

# Welcome to Overstrand Hall

48 Cromer Road, Norfolk, NR27 0JJ



# 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.

# Prior to our visit

## Medical needs

Please make sure your child's medical form is completed and returned. Without this, your child cannot take part in the residential.

Your child's group leader will contact you if they need to discuss your child's medical needs.

## How to store medication

All medication must be put in a **transparent labelled bag**, ready to hand to their teacher upon arrival on Monday 8<sup>th</sup> June. **Medicine must not be stored in their luggage**. Please ensure that any medication is clearly labelled with your child's name and the correct dose. If your child is asthmatic, please can you pack an inhaler in the transparent labelled bag.

If your child suddenly needs medication just before the visit and you have not stated this on the medical form handed in, you will need to ensure you complete an additional medical form and put this in the transparent labelled bag with the medication.

Please let us know if your child suffers from travel sickness and administer any medication prior to the journey. You may wish to send some in your child's labelled medical bag for the return journey.

## **Calpol**

We also ask that if your child is occasionally given Calpol at home for a high temperature, sore throat etc. that you pack some Calpol sachets or Fast melts in their transparent medical bag (do not pack glass bottles of Calpol).

## **Additional concerns**

If you have any additional concerns that you wish to discuss in confidence then please do not hesitate to speak to your child's teacher. Your child may suffer with nightmares, bedwetting, sleep walking etc. and these are all things that we have dealt with before on school journey. Any issues will be dealt with sensitively and confidentially, but it is much easier if we know about these things in advance. Please contact your child's teacher via email or in person.

## Money

We will send home an envelope with your child's name. The children will be allowed to spend £10 throughout their visit. Please return the labelled envelope to your child's teacher who will give it to your child's group leader. The group leader will keep it safe and give it to your child when we visit the tuck shop.

Please **do not** pack any other snacks or food in your child's case. They just need their lunch for the first day (in their rucksack).

**Deadline for the money: Wednesday 3<sup>rd</sup> June 2026**

Children are **not** allowed to bring mobile phones or any other electronic devices.

# Monday 8<sup>th</sup> June 2026




## Arrival

- Please ensure your child has eaten breakfast before coming to school. Please administrate any medication **before** arriving at school.
- Children can arrive to school between 8.45am – 9am. Children must go straight to the school hall. Children will need to bring their **labelled suitcase** with them.
- All medication must be put in a transparent labelled bag, ready to hand it to their group leader upon arrival. **Medicine must not be stored in their luggage.**
- The coaches will be leaving between **9:30-10:00am**. Many parents traditionally like to wave their children goodbye. If you are doing this, you may be willing to help us to load your child's suitcase onto the coach.
- Your child will need to keep their small backpack with their lunch and their transparent medical bag with them when they go to the school hall. They will then hand their medical bag to their group leader.
- Please make sure your child has a piece of fruit to eat before we leave.
- Please make sure your child has a packed lunch in their backpack. This can include: sandwich, a water bottle that will be refilled all week, crisps, cheese, fruit and vegetables. Please remember, we are a **nut-free school**. (No glass bottles or fizzy drinks). We will eat when we arrive.
- Children will **not** be allowed to eat/drink: chocolates, fizzy drinks, chewing gum.
- Children may wish to bring a book, wordsearch, colouring for the journey.
- **Parents may be contacted if behaviour is not acceptable or if child finds it too difficult to settle.**

# During our time at PGL

- If you need to contact us in the event of an emergency then please phone the school office.
- Kingswood office 8.30am – 17.00pm 01263579373.
- We will not contact parents during our stay, unless deemed necessary.
- If there are any issues we will contact you directly, so please try not to worry. If you don't hear from us, then no news is good news!
- Parents will see regular updates via social media (twitter, Instagram) Please do not worry if your child does not appear in every photo. We will try to include a selection over the week.
- **Please be contactable at all times during the week. If your child is unwell, it may be that we need to contact you. Unfortunately, from time to time, a child will need to be sent home. We may require you to come and collect your child if your child is deemed to unwell to stay. This is always a last resort – thank you for your understanding.**
- Parents may be contacted if behaviour is not acceptable or if child finds it too difficult to settle.

# Social Media

  @stgeorges\_head  
 stgeorgesschoolenfield

# Medical conditions and allergies

Kingswood staff are fully trained first aiders, however, they are not permitted to administer medication. Your child's group leader will administer and keep hold of their medication. The group leader will have a medical bag carrying inhalers etc.

Kingswood employ safeguarding leaders and every team member undergoes an enhanced DBS check. There are secure boundaries around our centres and regular night patrols.

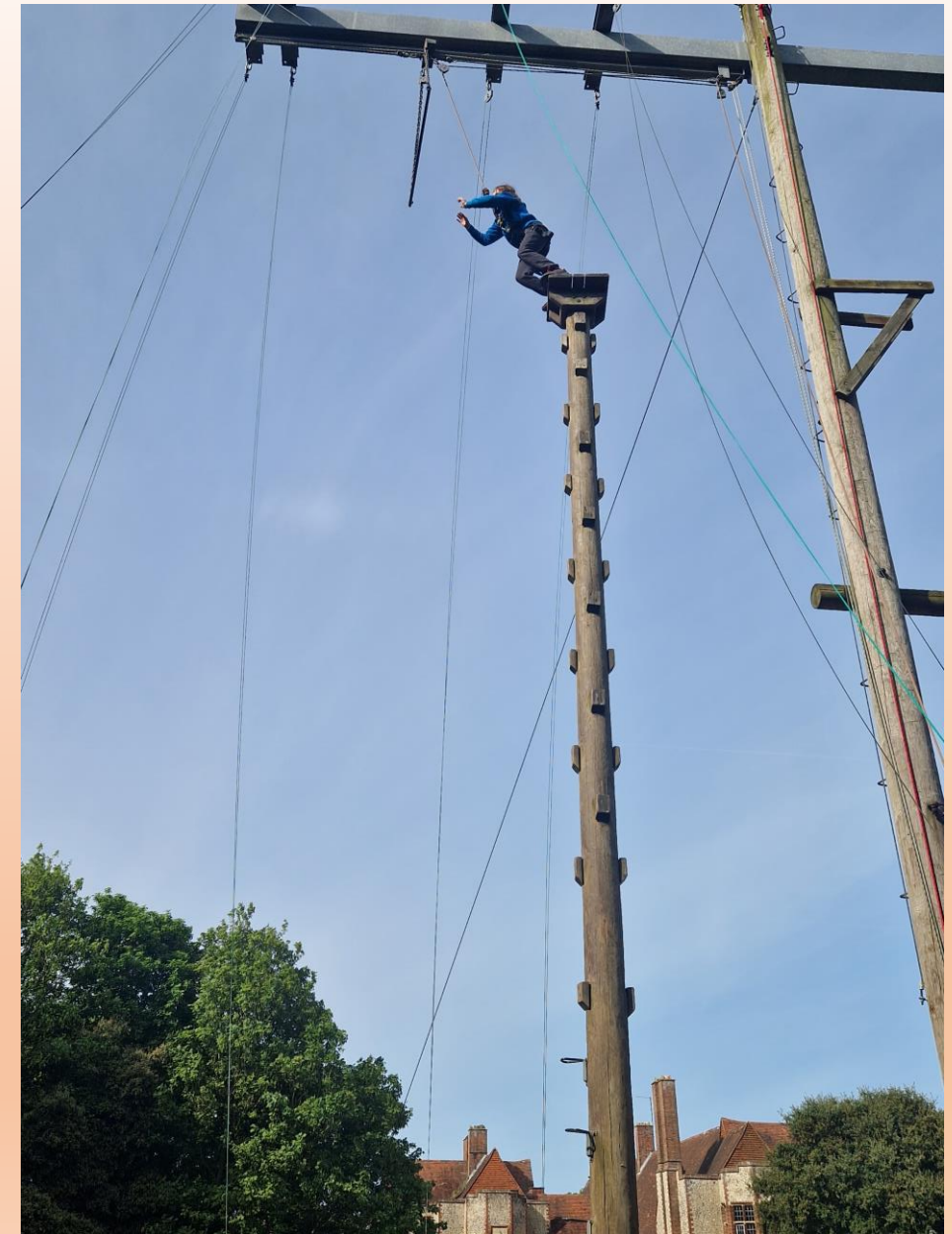
Kingswood strive to be a nut-free centre and the chefs will cater for all dietary requirements. Children will be served three meals per day, with lots of choice and seasonal variations.

## What will the children do?

A trip to PGL is a life changing adventure. Each year, over 175,000 young people visit PGL to experience exciting activities and they go home with so much more. They leave with the feeling that they can achieve their goals.



Jacob's Ladder



Leap of Faith  
(Trapeze)



Abseiling



High Equilibrium



Working as a team



# Campfire



# Disco





A visit to the beach



Laser and archery tag



# A bit more about your centre...

## Eating

To fuel young guests during a long day of thrilling adventure activities, we serve three meals per day, with lots of choice and seasonal variations.

Each day there is a carefully balanced and nutritional meal plan, recently updated to meet and exceed the latest Government standards on young people's. We cater for most dietary requirements – just let us know.



# Sample menu

## Breakfast

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
| Pork Sausages (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Bacon (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Pork Sausages (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Bacon (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Pork Sausages (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Bacon (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) | Pork Sausages (200kcal)<br>or<br>Vegetable Sausages (ve) (200kcal) |
| Baked Beans (ve) (200kcal)   | Baked Beans (ve) (200kcal)                                 | Baked Beans (ve) (200kcal)   | Baked Beans (ve) (200kcal)                                 | Baked Beans (ve) (200kcal)   | Baked Beans (ve) (200kcal)                                 | Baked Beans (ve) (200kcal)   |
| 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) (20kcal)                                      | Plum Tomato (ve) (20kcal)                                  | Fresh Mushrooms (ve) (20kcal)                                      | Plum Tomato (ve) (20kcal)                                  | Fresh Mushrooms (ve) (20kcal)                                      | Plum Tomato (ve) (20kcal)                                  | Fresh Mushrooms (ve) (20kcal)                                      |

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)<br>Margherita Pizza (v) (200kcal)<br>Served with:<br>Skinny Fries (ve) (100kcal) | Jacket Potato (ve) (200kcal)<br>Served with your choice of:<br>Grated Cheddar (v) (20kcal),<br>Baked Beans (ve) (100kcal),<br>Tuna Mayo (20kcal)<br>Homemade Chilli<br>Non Carne (ve) (200kcal)<br>Served with:<br>White Rice (ve) (200kcal) | Homemade Beef<br>Bolognese (200kcal)<br>Homemade Vegetable<br>Ratatouille (ve) (200kcal)<br>Served with:<br>Penne Pasta (ve) (200kcal),<br>Garlic Bread (v) (100kcal),<br>Hard Cheese (v) (20kcal) | Cheese Burger (200kcal)<br>Vegetable Burger (ve) (200kcal)<br>Served with:<br>Ziggy Fries (ve) (100kcal) | Harry Ramsden's™<br>Battered Fish (200kcal)<br>Jumbo Pork Sausages (200kcal)<br>Quorn™ Fishless Fingers (ve) (200kcal)<br>Served with:<br>Skinny Fries (ve) (200kcal),<br>Mushy Peas (ve) (100kcal) | Spicy Chicken &<br>Vegetable Flatbread (200kcal)<br>Spicy Meatless Farm™<br>Plant-based Chicken &<br>Vegetable Flatbread (ve) (200kcal)<br>Served with:<br>Potato Wedges (ve) (100kcal) | Roasted Chicken Breast (200kcal)<br>Meatless Farm™ Plant-based<br>Chicken Breast (ve) (200kcal)<br>Served with:<br>Roast Potatoes (ve) (200kcal),<br>Yorkshire Pudding (v) (200kcal),<br>Green Cabbage (ve) (100kcal),<br>Carrots (ve) (20kcal),<br>Gravy (ve) (20kcal) |
|--|--|--|--|---|---|---|

Nothing you fancy? Please ask for a simple sandwich

## Dinner

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

Current menu:

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>

# A bit more about your centre...

## Sleeping

Overstrand Hall has standard dormitory style accommodation. Rooms range from 4 to 8 bed dormitories, with bathroom and shower facilities and party leader rooms close by. Sheets, duvets and pillows are provided for all guests.



# Information about the rooms

## How many children are in each room?

Each room will have between 4-8 children. They will have a toilet and shower close by. The boys and girls will be in different dorms. Each floor will be supervised by members of staff from St George's.

There will be space for the children to put their suitcases under their bunkbeds. Children will be encouraged to keep their rooms tidy!

They will have showers/toilets near by and we will not be sharing with any other schools during our time at Kingswood.

## How will these be decided?

We have asked children to give us three friends that they'd like to share with. The teachers will then make sure that they are paired up with at least one of their friends.

## Where will the teachers be staying?

There will be teachers from St George's on the same floors as the children – where they can be easily reached.

## What time will children be asked to go to sleep?

The last activity finishes at approximately 9pm. Children will be asked to settle at around 9.30pm. They should **bring a book** of their choice to read during this time.

## Can children bring mobile phones?

Children will not be allowed to bring their mobile phones.

## How will parents be contacted during an emergency?

We have medically trained members of staff. In case of an emergency, a teacher will contact a parent directly via telephone. Please be contactable at all times.

## Can children bring money?

Children will be allowed to bring £10 with them.

# Things to bring

We have put together a clothes list for the trip to Kingswood. This is not an exhaustive list and is only a suggestion of what children may need.

Children can only bring one case/large holdall and one small back pack. A few things to bear in mind when planning your child's case

1. Your child must be able to lift the case and carry it up a flight of stairs independently, including to and from the coach.
  2. Do not overpack the case; children do not pack as neatly as adults – if the case is full to the brim leaving school, they will find it very difficult to fit everything in for the return journey and this is often how clothing goes missing.
  3. Check the weather for the local area when packing, it could be very different from the weather forecast for Enfield that week.
  4. Children may be outdoors in the evening and will need a jacket/ hoody depending on the weather
  5. Label all clothes – you'd be surprised how children don't recognise their own!
  6. Please **do not** pack any snacks – we will provide the snacks for the children.
- It is advised that children bring more than enough, just in case they need to change etc. Ensure the children have enough clothes for **3 days** of activities.

## **Suggested Clothing**

3 long- sleeved t-shirts

3 short-sleeved t-shirts

3 long bottoms (tracksuits/leggings)

Underwear and socks for everyday and spares.

2 pairs of trainers that are comfortable and extra socks (in case they get wet)

1 jacket or raincoat

A named bottle of water

Sunglasses, sun cream and a hat

A bath towel

A large plastic bag for dirty clothes

Toiletries (no aerosols)

An outfit (including shoes) for the disco

Pyjamas

1 pair of indoor shoes/sliders

Please feel free to pack some shorts too.

**Please ensure your child brings a labelled bottle. They will need this to refill their water throughout our stay.**

**Disposable cameras – Children are allowed to bring a disposable camera. Children are not allowed to bring a phone or any other electronic device.**

## Banned Items

Do not bring any of the following items.

- Digital, Polaroid or video cameras
- Mobile Phones
- Electronic, Bluetooth and internet connected devices – hand held games consoles, smart watches, digital cameras, fit-bits and tablets etc
- Aerosol sprays
- Hair straighteners, curling devices
- Chewing gum
- Anything of sentimental value e.g. jewellery

## Wednesday 10<sup>th</sup> June

- Children will have lunch at Kingswood.
- We will be leaving Kingswood at approximately 1.30pm. We estimate to arrive back to school for 5pm. Please wait for the coaches on Baker Street, in front of the Jolly Butchers. We will arrange for a text message to be sent to parents if there are any traffic delays.
- When we arrive the children will remain seated in the coaches. Please collect your child's luggage first and then come to the front of the coach to collect your child. Please be patient, as this may take a while.
- We will let you know what coach your child is on (Coach A or Coach B).

# Final reminders

- Please send the £10 in the coloured envelope provided by **Wednesday 3<sup>rd</sup> June.**
- Children can arrive to school between 8.45am – 9am. Children must go straight to the school hall with their labelled suitcase, small rucksack and labelled medical bag.
- **If your child suddenly needs medication just before the visit and you have not stated this on the medical form handed in, you will need to ensure you complete an additional medical form and put this in the transparent labelled bag with the medication.**
- Their small rucksack should contain their piece of fruit and a packed lunch. A refillable water bottle is needed for the week.
- Children are not permitted to bring any mobile phones or electronic devices.
- If you have any concerns about anything related to school journey, please speak to your child's teacher.