



***Year 7  
Parents'  
meeting***

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**11 February 2025**



Welcome to  
Langley  
Grammar  
School



# Content

Itinerary

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Welcome to  
Langley  
Grammar  
School

The image shows a large, 3D-style sign on a wall. The sign reads "Welcome to Langley Grammar School" in a light-colored, sans-serif font. The text is arranged in four lines, with "Welcome to" on the top line, "Langley" on the second line, "Grammar" on the third line, and "School" on the bottom line. The sign is set against a dark blue background with a large, light-colored arrow pointing upwards and to the right. The sign is mounted on a wall, and the background of the entire image is a dark blue gradient.

# Itinerary

## Day activities

Giant Swing  
Survivor  
Trapeze  
Archery  
Zip wire  
Jacobs ladder  
Rifle shooting  
Laser Tag

## Evening Entertainment

Game show  
Silent disco

# What to pack....

- Clothing and shoes worn outside during activities will inevitably get dirty- so old clothes are best!
- We will do our best to help students look after their things, but items regularly get lost or left behind.
- The activity centre is very large and there are several other groups staying.
- Please do not bring; expensive or much cherished jewellery, expensive/ favourite clothing or shoes etc.
- We will not ban mobile phones but strongly suggest not bringing them to ensure they are not lost or damaged when out on activities.
  - They will be allowed to take pictures etc at certain times, but will NOT be allowed to sit and use their phones for any other purpose while out on activities.
- Updates on safe arrival and anticipated return times will be given via the school social accounts and website.

# What to pack....

- 1 bath towel
- Toilet bag, toothbrush, toothpaste, soap etc. No aerosol deodorants please; roll on only.
- Any personal medication e.g. inhalers. Please ensure they are clearly named.
- Night clothes
- Socks (plus extra in case they get wet!) and underwear
- T-shirts/shirts with long sleeves (please note that most activities require long sleeves)
- 1 thick sweater and 1 light sweater
- Trousers (try to steer clear of jeans as they become very uncomfortable if they get wet)
- Clothes for the evening activities
- Waterproof jacket
- Warm coat
- Trainers that you are prepared to get muddy
- Other footwear for indoors
- Large plastic bag (or several) for wet or dirty clothes
- Water bottle
- Gloves, hat, scarf, sunscreen, sun hat (weather dependant)
- Something to wear to an evening disco
- Plastic bags for wet/dirty clothes
- IT WILL BE VERY COLD!!!!

# Food

- *The meals we provide at our centres offer a wide range of tasty and nutritious dishes which are attractive to children's palates. To assist young people in selecting a balanced meal we serve generous portions of fruit, vegetables and salad with plenty of carbohydrate for energy.*
- *There is also a mix of freshly-prepared hot or cold meals at various mealtimes throughout the week, as well as a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner. There is always plenty of bread and fresh fruit available, as well as hot and cold drinks.*
- Allergies, Halal, Vegetarian, Gluten free, Jain; all catered for.
- Sample menu is on the PGL website
- [UK PGL Menu - PGL Schools & Groups](#)

# Rooms

- **Students have selected 3/4 people they would like to be with**
- **I have tried to put them with at least one person for rooms and one for activity groups**
- **It might not always work perfectly**
  - **Students change their minds**
  - **It's a big puzzle that doesn't always work**
  - **If there is disappointment please reassure them!**

# Rooms

- They are allowed to be in each others rooms until 10pm
- There a LOTS of opportunities to be together as a large group
  - All meals
  - All evening activities
  - Between activities
  - All down time



# Safeguarding

- Helmets are provided for certain activities
- If students need help with hair, please send them in with their hair tied as low as possible so a helmet can be securely fitted.
- Secure site but very large
- Once back in for the evening, smaller secured area

# Questions from Forms Survey

- *Will the children be leaving the premises and be allowed to go unsupervised off the premises?*
  - No, they will remain within the secure PGL site for the whole trip
- *We would like to ask if he is able to share a room with others who are intending to fast? We would also be grateful if you could tell us whether the early breakfast taken at dawn and the meal in the evening to break the fast can be accommodated for with regards to timing and access to food and how we can support this if needed?*
  - The rooms have been allocated purely on who the students have asked to share with. Breakfast is too late for the fast; I have requested a “packed” breakfast for those fasting. Evening meal should be no issue. I have requested a room for prayers.

# Questions from Forms Survey

- *What do we need to pack?*
  - Hopefully addressed already. Will also be sent out via email to students.
- *Who will be primary contact person in emergency. How to contact them .*
- *How do we contact the child in case of emergency?*
  - During school hours, please phone the school as usual. Outside school hours please email Mrs Close with a contact number and I will call back as soon as possible
- *What are departure and arrival times?*
  - We will leave school around 12.30pm on Monday and will return 3pm on Wednesday

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**Questions?**  
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