



# **Year 7**

## **Summer Residential 2024**

### **PGL Beam House**

#### **Parent Information Booklet**

#### Groupings

<b>E band</b>	<b>Yellow Orange White Indigo</b>	<b>Monday 1 July to Wednesday 3 July</b>
<b>F band</b>	<b>Pink Green Purple Blue</b>	<b>Wednesday 3 July to Friday 5 July</b>

We are excited to share further information for the upcoming Year 7 Residential trip to PGL Beam House in July. Beam House is a specialist outdoor adventure centre based in a rural North Devon setting close to Westward Ho. The residential will be a fantastic opportunity to learn new skills and experience a range of activities that build confidence, self-esteem, and resilience.

### **Payment**

Please ensure that you have paid all instalments via Parent Pay or the College Finance Office to ensure that your child can attend. If there are any concerns, please email [jwillmore@thespirescollege.com](mailto:jwillmore@thespirescollege.com).

### **Travel Arrangements**

We will be travelling to Beam House by coach. If your child requires travel sickness medication, please ensure that this has been taken prior to departure and any return journey travel medication is labelled in a clear bag with your child's name and dosage requirement.

Students must arrive to college at **8:20am** on the day of departure and meet in the Sports Hall with their luggage. Please enter through the back gates (as when leaving and entering for a PE Quinta lesson) and go straight into the Sports Hall via the fire exits. We will leave promptly at 9:00am.

We will return to college at the end of the trip at approximately **4:00pm** and students will be dismissed from Warbro Road at this time. **Please ensure you do not park in the bus bays on Warbro Road as this restricts access and is a safety hazard for students.**

Please ensure your child has a **packed lunch** for the outbound trip.

### **Health & Safety**

PGL Beam House is a well-established and well-respected outdoor adventure centre. Health and safety are paramount, and they take great pride in their excellent record. In order for them to ensure they are fully compliant with all health and safety guidance they employ the help of a professional health and safety company who visit them throughout the year and ensure that the centre building and grounds are fully compliant.

### **Medical Information**

Should your child have any medical needs, it is vital that you have accurately completed the online medical form. Any last-minute changes need to be brought to the attention of the College and Mr Willmore, as we will need to inform PGL Beam House and make adjustments accordingly. Please ensure that:

- Medication is placed in a clearly labelled bag and given to a staff member prior to departure from the College site. Please do not allow your child to carry medication unless it is an inhaler or EPI pen.
- Students who require an Asthma inhaler or EPI pen must bring at least two with them. Both should be labelled prior to departure and at least one should be handed to the teacher in the event of the first being lost by the student.

### **Dietary needs**

Information on dietary needs has already been shared via the digital parent information request. Please ensure that any changes to dietary requirements are emailed to Mr Willmore at [jwillmore@thespirescollege.com](mailto:jwillmore@thespirescollege.com)

### **Mobile Phones & Electrical Devices**

Please note that students will **not** be allowed to take mobile phones or devices on this trip. We would like all students to feel safe, comfortable and to immerse themselves in the experience, therefore, please ensure that you keep your child's devices at home for the duration of the trip. Should a student be found with a mobile phone, the phone will be confiscated, and the **student sent home**.

### **Emergency Contact**

Should you need to contact staff on the trip urgently, please call the school reception during normal school hours. If there is an urgent issue outside of normal school hours, please contact [aamos@thespirescollege.com](mailto:aamos@thespirescollege.com).

## Kit List

### Below is our recommended kit list of items to pack for the trip:

Please note that students will take part in some activities that may cause their clothes to get wet, for example body boarding, kayaking etc. and spare clothing is therefore essential for this trip.

Quantity	Item	Packed?
1	Sleeping bag and pillow (If you <u>do not</u> have a sleeping bag, a thin duvet will be fine). <b>Please do NOT forget these items, as bedding cannot be provided.</b>	
1	A packed lunch, snacks and refreshments for departure day is essential. (If your child is entitled to Free School Meals, one will be provided)	
3	T-Shirts	
3	Long Sleeved Tops	
3	Shorts (longer length shorts for activities)	
2	Tracksuit Bottoms	
3	Jumpers	
1	Clothes to wear in the evening	
6	Socks (no trainer socks on activities) & Underwear	
1	Warm Jacket/Coat	
1	Trainers to stay dry	
1	Wet Shoes or Trainers to get wet	
2 sets	Swimwear	
2	Towels	
1	Toiletries – sanitary products, toothpaste, toothbrush, shower gel etc	
1	Water Bottle – named	
1	Hat	
1	Sun Lotion	
2	Hair Bands	
2	Black bin liner for wet clothes/dry bag	
Cash	There is a small shop on site. A small amount of cash (£10 or so) is advisable. This is the responsibility of the student to manage.	
N/A	Medical items if required - 2 labelled asthma inhalers both labelled prior to departure. If it is an inhaler for asthma, one must be handed to a teacher in case of the first is lost by the student.	

**Please do not allow your child to bring any of the following items to the centre:**

<b>Mobile Phone</b>	<b>Matches</b>
<b>Games Consoles</b>	<b>Chewing Gum</b>
<b>Hair Straighteners</b>	<b>Sweets</b>
<b>Curling Tongs</b>	<b>Fizzy Drinks</b>
<b>Jewellery</b>	

Jewellery **CANNOT** be worn on any activity session so please do not bring items of jewellery.

### **Activity List**

#### **Day time entertainment**

Please see a list below of the types of activities that students may take part in.

<b>Kayaking</b>	<b>Surfing</b>
<b>Mountain Boarding</b>	<b>Caving</b>
<b>Bodyboarding</b>	<b>Walking</b>
<b>Canoeing</b>	<b>Climbing</b>
<b>High Ropes</b>	<b>Team Trail</b>

#### **Evening Entertainment**

Each group will be able to take part in the evening entertainment listed below:

<b>Indoor</b>	<b>Outdoor</b>
Silent Disco Film Quiet room Board Games Reading Shop	Five-a-side Football Basketball Pool Table Table Football PGL activity tournament including football, basketball, ultimate frisbee

## **Behaviour**

PGL Beam House expect students to behave responsibly, and the College has a '**send home**' policy for any students that do not meet behaviour expectations. As a college we want everyone to enjoy the residential and be confident that they are in a safe environment.

If students breach any of the rules below, **they will be sent home** from the trip:

- 1 No anti-social behaviour.
- 2 No bringing or using mobile phones onto the premises.
- 3 No leaving the Centre unsupervised.
- 4 No girls in the boy's room or vice versa.
- 5 No students allowed in other schools allocated areas.

**All parents/guardians have already agreed to the above policy as part of the registration for this trip.**

## **Key links**

General information regarding Beam House rooms/activities:

[Beam House - PGL Schools & Groups](#)

Food at Beam House:

[UK PGL Menu - PGL Schools & Groups](#)