

School Journey (PGL) 2026



Friday 19th June - Monday 22nd June 2026
Liddington PGL



Liddington is our most modern centre...

Liddington is like nothing you've seen before! Formerly a hotel and conference centre, it has a more modern feel, offering a unique adventure centre experience.



There are over 150 acres of grounds, to accommodate the latest and greatest range of activities! Plus, with a site that's this big, it's the perfect base for an action packed Multi Activity holiday.

Accommodation



The centre offers fantastic, comfortable accommodation. All the rooms are ensuite and sleep four children. Accommodation is either in the main building, built around outdoor courtyards or in our newer accommodation block 'Ridgeway' nearby.



Facilities

The 150 acre site has landscaped lakes for water-based activities, a floodlit all-weather sports pitch and loads of outdoor space to roam!

With so many activity bases all on-site, you'll need at least a week here just to get round them all! As well as over 20 different activities, Liddington has several flexible indoor spaces, so whatever the weather you'll always have something to do!



Activities



What to bring:



Clothing

- ▶ Socks and underwear
- ▶ Night clothing (no need for dressing gowns or slippers)
- ▶ 3 pairs of shorts/ tracksuit bottoms/ leggings
- ▶ 4-5 t-shirts
- ▶ 2 long sleeved tops/zipper tops
- ▶ 2 light sweaters
- ▶ WATERPROOF JACKET- as activities still proceed in the rain
- ▶ 2 pairs of trainers
- ▶ Shoes for the evening

Activity session clothing



- ▶ Everyday the children **MUST** have a hoodie top/zipper. They can wear a t-shirt but must have a zipper top to put on before going on an activity.
- ▶ The instructors will not allow the children to take part if they are unsuitably dressed.
- ▶ Trainers
- ▶ Waterproof (light) jacket in bags at all times.

Toiletries



- ▶ Flannel
- ▶ Soap/shower gel
- ▶ Toothpaste
- ▶ Toothbrush
- ▶ Shampoo
- ▶ Hairbrush
- ▶ Deodorant - roll on only
- ▶ 2 towels
- ▶ Spare bag for laundry
- ▶ A bottle of sun-cream labelled with the child's name.

Other Items



- ▶ Sleeping bag/blanket and a pillow
- ▶ Small rucksack for the coach journey and for each day whilst on activities (name clearly labelled please)
- ▶ Items to read/entertain on coach
- ▶ Water bottle

- ▶ NO ELECTRONIC ITEMS - no phones, gaming consoles
- ▶ NO HAIR DRYING/STRAIGHTENING ITEMS
- ▶ Disposable or polaroid camera (if they wish)

Medication



- ▶ ONLY prescribed medication will be taken and administered on school journey.
- ▶ Any medication that is not normally taken during school time will NOT be administered
- ▶ If your child requires medication (excluding hay fever relief/travel sickness tablets) please make an appointment to speak to Mrs Januszevska before the journey.

Medication



- ▶ All medication to be CLEARLY LABELLED with the child's name and SPECIFIC INSTRUCTIONS about the time and method of administration OR medication can not legally be given!
- ▶ All medication to be given in with a medication form from school (see next slide) in a CLEAR BAG.
- ▶ All medication to be handed in on FRIDAY MORNING OF SCHOOL JOURNEY to a member of staff in Year 6.
- ▶ ALL CHILDREN TO BRING SUN LOTION - clearly labelled and handed in on Monday 15th to an adult. (we are hoping for sun!)
- ▶ Essential medication/emergency medication (inhalers and epi-pens) will be carried by the children in their backpacks. **PLEASE REMIND YOUR CHILDREN ABOUT USING THEIR MEDICATION SAFELY AND RESPONSIBLY.**

School Journey prescribed medication

Child's name	J. Smith
Medication name	Asthma pump – Seretide (purple) Asthma pump - Salbutamol
Reason for medication	Asthma
Dosage and time	Two puffs AM Two puffs PM If shortness of breath, Salbutamol to be taken (blue inhaler)
Any other information	Blue inhaler must be carried on activities and kept by bedside.

Medication



- ▶ On occasion, children have become sick or unwell whilst on school journey. In this instance, parents will be contacted by a member of staff straight away.
- ▶ Verbal permission for the administration of medication will be sought from the parent before going ahead.
- ▶ However, if we are unable to contact you, staff will use their own discretion. We will contact parents with updates until the child is well again.

Food



- ▶ On the Friday, the children will be having lunch in school as normal.
- ▶ 3 meals are provided each day including a cooked breakfast each morning! There are choices to suit everyone.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Sausages (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Bacon (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Sausages (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Bacon (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Bacon (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Sausages (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)	Baked Beans (ve) (c) (v) Hash Browns (ve) (c) (v) Fresh Mushrooms (ve) (c) (v) Bacon (c) (v) Quorn™ Vegan Cumberland (ve) (c) (v)
	Available every day: Porridge with toppings* (c) (v), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads						
	Pepperoni Pizza (c) (v) Margherita Pizza (v) (c) (v) Plant-based Margherita Pizza (ve) (c) (v) Served with: Skinny Fries (ve) (c) (v)	Beef Burger (c) (v) Meatless Farm™ Plant Based Burger (ve) (c) (v) Served with: Ziggy Fries (ve) (c) (v)	Battered Chicken Chunks (c) (v) Vegetable Nuggets (ve) (c) (v) Served with: Potato Wedges (ve) (c) (v), Garden Peas (ve) (c) (v), Sweetcorn (ve) (c) (v), Savory Chili Sauce (ve) (c) (v)	Homemade Beef Bolognese (c) (v) Homemade Vegetable Ratatouille (ve) (c) (v) Served with: Penne Pasta (ve) (c) (v), Garlic Bread (v) (c) (v), Grated mild cheddar (v) (c) (v)	Battered Fish (c) (v) Jumbo Sausage (c) (v) Quorn™ Fishless Fingers (ve) (c) (v) Served with: Skinny Fries (ve) (c) (v)	Jacket Potato (ve) (c) (v) Served with your choice of: Grated Mild Cheddar (ve) (c) (v), Baked Beans (ve) (c) (v) or Tuna Mayo (c) (v) Homemade Chili Non Carne (ve) (c) (v) Served with: White Rice (ve) (c) (v)	Roast Beef (c) (v) Meatless Farm™ Plant-based Chicken Breast (ve) (c) (v) Served with: Roast Potatoes (ve) (c) (v), Rockstar Pudding (ve) (c) (v), Fresh Broccoli (ve) (c) (v), Baby Carrots (ve) (c) (v), Gravy (ve) (c) (v)
	Nothing too fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (v) with bread roll (v) available each day						
	LUNCH	Chicken Katsu Curry (c) (v) Homemade Beef Lasagne (c) (v) Vegetable Lasagne (ve) (c) (v) Sides: Garlic Bread (v) (c) (v), Rice (ve) (c) (v), Garden Peas (ve) (c) (v), Fresh Broccoli (ve) (c) (v)	Fish Fingers (c) (v) Hunters Chicken (c) (v) Shepherdess Pie (ve) (c) (v) Sides: Baby Potatoes (ve) (c) (v), Baby Carrots (ve) (c) (v), White Green Beans (ve) (c) (v)	Chicken Curry (c) (v) Baked Cheesy Meatballs (c) (v) Vegetable Curry (ve) (c) (v) Sides: Rice (ve) (c) (v), Peas (ve) (c) (v), Mixed Vegetables (ve) (c) (v)	PGL's Sausage Pasta Bake (c) (v) Chicken Kiev** (c) (v) Homemade Sausage & Bean Casserole (ve) (c) (v) Sides: Mashed Potato (ve) (c) (v), Fresh Broccoli (ve) (c) (v), Baby Carrots (ve) (c) (v)	Beef Burger (c) (v) Homemade Mac 'n' Cheese (v) (c) (v) Meatless Farm™ Plant Based Burger (ve) (c) (v) Sides: Ziggy Fries (ve) (c) (v), Sweetcorn (ve) (c) (v), White Green Beans (ve) (c) (v)	Battered Chicken Chunks (c) (v) Homemade Beef Lasagne (ve) (c) (v) Vegetable Lasagne (ve) (c) (v) Sides: Garlic Bread (v) (c) (v), BBQ Sauce (ve) (c) (v), Skinny Fries (v) (c) (v), Mixed Vegetables (ve) (c) (v)
Homemade Ice Cream (v) (c) (v)		Chocolate Muffin (v) (c) (v)	Jam Doughnuts (v) (c) (v)	Homemade Chocolate Sponge (v) (c) (v) & Chocolate Custard (v) (c) (v)	Homemade Apple Crumble (ve) (c) (v) & Vanilla Custard (v) (c) (v)	Chocolate Muffin (ve) (c) (v)	Chocolate Cookies (v) (c) (v)

Baggage



- ▶ ONLY one small bag/suitcase is permitted as storage on the coach and in the rooms is extremely limited!
- ▶ In addition, the children need a small rucksack to keep their belongings in whilst on the coach and during activities. This bag will be used each day for the children to keep water bottles, hoodies etc
- ▶ NO eating/drinking on the coach as there are no toilet breaks.

A Typical Day



- ▶ Woken up by a smiling, friendly St. Lawrence staff member! (Time depends on which breakfast slot we are given!)
- ▶ Breakfast
- ▶ Leader comes to post to collect group
- ▶ 2 activities
- ▶ Lunch
- ▶ 2 Activities
- ▶ Dinner
- ▶ Evening activity
- ▶ Bed and LIGHTS OUT!

Throughout the day (and when time allows!) pictures will be uploaded to the school's Instagram account - [stlawrencepgl2026](#)

Pocket Money



- ▶ Each child to bring £10 to school in a named purse by Monday 15th June
- ▶ The children will be given their money by their group leader on the day they visit the shop

Behaviour



- ▶ We are regarded as one of the best behaved schools and so we have a lot to live up to every year!
- ▶ While we want everyone to enjoy themselves and have fun, pupils are expected to follow the school rules at all times. Any inappropriate behaviour will be dealt with accordingly.
- ▶ Thankfully, issues have been very rare in the past, and we're confident that this year will be no different!

Departure Information



- ▶ Please be at school at normal time - we are aiming to leave just after lunch.
- ▶ Children to come to El Camino to bring any medication **WITH THE MEDICATION FORM** in a clear bag.

Arrival Back to St. Lawrence's



- ▶ Depending on time, traffic etc these details are subject to change. We will be in contact with the School Office regarding arrival time and pick up point (normally outside Cineworld). Arrival time is usually around the end of the school day.
- ▶ Help with unloading luggage would be greatly appreciated.
- ▶ Children will be dismissed from Cineworld and must make sure a member of staff has seen them leave with their parent.
- ▶ Children MUST be collected by an adult.
- ▶ Any medication MUST be collected by an adult.

In the meantime -



- ▶ The PGL clothing checklist is on the school website
- ▶ This PowerPoint is on the school website too
- ▶ £10 pocket money and sun cream due on MONDAY 15th June
(LABELLED)

Questions

Please e-mail the office any questions you might have or speak to your class teacher at the end of the school day.

