



WESTFIELD
ACADEMY

believe | strive | achieve

Headteacher: T.Body BA (Hons), MA

19 September 2019

Dear Parent/Carer

Year 7 PGL – Wed 1/4/19 to Fri/3/4/19

We are planning a Year 7 PGL, Liddington residential trip in April 2020.

This will be an opportunity for students and teachers to get to know each other better and explore and develop the non-academic aspects of life-long learning.

Whilst on the trip students will participate in many adventurous activities including abseiling, canoeing and raft building whilst building social skills, working in teams and learning to overcome their fears. We have found that students often form new and long-lasting relationships during this type of activity.

We will leave from Westfield on Wednesday, 1 April 2020, travelling by coach and return in the afternoon of Friday, 3 April 2020.

As it stands, we only have 120 places on-hold so please make your **non-refundable** deposit of £40.00 by Wednesday, 25 September 2019.

How to pay

Our method of payment is by Parentmail. This is very simple to set up and very easy to use and we require all parent/carers to use this method of payment.

Log on to Parentmail using your username and password (if you have not used Parentmail before please contact Mrs Lewis in the Admin Office via email: kjd@westfield.academy)

Click on the item description entitled “**Year 7 PGL – Wed 1/4/19 to Fri/3/4/19**” and add it to your basket, then proceed to the checkout.

Cancellation

Please note that all payments are **non-refundable**, should you wish to cancel prior to the trip all cancellation charges will be in line with the tour operator’s guidelines

All appropriate Westfield Academy School staff will be consulted as to whether they consider each student to be reliable and responsible enough to be included in the trip.

The School reserves the right to not take any student whose general conduct, schoolwork or attendance shows a marked deterioration during the school year. We do not want the reputation of the School to be put at risk by the poor behaviour of any student during the trip.

Please also note that, should it be necessary to withdraw a student from a trip due to poor behaviour or attendance, there will be no refunds of any payments to date.

I will write to you again with further details but if you require any clarification in the short-term please do not hesitate to contact me at school.

For your information, here is the proposed payment schedule:-

Non-refundable Deposit: £40.00 required by Wednesday 25 September 2019

First instalment:	£50.00 required by Monday, 14 October 2019
Second instalment:	£55.00 required by Monday, 9 December 2019
Third instalment:	£65.00 required by Monday, 6 January 2020
Final Instalment:	£20.00 required by Monday, 3 February 2020

Mr Lock will tell you a little more about the trip at next week's information evening and I will be holding an information evening in early February 2020 with further details. In the meantime please visit the PGL Liddington website for further details and see below for the activities we are planning to run and some student reflections from last year's trip.

<https://www.pgl.co.uk/en-gb/adventure-holidays/centres/liddington>

Yours sincerely,

Jacqui O'Connor

Associate Headteacher, Trip leader

PGL

After PGL I've been more confident in myself. In all the activities that we have done I had tried my best.

I had conquered my fears of heights when we had done abseiling and also when we've done raft building.



I think the most scariest activity that we had done was boating because I was scared to trip over and go in the water.

2019 PGL 2019 Am

At PGL, I learned that even if you don't want to do something or you are too nervous, just do it, don't listen to the voice in your head telling you not to do it otherwise you will regret not doing it.

I have also learned that we need to work together even if you think you don't. You are working together as a team everyday when you probably don't know. In addition, I have mainly learned to persevere in what I'm doing and if I think I'm going to fail, you don't know unless you try and if you keep trying you will persevere in what you are doing.

Our planned activities: abseiling, archery, canoeing, Jacob's ladder, mountain biking, raft building, survivor skills, vertical rope challenge

Select an activity for a full description Abseiling

Abseiling

Got a head for heights? This exhilarating activity allows you to scale down the side of our purpose built towers leaving you with a great sense of achievement!



Select an activity for a full description Archery

Archery

Do you see yourself as a bit of a Robin Hood or Maid Marion? Archery is about technique rather than strength so everyone has the chance to excel. A bow and arrows can be tricky to manage but your instructor will teach you how to use them safely and help you hit the bullseye!



Select an activity for a full description Canoeing

Canoeing

Unlike a kayak, canoes are open topped and many take more than one person. Whether it's your first time in a boat on one of our lakes or you are a more experienced paddler facing the white water in the Ardèche Gorge, canoeing is always exciting, challenging, fun – and occasionally very wet!



Select an activity for a full description Jacobs Ladder

Jacobs Ladder

This giant size ladder may seem insurmountable, however with a little help from your friends you'll be amazed at how high you'll get. Anything goes – you can push each other up, pull each other up or stand on each others shoulders, just ask first! It's a great way to really get to know the rest of the group and use communication, teamwork and leadership skills together to have fun and scramble to the top of the ladder.



Select an activity for a full description

Mountain Biking

Mountain Biking

Exciting and challenging but safe, we will tailor your MTB session according to how much you've done before and the skill level you already have on a bike. You will improve your bike control as well as having the opportunity to put your skills to the test on one of our selected on or off-site routes.



Select an activity for a full description

Raft Building

Raft Building

Build a raft that will float (and hopefully steer) using the barrels, ropes and wood provided. Once built you will need to test it out on the water – will you end up in the water or will you stay dry? It all depends on how well you and your team work together.



Select an activity for a full description

Survivor

Survivor

Find out if you have what it takes to survive and learn some skills to help you keep warm and dry when all you have is what you can find. You and your team mates will have to build a shelter in a wilderness environment on centre. You'll need to plan your camp taking into account the prevailing weather and then share out the tasks to get the shelter built before time runs out...



Select an activity for a full description

Giant Swing

Giant Swing

How high will you go? You'll be harnessed into a two seater swing before the rest of your group start hauling you up to 10m high. It's up to you and your partner to decide how high you want to go before pulling the release cord to send you hurtling down towards the ground before swinging up towards the sky. Nothing like the swings you find at your local park this breath taking activity is so popular we've now introduced it to even more of our centres.

