



Windmill Hill PGL

17th-19th September 2025

Why are we going?



Our objectives on this trip are to:

- develop teamwork skills
- develop the ability to face personal challenges
- develop independence and personal choice skills
- provide a range of active experiences

Meet the team...

From the Year 6 team:



In addition:
Miss
Batchelor
will be on
site for Day 1

In addition:

There will be 2 other members of staff from across the school attending for the 3 days plus Mrs Denison for Day 2.

What activities will we be taking part in?



- Raft building
- Archery
- Climbing
- Orienteering
- Aeroball
- Giant Swing
- Zip Wire
- ...and more!



We will encourage everybody to have a go and take part but of course nobody will be forced!



General information

- Children will be in 4 activity groups, mixed between Maple and Oak. These will be carefully considered by the Copthorne Staff.
- Children will be sleeping in either an all boy dorm or all girl dorm of up to 6. These will also be carefully considered and take into account preferences.
- Dorms all have bunkbeds and an en-suite. Each dormitory has its own lock and adults will have a master key.

Sample Day



Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

Sample menu (available on PGL website)

Reach
your

FULL PGL POTENTIAL

with our delicious menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BREAKFAST

Bacon
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Sausages
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

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Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Bacon
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Sausages
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Sausages
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Bacon
Baked Beans
Vegan Cumberland (ve)
Hash Browns
Mushrooms

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam



LUNCH

Pizza
Choices:
Pepperoni
Margherita (ve)
Plant-based
Margherita (ve)
Sides:
Skinny Fries

Hot Dogs
Choices:
Pork Hot Dog
Plant-based
Hot Dog (ve)
Sides:
Potato Wedges

Pasta
Choices:
Pasta Bolognese
Tomato & Basil
Pasta (ve)
Sides:
Garlic Bread

Hot Sandwich
Choices:
Ham & Cheese Panini
Plant-based Fish Finger
Sandwich (ve)
Sides:
Crisps

Burger
Choices:
Beef Burger
Plant-based
Burger (ve)
Sides:
Curly Fries

Fajitas
Choices:
Chicken
Plant-based
Fajita (ve)
Sides:
Tortilla Chips

Sausage Rolls
Choices:
Jumbo Sausage Rolls
Plant-based
Sausage Roll (ve)
Sides:
Peas
Mashed Potato



DINNER

Burgers & Mash
Chicken Fillets with a
BBQ Sauce
Plant-based
Bolognese (ve)
Sides:
Penne, Mashed Potato
Sweetcorn, Carrots
Doughnuts (ve)

Piri Piri Chicken
Sausage Pasta Bake
Plant-based Chicken
Schnitzel (ve)
Sides:
Skinny Fries, Peas,
Cauliflower
Fruit Muffin (ve)

Chicken Curry
Fishcakes
Chilli non Carne (ve)
Sides:
Rice, Potato Wedges,
Broccoli, Carrots
Chocolate
Crispy Cake (ve)

Pork Meatballs in
Tomato Sauce
Chicken Kiev
Plant-based Meatballs
in Tomato Sauce (ve)
Sides:
Penne, Mashed Potato,
Sweetcorn, Green Beans
Waffles (ve)

Fish & Chips
Chicken Katsu Curry
Plant-based
Fishless Fillet (ve)
Sides:
Skinny Fries, Rice,
Peas, Carrots
Chocolate Eclairs (ve)

Sweet Chilli
Chicken Chunks
Lasagne
Vegetable Curry (ve)
Sides:
Rice, Garlic Bread,
Country Veg
Chocolate Muffin (ve)

Sweet & Sour Chicken
Fish Fingers
Plant-based
Nuggets (ve)
Sides:
Curly Fries, Rice,
Carrots, Green Beans
Profiteroles (ve)

Healthy Choices

Available daily

Fresh fruit

- every mealtime



Unlimited salad

- from our salad bar, lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

Packing



- One suitcase or large bag with an additional backpack.
- A reusable water bottle is essential
- Look through the kit-list sent out to parents.
Packing with your child is beneficial.
- All items labelled
- **NO** electrical items, including mobile phones
- No snacks
- Children may bring a book, magazine, pad pencils, travel games etc.
- Bring a bin liner for dirty clothes
- You may bring up to £10 pocket money in a named purse/envelope for the gift shop but **children are responsible for it.**

Timings



- Children need to be in school at normal time on Wednesday 17th September in their own clothes, returning to school on Friday 19th September ready for pick up at 3.30pm. The office will contact your parents if there are any delays.
- On the Wednesday morning we will be in school and discuss safety and expectations until the coach arrives to leave during the morning.
- Children will need to bring a packed lunch for the Wednesday and a drink. This can be kept in their small backpack which won't go in the luggage hold.

Additional Info

- Birthdays! We will celebrate 😊
- Please email class teachers if your child has a birthday whilst we are away. We can take cards and gifts for them if you drop them off.
- Bedding will be provided by PGL but towels need to be brought.

Behaviour Expectations

5 Cs

- * CARING
- * CAREFUL
- * CHEERFUL
- * COURTEOUS
- * CO - OPERATION



Any further questions please
email your child's class teacher:

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oak@copthornejunior.co.uk