



OSMINGTON BAY

17th – 21st July 2017



The Team

- Trip Leader– Miss Green



- Staff – Miss Heath



- - Mrs Jordan



- - Mr Birkenhead



- - Mr Barrett



- - Miss Bourn



Day 1 – 17th July

- Arrive at school for 9:30
- Coach to depart at 10:00am
- We will drive to the New Forest where we will stop for lunch. (Bring a packed lunch)
- We will aim to arrive at Osmington Bay for 3pm
- Students will then have time to unpack and relax before dinner and evening entertainment begins.



What to expect..

Time	Day 1	Day 2	Day 3	Day 4	Day 5
breakfast					
9.00 – 10.30		Alternative Energy	Aeroball	Marine Zonation	Zip wire
10.30 -12.00		Alternative Energy	Raft Building	Marine Zonation	Buggy Build
lunch					
14.00 -15.30		Giant Swing	Rocks and Fossils	Dragon Boat	Depart centre
15.30 -17.00		Archery	Rocks and Fossils	Jacobs Ladder	
Dinner					
Evening activity	Wacky races	Robot wars	Campfire	Capture the flag	

Sleeping arrangements

- Students will sleep in 4 or 6 bed cabins, each with their own en-suite bathroom.
- Students will be asked to give preferences as to who they would like to share a cabin with to Miss Green by 30th June.
- Please remember to bring a pillow and sleeping bag / duvet



Food and Drink



the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Vegetable Sausages Scrambled Egg Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Bacon (V) Quorn Sausages Omelette Spaghetti in Tomato Sauce Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Vegetable Sausages Hash Browns Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Bacon (V) Quorn Sausages Scrambled Egg Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Vegetable Sausages Omelette Spaghetti in Tomato Sauce Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Quorn Sausages Scrambled Egg Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Bacon (V) Vegetable Sausages Hash Browns Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Jacket Potato or Rice Choice of Meat & Vegetarian Toppings Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Fish Fingers (V) Mixed Vegetable Quiche Chips and Peas Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Baguette or Wrap Choice of Meat & Vegetarian Fillings Ready Salted Crisps Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Build a Burger Meat or (V) Spicy Bean Burger in a Bap with Choice of Relishes Fried Onions Chips and Peas Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Pasta or Rice Choice of Meat & Vegetarian Dishes Garlic Bread Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Baguette, Bun or Pitta Bread Ham, Cheese or Pulled Pork with Vegetables (V) Greek Style Cheese & Vegetables, Red Cabbage Slaw Ready Salted Crisps Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day Sausages with Red Onion Gravy Italian-Style Baked Fish (V) Vegetable Curry with Vegetable Spring Roll New Potatoes or Rice Sweetcorn & Broccoli Seasonal Fresh Fruit & Salad Bar Carrot Cake Hot & Cold Drinks	Homemade Soup of the Day Oven Baked Chicken Nuggets Beef Stroganoff (V) Butternut Squash, Sweet Potato and Vegetable Wellington Chips or Rice Peas & Carrots Seasonal Fresh Fruit & Salad Bar Jelly topped with Fruit Salad Hot & Cold Drinks	Homemade Soup of the Day Meatballs in Tomato Sauce (V) Stuffed Portobello Mushrooms with Spinach & Parmesan Breadcrumbs (V) Veggieballs in Tomato Sauce Pasta and Garlic Bread Mangetout & Sweetcorn Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Homemade Soup of the Day Chicken Curry with Naan Bread Cottage Pie (V) Four Cheese Ravioli Rice or New Potatoes Summer Vegetable Medley Seasonal Fresh Fruit & Salad Bar Chocolate Brownies Hot & Cold Drinks	Homemade Soup of the Day Battered Fish Fillet with Lemon & Tartare Sauce Chorizo, Chicken and Vegetable Paella (V) Feta Cheese & Mediterranean Vegetable Lattice Chips Green Beans & Mushy Peas Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day Oven Baked Breaded Chicken Chunks Piri-Piri Pork with Coriander & Spring Onion Noodles (V) Thai Vegetable Curry Potato Wedges or Rice Sweetcorn & Carrots Seasonal Fresh Fruit & Salad Bar Ginger Sponge with Custard Hot & Cold Drinks	Homemade Soup of the Day Roast Beef and Vegetables with Yorkshire Pudding & Gravy (V) Macaroni Cheese Roast Potatoes Braised Savoy Cabbage & Root Vegetables Seasonal Fresh Fruit & Salad Bar Choc Ice Hot & Cold Drinks

The PGL centre will cater for all dietary needs, please ensure you inform us clearly on your consent forms if there are any specific requirements for your child.



What can I bring?

- Kit list – see the kit list in your pack – old clothes you don't mind binning are best.
- Sun cream / hats etc
- Medications – in clearly labelled bags with instructions for use – they will all be looked after by Miss Green
- £10 to spend in gift shop / tuck shop



What can't I bring?

- Do not bring anything valuable. While security is excellent there is a lot of water and mud about so things could get easily damaged.
- Electronic devices and Mobile phones, the programme of activities is full on and time to play on devices will be minimal, they are not covered by insurance and there is no 3/4G, so without the Wi-Fi password, (that they will only give to staff) there will be little point.
- Using I phones and I pads to take photos also presents the school with a significant safeguarding issue. I will take loads of pictures to share on the school site for parents and students to see.



In an emergency..

- If parents need to contact their child in an emergency they can call the school mobile number (in your packs) the school during opening hours or Mr Lowe outside of school hours who will be able to contact staff on the trip directly.



Behaviour

- ICC students are always exceptionally well behaved when representing the school on trips. Should there be any incidents of repeated poor behaviour this will result in a phone call to come and collect the child concerned.

