Welcome to Overstrand Hall

48 Cromer Road, Norfolk, NR27 0JJ

An educational adventure to remember!

Location: Overstrand, Norfolk
Monday 24th May– Wednesday 26th May 2027



Overstrand Hall is a short walk to the beach and is situated in a beautiful area of North Norfolk. The rural setting gives our children the opportunity to get out and have fun into the great outdoors. A residential experience is a key milestone in any child's journey.

School Journey 2027

- Monday 24th May– Wednesday 26th May 2027
- Cost includes transport, accommodation, all activities, all meals and snacks.
- Only additional cost is £10 (total) pocket money.
- A packed lunch will need to be provided for the children's outward journey to Norfolk.

Why is our Year 6 school journey so important?



- Develops independence
- Develops social skills
- Develops confidence, resilience and life skills
- Links to the curriculum
- Helps prepare the children for secondary school
- A fantastic end to Year 6!

Food

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





Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pork Sausages or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Fresh Mushrooms (ve)	Bacon or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Plum Tomato (ve)	Pork Sausages or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Fresh Mushrooms (ve)	Bacon or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Plum Tomato (ve)	Pork Sausages or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Fresh Mushrooms (ve)	Bacon or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Plum Tomato (ve)	Pork Sausages or Vegetable Sausages (ve) Baked Beans (ve) Hash Brown (ve) Fresh Mushrooms (ve)
	Available every day: Porridge (v) with toppers*, natural yoghurt (v), a selection of cereals (v), toast (ve) and spreads (v)						
Lunch	Ham Pizza Margherita Pizza (v) Served with: Skinny Fries (ve)	Jacket Potato (ve) Served with your choice of: Grated Cheddar (v) Baked Beans (ve) Tuna Mayo Homemade Chilli Non Carne (ve) Served with: White Rice (ve)	Homemade Beef Bolognese Homemade Vegetable Ratatouille (ve) Served with: Penne Pasta (ve) Garlic Bread (v) Hard Cheese (v)	Cheese Burger Vegetable Burger (ve) Served with: Ziggy Fries (Ve)	Harry Ramsden's™ Battered Fish Jumbo Pork Sausages Quorn™ Fishless Fingers (ve) Served with: Skinny Fries (ve) Mushy Peas (ve)	Spicy Chicken & Vegetable Flatbread Spicy Meatless Farm™ Plant-based Chicken & Vegetable Flatbread (ve) Served with: Potato Wedges (ve)	Roasted Chicken Breast Meatless Farm™ Plant-based Chicken Breast (ve) Served with: Roast Potatoes (ve) Yorkshire Pudding (v) Green Cabbage (ve) Carrots (ve) Gravy (ve)
	Nothing you fancy? Please ask for a simple sandwich						
Dinner	Fish Fingers Chicken with Tomato and Pepper Sauce Vegetable Chow Mein (ve) Sides: Penne Pasta (ve) Potato Wedges (ve) Sweetcorn (ve) Carrots (ve)	Chicken Katsu Curry Homemade Mac n Cheese (v) Vegetable Fingers (ve) Sides: White Rice (ve) Baby Potatoes (ve) Cauliflower (ve) Green Beans (ve)	Chicken Tikka Masala Homemade Cottage Pie Vegetable Korma (ve) Sides: White Rice (ve) Green Cabbage (ve) Sweetcorn (ve)	Chicken Nuggets** Homemade Beef Lasagne Homemade Vegetable Lasagne (ve) Sides: Garlic Bread (v) Potato Wedges (ve) Mixed Vegetables (ve)	BBQ Chicken Chicken Meatballs in Tomato Sauce Meatless Farm™ Plant-based Meatballs in Tomato Sauce (ve) Sides: Penne Pasta (ve) Ziggy Fries (ve) Sweetcorn (ve) Garden Peas (ve)	Chicken Chunks Homemade Tomato, Vegetable & Mascarpone Pasta Bake (v) Vegetable Chow Mein (ve) Sides: Skinny Fries (ve) Sweet & Sour Sauce (ve) Green Beans (ve) Carrots (ve)	Homemade Beef Lasagne Pork Sausage Roll Vegetable Fingers (ve) Sides: Potato Wedges (ve) Garlic Bread (v) Garden Peas (ve) Cauliflower (ve)
	Waffle (v)	Cookie (v)	Chocolate Muffin (v)	Waffle (v)	Hartley's™ No Added Sugar Jelly (v)	Cookie (v)	Chocolate Muffin (v)

Rooms

Rooms range in size from 4 to 8 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 the staff make regular night patrols-our floor is always locked down.
- Staff at PGL are medically trained but will not administer medication.
- There will be first aiders from St George's who will administer medication for those children who require it as stated on their medical forms (you will complete these nearer the time).



An example timetable:

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening	19:30 - 20:30
Monday	1				Arrive on Centre	Survivor (SU1)	Archery Tag (AT1)		Campfire (CF2)
	2				Arrive on Centre	Archery Tag (AT1)	Survivor (SU1)		Campfire (CF2)
	3				Arrive on Centre	Trapeze (TR1)	Archery Tag (AT2)		Campfire (CF2)
	4				Arrive on Centre	Archery Tag (AT2)	Trapeze (TR1)		Campfire (CF2)
	5				Arrive on Centre	Survivor (SU2)	Problem Solving (PS1)		Campfire (CF2)
	6				Arrive on Centre	Problem Solving (PS1)	Survivor (SU2)		Campfire (CF2)
	7				Arrive on Centre	Abseiling (AB1)	Problem Solving (PS2)		Campfire (CF2)
	8				Arrive on Centre	Problem Solving (PS2)	Abseiling (AB1)		Campfire (CF2)
Tuesday	1			Jacob's Ladder (JL1)	Problem Solving (PS1)	Trapeze (TR1)	Laser Tag (LT1)		Disco (DIS1)
	2			Problem Solving (PS1)	Jacob's Ladder (JL1)	Laser Tag (LT1)	Trapeze (TR1)		Disco (DIS1)
	3			Survivor (SU1)	Problem Solving (PS2)	Jacob's Ladder (JL1)	Laser Tag (LT2)		Disco (DIS1)
	4			Problem Solving (PS2)	Survivor (SU1)	Laser Tag (LT2)	Jacob's Ladder (JL1)		Disco (DIS1)
	5			High Equilibrium (HE1)	Laser Tag (LT1)	Abseiling (AB1)	Archery Tag (AT1)		Disco (DIS1)
	6			Laser Tag (LT1)	High Equilibrium (HE1)	Archery Tag (AT1)	Abseiling (AB1)		Disco (DIS1)
	7			Survivor (SU2)	Laser Tag (LT2)	High Equilibrium (HE1)	Archery Tag (AT2)		Disco (DIS1)
	8			Laser Tag (LT2)	Survivor (SU2)	Archery Tag (AT2)	High Equilibrium (HE1)		Disco (DIS1)
Wednesday	1			Beach Games (BG1)	Beach Games (BG1)	Depart			
	2			Beach Games	Beach Games	Depart			



Jacob’s Ladder



Leap of Faith (Trapeze)



Abseiling



High Equilibrium



Laser tag



Archery tag



Shelter building





Team building activities



Problem solving



Fire lighting







Campfire















A visit to Overstrand beach

Cost

- Total cost is **£370**
- A non-refundable deposit of **£70** must be made by the 23rd October to secure your child's place
- Pay in full or by flexible payments
- Monthly payments of a minimum of £50 from November 2026 – April 2027 (Pay in two/three/four instalments etc)
- Full payment by the 16th April 2027
- PP funding: Please contact office for further information
- All payments are via Parent Pay (Please contact the school office if you need log in details)

Next steps….

- Please return the reply slip and make your first payment ASAP. These will go out by the end of the week.

- Please contact the Year 6 team, Mr O’Rourke or the office if you have any concerns/questions.

- Please remind your child that their place on school journey is determined by their behaviour and attitude at school.