

# Welcome to Overstrand Hall

48 Cromer Road, Norfolk, NR27 0JJ

**An educational adventure to remember!**

**Location: Overstrand, Norfolk  
Monday 8<sup>th</sup> June – Wednesday 10<sup>th</sup> June 2026**

A short walk to the beach in a beautiful area of North Norfolk.  
The rural setting gives children the opportunity to get out into  
the great outdoors.

# School Journey 2026

- ❖ Monday 8<sup>th</sup> June 2026 – Wednesday 10<sup>th</sup> June 2026
- ❖ Cost includes transport, accommodation, all activities, all meals and snacks.
- ❖ Only additional cost is £10 (total) pocket money.

# Why is our Year 6 school journey so important?

- ❖ Develops independence
- ❖ Develops social skills and life skills
- ❖ Links to curriculum
- ❖ Helps prepare the children for secondary school
- ❖ Fantastic end to Year 6!





Children benefit from a PGL adventure. Character development is at the core of each PGL programme with a focus on confidence, resilience and life skills, which are delivered through a carefully designed mix of challenge, play and reflection. Here are some images of children at PGL, Norfolk, taking part in the engaging activities they offer.

# A bit more about your centre...

## Eating

- Food is provided.
- Children will have breakfast, lunch and dinner every day.
- They are a nut-free centre and cater for those who have dietary requirements.



# Sample menu

## Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pork Sausages (200kcal) or Vegetable Sausages (ve) (270kcal)	Bacon (220kcal) or Vegetable Sausages (ve) (270kcal)	Pork Sausages (200kcal) or Vegetable Sausages (ve) (270kcal)	Bacon (220kcal) or Vegetable Sausages (ve) (270kcal)	Pork Sausages (200kcal) or Vegetable Sausages (ve) (270kcal)	Bacon (220kcal) or Vegetable Sausages (ve) (270kcal)	Pork Sausages (200kcal) or Vegetable Sausages (ve) (270kcal)
	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)	Baked Beans (ve) (300kcal)
	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)	Hash Brown (ve) (100kcal)
	Fresh Mushrooms (ve) (200kcal)	Plum Tomato (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)	Plum Tomato (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)	Plum Tomato (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)
	Available every day: Porridge (v) with toppers* (200kcal), natural yoghurt (v) (200kcal), a selection of cereals (v), toast (ve) and spreads (v)						

## Lunch

Ham Pizza (200kcal) Margherita Pizza (v) (200kcal) Served with: Skinny Fries (ve) (200kcal)	Jacket Potato (ve) (200kcal) Served with your choice of: Grated Cheddar (v) (200kcal), Baked Beans (ve) (300kcal), Tuna Mayo (200kcal) Homemade Chilli Non Carne (ve) (220kcal) Served with: White Rice (ve) (200kcal)	Homemade Beef Bolognese (200kcal) Homemade Vegetable Ratatouille (ve) (200kcal) Served with: Penne Pasta (ve) (200kcal), Garlic Bread (v) (100kcal), Hard Cheese (v) (200kcal)	Cheese Burger (200kcal) Vegetable Burger (ve) (200kcal) Served with: Ziggy Fries (ve) (100kcal)	Harry Ramsden's™ Battered Fish (200kcal) Jumbo Pork Sausages (200kcal) Quorn™ Fishless Fingers (ve) (200kcal) Served with: Skinny Fries (ve) (200kcal), Mushy Peas (ve) (100kcal)	Spicy Chicken & Vegetable Flatbread (200kcal) Spicy Meatless Farm™ Plant-based Chicken & Vegetable Flatbread (ve) (200kcal) Served with: Potato Wedges (ve) (100kcal)	Roasted Chicken Breast (200kcal) Meatless Farm™ Plant-based Chicken Breast (ve) (200kcal) Served with: Roast Potatoes (ve) (200kcal), Yorkshire Pudding (v) (200kcal), Green Cabbage (ve) (200kcal), Carrots (ve) (200kcal), Gravy (ve) (100kcal)
Nothing you fancy? Please ask for a simple sandwich						

## Dinner

Fish Fingers (200kcal) Chicken with Tomato and Pepper Sauce (200kcal) Vegetable Chow Mein (ve) (270kcal) Sides: Penne Pasta (ve) (200kcal), Potato Wedges (ve) (100kcal), Sweetcorn (ve) (200kcal), Carrots (ve) (200kcal)	Chicken Katsu Curry (270kcal) Homemade Mac n Cheese (v) (200kcal) Vegetable Fingers (ve) (200kcal) Sides: White Rice (ve) (200kcal), Baby Potatoes (ve) (200kcal), Cauliflower (ve) (200kcal), Green Beans (ve) (200kcal)	Chicken Tikka Masala (200kcal) Homemade Cottage Pie (200kcal) Vegetable Korma (ve) (200kcal) Sides: White Rice (ve) (200kcal), Green Cabbage (ve) (200kcal), Sweetcorn (ve) (200kcal)	Chicken Nuggets** (200kcal) Homemade Beef Lasagne (200kcal) Homemade Vegetable Lasagne (ve) (200kcal) Sides: Garlic Bread (v) (100kcal), Potato Wedges (ve) (100kcal), Mixed Vegetables (ve) (200kcal)	BBQ Chicken (200kcal) Chicken Meatballs in Tomato Sauce (200kcal) Meatless Farm™ Plant-based Meatballs in Tomato Sauce (ve) (200kcal) Sides: Penne Pasta (ve) (200kcal), Ziggy Fries (ve) (200kcal), Sweetcorn (ve) (200kcal), Garden Peas (ve) (100kcal)	Chicken Chunks (200kcal) Homemade Tomato, Vegetable & Mascarpone Pasta Bake (v) (270kcal) Vegetable Chow Mein (ve) (270kcal) Sides: Skinny Fries (ve) (200kcal), Sweet & Sour Sauce (ve) (200kcal), Green Beans (ve) (200kcal), Carrots (ve) (200kcal)	Homemade Beef Lasagne (200kcal) Pork Sausage Roll (200kcal) Vegetable Fingers (ve) (200kcal) Sides: Potato Wedges (ve) (100kcal), Garlic Bread (v) (100kcal), Garden Peas (ve) (100kcal), Cauliflower (ve) (200kcal)
Waffle (v) (200kcal)	Cookie (v) (100kcal)	Chocolate Muffin (v) (200kcal)	Waffle (v) (200kcal)	Hartley's™ No Added Sugar Jelly (v) (20kcal)	Cookie (v) (200kcal)	Chocolate Muffin (v) (200kcal)

# A bit more about your centre...

## Sleeping

Rooms range in size from 4 to 16 with gender-separated bathroom and shower facilities with teacher rooms close by. Sheets, duvets and pillows are provided for all guests. There will be a rota for showers, meaning that it will only be St George's children in the bathroom during shower time.



# Your centre team

- PGL employ safeguarding leaders and every team member undergoes an enhanced DBS check. There are secure boundaries around their centres and regular night patrols.
- Staff at PGL are medically trained but will not administer medication. There will be teachers from St George's who are medically trained and can administer medication for those children who require it.





Jacob's Ladder



Leap of Faith







# Cost

- ❖ Total cost is **£362.50**
- ❖ All payments are via Parent Pay  
(Please contact school office if you need log in details)
- ❖ We need a non-refundable deposit of **£62.50** before half-term to secure your child's place
- ❖ Flexible payments
- ❖ Full payment by April 2026
- ❖ PP funding: Please see your child's class teacher to work out a plan for you.

# Flexible payments

## Flexible payments available

- Pay in full
- Monthly payments of £50 from November 2025 – April 2026 (minimum amount)
- Pay in two/three/four instalments etc

## Next steps....

- ❖ Please return the reply slip and make your first payment ASAP. These will go out by the end of the week.
- ❖ Please come and speak to Mr O'Rourke or the Year 6 team if you have any concerns
- ❖ Please remind your child that their place on school journey is determined by their behaviour and attitude at school