

Isaac Newton didn't discover gravity sitting in a classroom. He was letting his thoughts wander freely in the fresh air when an apple thumped from a tree and sparked his lightbulb moment.

Speaking of lightbulb moments, Thomas Edison wasn't poring over a textbook when he was illuminated with the idea for a carbon filament bulb. No, his eureka moment was the result of decades of experimentation and teamwork, as scientists built on each other's hypotheses.

At PGL, we know there's no better way for young people to understand  $\text{speed} = \text{distance} \div \text{time}$  than by zip-wiring full pelt across a lake.

Or to learn their hidden strengths by trying more than 50 new activities in one weekend. Or the buzz of new friendships as they build a raft together, or the thrill of solving problems in ways they'd never thought of before.

Or, you know ... what gravity means as they boldly land feet-first the other side of that lake.

This is what learning looks like on a PGL School Adventure.

# ANYTHING BUT TEXTBOOK

## ON A PGL ADVENTURE



# BAWDSEY MANOR

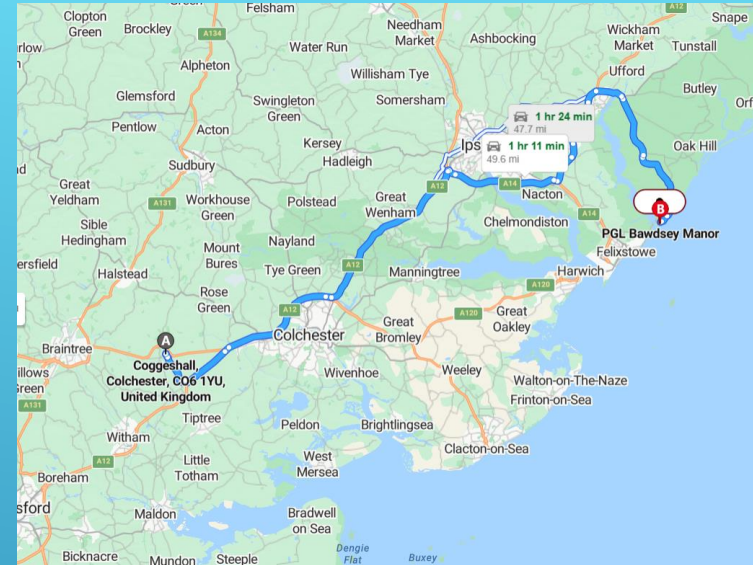
## October 15<sup>th</sup> - 17<sup>th</sup> 2025











A stunning late Victorian palace, Bawdsey Manor is set in a sprawling area of ancient parkland overlooking Suffolk's beautiful Deben Estuary. It was originally built in 1886 as a holiday home for Sir Cuthbert Quilter, a noted stockbroker. In the 1930s, Bawdsey Manor turned into a top-secret research centre for Ministry of Defence where famous RADAR technology was developed. The buildings were used by the RAF and then as a fire training centre until 2017 when PGL took over the site.



# Where we will be staying:



Our accommodation is in the main Manor: Rooms with bunk-beds sleeping between 4 and 10 with numerous showers and toilets.

- Girls and boys sleep in separate rooms and teacher's rooms are located close by to allow for plenty of close supervision and reassurance.

- Bedding is not provided (we felt a charge of £20 for two nights was excessive) so children will need to bring their own sleeping bag/duvet and pillow



# What we'll be eating:



Enjoyable mealtimes with nutritious and tasty food. Meals are freshly prepared, balanced and will give our group plenty of energy to keep them going throughout the day.

A mix of hot and cold meals with vegetarian options  
Self-service salad bar  
Fresh fruit with every meal  
Allergies, intolerances and special diets catered for !



# Sample menu

# REFUEL with our delicious menu

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Lunch

Dinner

**Breakfast**

Monday: Pancakes, sausage, hash browns, fruit & yogurt. \$5.99

Tuesday: French toast, sausage, hash browns, fruit & yogurt. \$5.99

Wednesday: Waffles, sausage, hash browns, fruit & yogurt. \$5.99

Thursday: Pancakes, sausage, hash browns, fruit & yogurt. \$5.99

Friday: French toast, sausage, hash browns, fruit & yogurt. \$5.99

Saturday: Waffles, sausage, hash browns, fruit & yogurt. \$5.99

Sunday: Pancakes, sausage, hash browns, fruit & yogurt. \$5.99

**Lunch**

Monday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Tuesday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Wednesday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Thursday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Friday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Saturday: Grilled chicken sandwich, french fries, iced tea. \$7.99

Sunday: Grilled chicken sandwich, french fries, iced tea. \$7.99

**Dinner**

Monday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Tuesday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Wednesday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Thursday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Friday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Saturday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

Sunday: Grilled chicken, mashed potatoes, green beans, fruit & yogurt. \$12.99

**Refuel Rewards**

Join our Refuel Rewards program and earn points on every purchase. Redeem points for delicious meals and more.

**Refuel Kids**

Special menu for kids, featuring delicious meals and fun activities.

**Refuel & Co.**

Refuel & Co. is a family-owned business that has been serving the community for over 20 years. We are proud to offer delicious food and exceptional service.

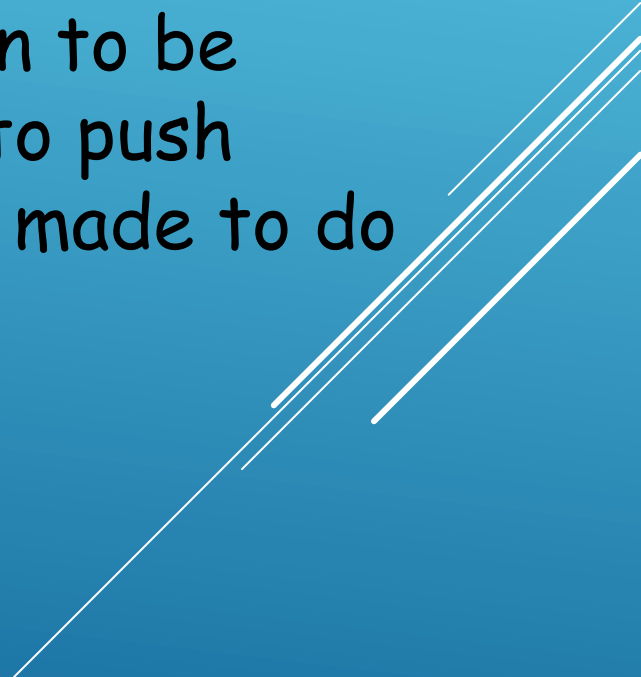
MEAL	PGL		TODAY'S MENU					DOD ADVICE / INFORMATION	
	VEGAN	VEAL	CHICKEN	STEAK	PIZZA	SEAFOOD	DESSERT	BEVERAGE	WINE
CHICKEN BELLINI	12.95	14.95							
VEGETABLE KENTUCKY	12.95	14.95							
PIZZA	12.95	14.95							
GRASS FED BEEF	12.95	14.95							
GRASS FED CHICKEN	12.95	14.95							
GRASS FED PORK	12.95	14.95							
GRASS FED LAMB	12.95	14.95							
GRASS FED T-BONE	12.95	14.95							
GRASS FED RIBEYE	12.95	14.95							



# What we'll be doing:

A whole range of activities that include canoeing, archery and team building- we don't want to give too much away!

The majority are based around collaborative activities as we are keen to promote team work. We also encourage the children to be supportive of each other and we will encourage them to push themselves out of their comfort zone, no child will be made to do anything they are clearly uncomfortable with though.

Three parallel white lines of varying lengths are positioned diagonally in the bottom right corner of the slide, pointing towards the top right.





# Typical Day:

Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

# Packing list

Below is a list of things you'll need to pack

A sleeping bag or single duvet and pillow

We strongly recommend wearing old clothes for activity sessions

- Water shoes (or shoes that can get wet)
- Comfortable walking shoes/trainers (not new due to risk of blisters) It is imperative that footwear is closed toes and suitable.
- Slippers or other indoor footwear- crocs etc
- Waterproof coat (and ideally waterproof trousers as well)
- Underwear- please remind your child that it is in their bag and it's good to change it!!
- Lightweight tops/t shirts - 2 or 3 (for layering in colder weather)
- Warm jumpers/tops - at least 2
- Trousers - 2 or 3 (not jeans which are hard to move in and horrid when wet) Jogging bottoms are great
- Shorts- let's be optimistic!
- • Socks - several pairs (not the short "trainer" socks which let the sand in and cause blisters) and a thick pair



# Packing list

- Large plastic bag for dirty clothes.
- Toiletries etc. (please note deodorants must be roll-on, no aerosols)
- 2 towels
- Sunglasses, sun cream and hat (if the forecast looks very sunny)
- Pyjamas and slippers
- Disco outfit!! No high heels
- Other useful items:
- A small day rucksack (this could be the bag that contains lunch and bus activities)
- Pencil case
- Books, playing cards and other quiet activities that could be done in the room- no electronic devices or phones thanks
- A named water bottle, not a disposable one please as they will be refilled regularly
- Small torch
- A camera if needed- not a phone camera though
- Suncream

All of your child's belongings should be packed in a NAMED, medium sized case or bag that they are able to carry.

When we arrive at Bawdsey Manor they will be expected to carry their bag for a short distance and up at least one flight of stairs.

The bag, when unpacked, must be able to fit under a normal sized bed, no hard cases please, large holdalls or rucksacks are ideal.



## Money -£20 maximum

It is not necessary for the children to bring money with them however there is small gift/tuck shop on site that the children will be able to visit on the evening of the disco.

Please make sure your child has their money in either a named envelope or a named wallet. Your child will have total responsibility for their money.



## FINAL PREPARATIONS:

Complete the medical and dietary needs form tonight if possible or hand into your child's class teacher by Monday 15th September so we can update Bawdsey Manor ASAP.

On the morning of our departure please hand in any medicines your child will need to take. Make sure these are in a named bag with your child's name and the dosage and frequency required on the box.



On the day we leave:

8.50 Arrive in the hall through the front entrance with named luggage.

Say goodbye

We will then register children who will be sitting in classes in the hall

Any last minute medicines to be handed into the medicine table

Your child will need a packed lunch and a drink in their small day bag with their waterproof coat

You are welcome to wave us off from the gates but we will not be leaving until after 9.30am- please don't park in Myneer Park though

### Keeping in touch:

We will be posting updates on the school Facebook page- this is the easiest way for us to post photos and give you regular updates. In strict accordance with data protection, we will not be naming children.

An e mail will be sent to confirm we have arrived.

### In an emergency:

If you need to contact a member of staff during school hours, please contact the school office and they will make sure that your message reaches us.

### Out of school hours

If you need to contact staff outside of school hours, then you would need to use our school mobile number:

07523244104

## RETURNING TO SCHOOL

We are arriving back at school at approx. 4.00pm

Please do not park in Myneer Park or close to the entrance on St Peter's road as the coach will not be able to manoeuvre into the road.

We will post regular updates on Facebook giving ETAs

If we are held up in traffic, a message will be sent out to you.

Please ensure that you have arranged for your child to be picked up on this day.



Anything we've forgotten?  
Any Questions?

