	High Ropes Course	Jacob's Ladder	Abseiling
10.30-12.00		Orienteering	Fencing	Trapeze	Climbing
Lunch					
14.00-15.30		Challenge Course	Zip Wire	Raft Building - session 1	Depart for home
15.30-17.00	Arrive, unpack & orientation	Kayaking	Canoeing	Raft Building - session 2	
Dinner					
Evening	Scavenger Hunt	Review Session & The Great Egg Race	Review Session & Talent Show	Review Session & Disco	





# the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages Quorn Sausages Baked Beans Omelette Hash Browns Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon Veggie Bangers Mushrooms Spaghetti in Tomato Sauce Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages Quorn Sausages Scrambled Eggs Baked Beans Hash Browns Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages Quorn Sausages Baked Beans Hash Browns Omelette Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon Veggie Bangers Mushrooms Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Homemade Breads  Pizza with a Choice of Meat or Vegetarian Toppings Sauté Potatoes  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguette or Tortilla Wrap Choice of Fillings Ready Salted Crisps  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Homemade Breads  Jacket Potato Bar Choice of Meat & Vegetarian Fillings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta Bar Choice of Meat & Vegetarian Dishes Garlic Bread  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Build a Burger Meat or Falafel & Spinach Burger with a Choice of Relishes Chips & Peas  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguette or Pita Bread with Ham & Cheese or Pulled Pork with Vegetables & Red Cabbage Slaw Greek-style Cheese & Vegetables  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Hot Dog Cheese & Tomato Omelette Nachos with Salsa or Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Oven Baked Fish Fingers Sweet & Sour Pork & Vegetables (V) Fresh & Sun-dried Tomato, Basil & Mozzarella Pasta & Garlic Bread Chips or Rice Peas, Carrots & Baked Beans  Seasonal Fresh Fruit & Salad Bar Toffee Cheesecake Hot & Cold Drinks	Homemade Soup of the Day  Honey & Lemon Chicken Fillet Steak & Mushroom Pie (V) Chickpea & Vegetable Rogan Josh with Mushroom Biryani New Potatoes Diced Carrot, Swede & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Apple & Cinnamon Crumble with Cream Hot & Cold Drinks	Homemade Soup of the Day  Pork Loin served with Apple Sauce Chicken Tikka with Poppadom & Mango Chutney (V) Creamy Vegetable Kiev Roast New Potatoes or Rice Green Beans & Cauliflower au Gratin  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day  Turkey Escalope Moroccan-Style Minced Lamb & Vegetables (V) Oven Baked Vegetable Nuggets Minted Couscous or Potato Wedges Sweetcorn Cobettes & Carrots  Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Slow-Cooked Balsamic Beef & Mushrooms (V) Ricotta & Spinach Cannelloni Chips or Rice Mushy Peas & Broccoli  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day  Chicken Chunks with Sweet & Sour Chunky Vegetable Sauce Beef Lasagne (V) Indian Sweet Potato Dhal Pie Herby Diced Potatoes or Rice Summer Vegetable Medley  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Roast Turkey with Cranberry Sauce & Gravy Stir-Fry Pork with Vegetables, Ginger & Spring Onion (V) Macaroni Cheese with Garlic Bread Thyme Roast Potatoes Braised Cabbage & Carrots  Seasonal Fresh Fruit & Salad Bar Arctic Roll Hot & Cold Drinks

# Parent Guide

## About your child's trip

### Parent Guide



### Parent Guide ▲

- ▶ About
- ▶ Kit List
- ▶ Activities
- ▶ Food
- ▶ Accommodation
- ▶ Peace of Mind
- ▶ Shop
- ▶ Wi-Fi
- ▶ Education
- ▶ Company History
- ▶ Further Questions
- ▶ Coronavirus (COVID-19)

### Everything you need to know, all in one place!

Find out what your child needs to take with them, what they will do when they get there, what they will be eating and what to do if your child has any allergies or medical conditions we need to take into consideration. It's all here in the Parent Guide.

Click on the links to find out everything you need to know about your child's PGL trip.



Kit List



Food



Accommodation



Activities



Shop



Peace of Mind



Wi-Fi



























Saturday 24<sup>th</sup> June – Wednesday 28<sup>th</sup> June

5 days 4 nights

Depart School 13:15 on Saturday

Arrive School 15:30 on Wednesday (pick up at this time or 4:00pm)

Dorms of varying group sizes

4 members of staff

Cost is set at £540 plus cost of coach

Deposit of £150 paid via Wisepay by Friday 30 September followed by further periodic payments

Questions?