



Sacred Heart School Journey

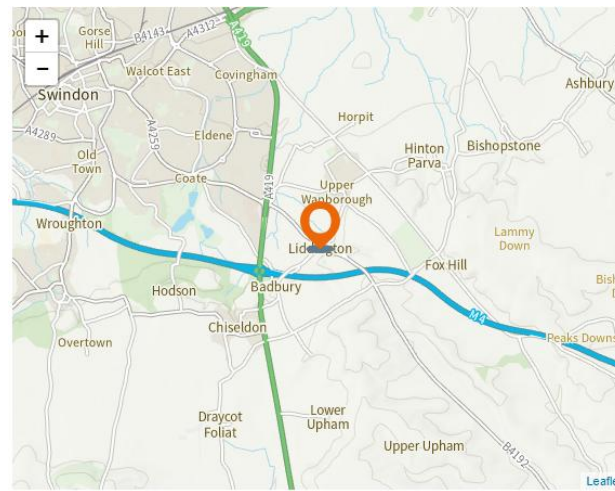


Liddington

20th-22nd October 2025

Liddington

Map showing the position of Liddington within the United Kingdom



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Liddington Site

- Beautiful woodland setting
- Excellent activity equipment
- Safe, secure site
- 24 hour security guard



PGL



- Very experienced company, running children's adventure holidays since 1957.
- All centres have been inspected and approved by relevant authorities.
- All instructors are qualified and undergo continual assessment and training.
- Website: www.pgl.co.uk

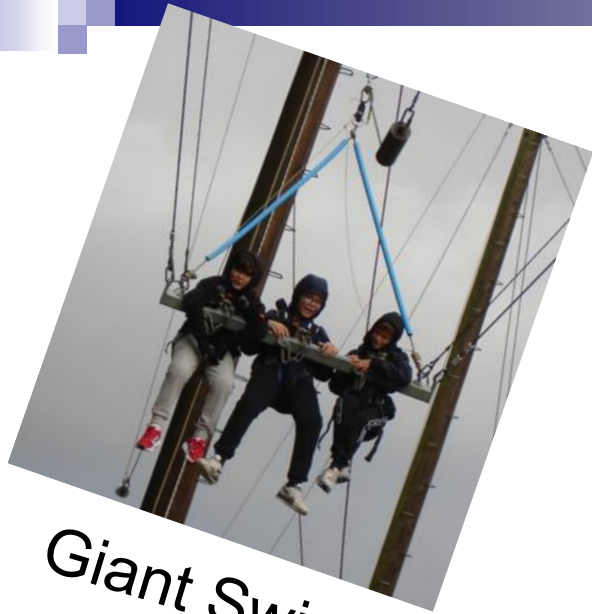


Educational focus

- Develop and extend skills of communication, problem solving, leadership and teamwork
- Adopt a positive attitude to challenge and adventure
- Gain in personal confidence and self-esteem through achieving success
- Develop personal organisation and independence



Activities



Giant Swing



Sensory Trail

Problem Solving

Survivor



Buggy building

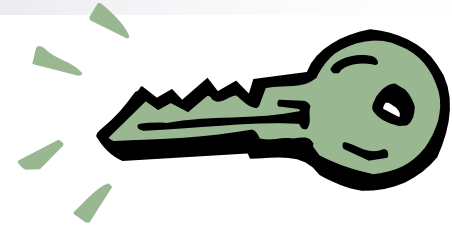


Archery



Zip wire

Accommodation



- En-suite rooms sleeping 2-6 children
- Teachers' rooms next to children's
- Bunk beds, with duvet, pillow and bedding provided.



Behaviour



- Sacred Heart expectations
- PGL rules – see Code of Conduct
- Read and discuss Code of Conduct with your child.

Food

- Self-service canteen
- Breakfast, lunch and evening meal at set times
- Wide choice of hot and cold
- Cooked breakfast available
- Plenty of vegetables, salad and fruit!





Staff

- Ms Morahan
- Mrs Hillier
- Ms De Cruz
- Ms Fahey
- Mr Hawkins
- Ms Courtney
- Ms Kavanagh
- Mrs Kelly
- Mrs Llanfear

Travel arrangements

- **Outward: Wealdstone Football Club 7.30am**
- **Arrives at Liddington 10.00am (approx)**

- **Return: Coach from Liddington departs 2.00pm (approx)**
- **Coach returns to Rugby Club 4.00pm- 4.30pm**



What to bring

SEE KIT LIST

- **OLD** clothes
- **WATERPROOF** jacket with hood
- At least 2 pairs of trainers (**OLD**)
- Long-sleeved tops
- Small backpack
- Soft bag/small case with wheels



LIDDINGTON – OCTOBER 2025

WHAT TO WEAR WHAT TO BRING

PLEASE PACK EVERYTHING IN A MEDIUM SIZED SOFT HOLDALL (WITH WHEELS) OR SMALL CASE (WITH WHEELS)
LABEL EVERYTHING WITH YOUR CHILD'S NAME

- | | |
|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Waterproof cagoule – ESSENTIAL<input type="checkbox"/> Two-Three pairs track suit bottoms or lightweight <u>long</u> trousers (essential for some activities) – no jeans<input type="checkbox"/> Warm sweatshirts/fleeces/jacket<input type="checkbox"/> Gloves, hat, scarf<input type="checkbox"/> Several T-shirts, including some long-sleeved<input type="checkbox"/> Underwear<input type="checkbox"/> Pyjamas/Night wear<input type="checkbox"/> Socks – plenty!<input type="checkbox"/> Slippers<input type="checkbox"/> Two pairs of trainers – (old ones)<input type="checkbox"/> Two medium towels | <ul style="list-style-type: none"><input type="checkbox"/> Personal washing kit, including hairbrush, hair bands, tissues etc<input type="checkbox"/> Camera - cheap digital or 2 <u>disposable</u> with flash
(NO PHONE CAMERAS)<input type="checkbox"/> Small torch<input type="checkbox"/> Puzzle books, book<input type="checkbox"/> Teddy or soft toy<input type="checkbox"/> Plastic bag for dirty/wet washing<input type="checkbox"/> Plastic carrier bags (3 or 4)<input type="checkbox"/> Reusable water bottle - NAMED (not disposable)<input type="checkbox"/> £5.00 for PGL shop in a named purse/wallet |
|---|---|

In poor weather conditions, the on-site activities carry on, so it is important that your child brings warm and waterproof clothing. Well-worn, comfortable clothes are far better suited to our trip, which is spent mostly outdoors.

UNDER NO CIRCUMSTANCES ARE CHILDREN PERMITTED TO BRING PHONES, MUSIC PLAYERS OR COMPUTER GAMES.

STRICTLY NO MEDICINES (INC. VITAMINS) TO BE IN CHILDREN'S POSSESSION.

FOR SAFETY REASONS, NO JEWELLERY/WATCHES ARE TO BE WORN DURING THE WEEK.

Pocket money



- £5 in a named purse/wallet. This will be the children's responsibility.
- Site shop open at specific times selling tuck and souvenirs.

Medical



- PGL provide 24 hour First Aid
- Medical information - please tell us **today** of any serious medical conditions
- One Preventor inhaler and one reliever inhaler and one spacer
- Travel sickness tablet for return journey

We will supervise and administer in-date prescription medicines **only**

Paperwork

These will be sent out electronically this week.

- Final information letter
- Medical form – complete online
- Kit list



Complete online by Tuesday 26th September

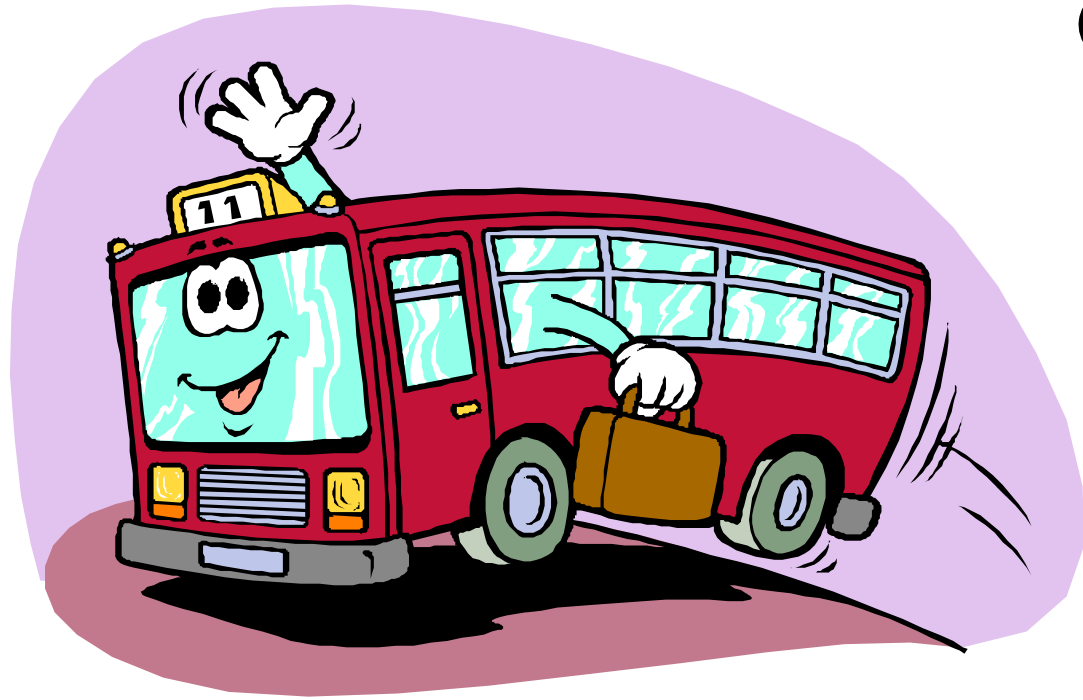
- Medical form

Send into school by Friday 3rd October

- Prescription medicines



Sacred Hearts



20th-22nd October 2025