



PGL (Kingswood) Activity Centre Dearne Valley Doncaster

Wednesday 25th June – Friday 27th June



Formerly the Earth Centre, one of the millennium commission projects, Dearne Valley was transformed into a state-of-the-art activity centre in 2012. Dearne Valley is our most environmentally sustainable centre, complete with one of Europe's largest solar panels and an on-site water treatment plant.

With fantastic indoor and outdoor activity facilities surrounded by the beautiful countryside of South Yorkshire, a purpose-built water sports lake and access to the adjacent River Don, Dearne Valley offers something for everyone.

Why are we going here?

DEARNE VALLEY

Denaby, Conisbrough,
South Yorkshire DN12 4EA



1 RECEPTION

2 ACCOMODATION

3 CONFERENCE CENTRE

4 DINER

5 CLASSROOM &
SPORTS HALL

6 AEROBALL

7 AMPHITHEATRE

8 PROBLEM SOLVING

9 HIGH ROPES

10 LOW ROPES

11 ARCHERY

12 BUSHCRAFT

13 LIVING MACHINE

14 OUTDOOR
CLASSROOM

15 ADVENTURE LODGES

16 ECO PODS

Which staff members are going?

- Mr Holmes
- Mr Beer
- Mr Campbell
- Ms Morrison
- Mrs Fearne
- Miss Bassnet

What activities are we doing?

We will be doing a range of activities over the 3 days. Activities will involve wearing a harness and climbing, working together to create, sports/games (but not as you know it) and a water-based activity.



All children will have the opportunity to take part in the same activities.

While they will be encourage and supported, no child will be forced to do an activity that they do not want to. The emphasis will be on supporting each other and giving it a go.









Who will my child be with?

- For the activities, the children will be split into 4 groups. Children will have their say about who they want to be with and we will try to ensure everyone is happy.
- In between activities, during meal times and free times and in the evening we will all be together.
- Bedrooms: the bedrooms contain up to 8 beds. Children will select who they would like to be with and we will try to ensure that everyone is happy.

Accommodation / night times

We are staying in the Eco-Pod village. The Village is enclosed and monitored and includes staff accommodation. There is a central Yurt where we can all meet together.

Each pod sleeps up to 8 children in bunk beds

All bedding is provided.

Children do not go into each others pod.



Dearne Valley Food & Drink

Each day there is a carefully balanced and nutritional meal plan, offering three meals, desserts and snacks. We are able to accommodate dietary requirements, just let us know.



We can cater for dietary requirements. You need to let us know on the medical and permission forms that were sent out.

There is water and juices available throughout the day and snacks and drinks are available to buy from the shop.

Children will need a packed lunch on the first day.

Breakfast

Monday

Pork Sausages (289kcal)
or
Vegetable Sausages (ve) (279kcal)

Baked Beans (ve) (307kcal)

Hash Brown (ve) (142kcal)

Fresh Mushrooms (ve) (46kcal)

Lunch

Ham Pizza (489kcal)

Margherita Pizza (v) (300kcal)

Served with:
Skinny Fries (ve) (422kcal)

Dinner

Fish Fingers (204kcal)

Chicken with Tomato
and Pepper Sauce (288kcal)

Vegetable Chow Mein
(ve) (379kcal)

Sides:
Penne Pasta (ve) (324kcal),
Potato Wedges (ve) (406kcal),
Sweetcorn (ve) (30kcal),
Carrots (ve) (26kcal)

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan, vegetarian and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

We advise you speak to a member of the Catering Management Team if you have any food allergies, intolerances or coeliac disease. Not all ingredients are included in the menu descriptions, please ask. Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We handle numerous ingredients within our kitchens and cannot guarantee that our meals are free from allergens.

Ask about allergens

We are happy to help

About our food

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausage, and chicken dishes & salads.

* Small children can choke on seeds.

** Chopped and shaped chicken.

*** Where used, our ham is reformed from selected cuts of Pork with added water.

Please ask for the vegan option where not listed for any service.

Kit List



- Socks and underwear
- T-shirts/shirts (at least 1 long sleeved)*
- Jumpers/hoodie
- Trousers/jeans/ tracksuit bottoms
- Trainers – at least 2 pairs
- Set of clothes and shoes that can get wet
- Plastic bags for wet/dirty clothes
- Bath towel
- Toiletries Bag (*toothbrush, toothpaste, soap, hairbrush etc*)
- Night clothes
- Waterproof jacket
- Sun hat/ sunscreen
- Waterbottle

*Please note most activities require long sleeves

Kit List

Bring plenty of clothes – pack in one big bag.

Something warm - for the evening/night time.

Pocket money – recommended up to £10 to spend on snacks and souvenirs at the on-site gift shop.

Phones / electronic devices – no thank you. Any phones brought are to be handed in on the morning of the trip and will be returned when we return to school.

Kingswood do not allow electronic equipment in the rooms so please do not bring any.

Label everything!

Medication



Fill in medical forms in advance, detailing medicine, dosage and frequency. This includes travel sickness medication.

If your child has a short term prescription nearer the time, see the office to update your medical form.

On the day, bring all medication in a clear plastic bag, clearly labelled with name, dosage and frequency.

Timings



Children are to arrive at the normal time on Wednesday 25th June. Bring medication, packed lunch and suitcase.

We will complete some outdoor games and activities before having a picnic lunch. We will set off around 12.30 aiming to arrive for 2pm in time to meet our course leader, sort out bedrooms and then off to complete the first activity.

On Friday, we will depart Dearne Valley around 2.00pm to be back in school ready for the end of the day.

Timings during our stay:



We will be given a time for breakfast and will all go down together. After breakfast we will split of into our groups for an activity.

We will meet together for lunch before heading off for another activity.

When this ends there will be some free time before dinner, which we will have together at our allocated time.

After dinner there will be another activity all together before we head back to our area for, eventually, bed and lights out.



Any Questions?



<https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>