



Caythorpe residential

Wednesday 29th April -
Friday 1st May 2026



Where are we going?

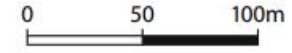
PGL Caythorpe Court,
Caythorpe Heath Lane,
Caythorpe,
Grantham,
Lincolnshire,
NG32 3ER

www.pgl.co.uk



Caythorpe Court

Centre Map



Key

- | | | | | | | |
|------------|------------------|----------------|-----------------|----------------|--------------------|-------------|
| Abselling | Buggy Build | Giant Swing | Survivor | Rifle shooting | Tunnel Trail | Toilets |
| Aeroball | Challenge Course | High Ropes | Problem Solving | Sensory Trail | Vertical Challenge | Dining Room |
| All Aboard | Climbing | Jacob's Ladder | Quad Biking | Trapeze | Zip Wire | Bar |
| Archery | Fencing | Open Canoe | Raft Building | | | |





The class teachers will work with the pupils on allocating rooms based on:

- Friendships
- lights

Caythorpe residential 2025

What is your name: _____

Give the name of 5 friends you would like to share a room with.

1. _____
2. _____
3. _____
4. _____
5. _____

We allocate you with at least 1 friend but will try to get as many as we can.

Some children sleep with a small night light, while others need darkness, while most don't mind either. Please indicate which is important to you.

Tick one option:

- I don't mind []
- I need a small night light []
- I need complete darkness []

Staff who will attend

Richard Weller

Karen Whiter

Helen Gardiner

Samuel Gardiner

Natasha Eagleton

Charlotte Etherington



Mr Richard Weller
Year 4 – Okapi Class



Mrs Charlotte Etherington
Year 4 – Elephant Class



Mrs Karen Whiter
Year 5 – Jaguar Class



Helen Gardiner



Natasha Eagleton



Samuel Gardiner



Groups

- Activities
- Children will be split into 4 groups for activities.
- We will keep friendship groups together during the day as much as possible.



Menu

The food is delicious, with a choice of cooked breakfast or cereal and toast for breakfast.

There is a choice of meals each lunch/dinner time, all of which are traditional children's favourites and healthy alternatives.



REFUEL

WITH OUR

DELICIOUS MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Pork Sausages (gf) (289kcal)	Bacon (gf) (138kcal)	Pork Sausages (gf) (289kcal)	Bacon (gf) (138kcal)	Pork Sausages (gf) (289kcal)	Bacon (gf) (138kcal)	Pork Sausages (gf) (289kcal)
or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)	or Vegetable Sausages (ve) (gf) (279kcal)
Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)	Baked Beans (ve) (gf) (379kcal)
Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)	Hash Brown (ve) (gf) (443kcal)
Fresh Mushrooms (gf) (ve) (184kcal)	Plum Tomato (ve) (gf) (198kcal)	Fresh Mushrooms (gf) (ve) (184kcal)	Plum Tomato (ve) (gf) (198kcal)	Fresh Mushrooms (gf) (ve) (184kcal)	Plum Tomato (ve) (gf) (198kcal)	Fresh Mushrooms (gf) (ve) (184kcal)

Available every day: Porridge (v) with toppers* (488kcal), natural yoghurt (v) (gf) (58kcal), a selection of cereals (v), toast (ve)* and spreads (v)

LUNCH

Ham Pizza* (489kcal)	Jacket Potato (ve) (gf) (245kcal)	Homemade Beef Bolognese (gf) (397kcal)	Cheese Burger* (529kcal)	Harry Ramsden's™ Battered Fish* (523kcal)	Spicy Chicken & Vegetable Flatbread* (504kcal)	Roasted Chicken Breast (gf) (284kcal)
Margherita Pizza (v)* (520kcal)	Served with your choice of: Grated Cheddar (v) (gf) (188kcal), Baked Beans (ve) (gf) (379kcal), Tuna Mayo (gf) (109kcal)	Homemade Vegetable Ratatouille (ve) (gf) (338kcal)	Vegetable Burger (ve)* (388kcal)	Jumbo Pork Sausages* (603kcal)	Spicy Meatless Farm™ Plant-based Chicken & Vegetable Flatbread (ve)* (562kcal)	Meatless Farm™ Plant-based Chicken Breast (ve) (284kcal)
Served with: Skinny Fries (ve) (gf) (422kcal)	Homemade Chili Non Carne (ve) (gf) (224kcal)	Served with: Penne Pasta (ve)* (208kcal), Garlic Bread (v) (183kcal), Hard Cheese (v) (gf) (208kcal)	Served with: Ziggy Fries (ve) (gf) (408kcal)	Quorn™ Fishless Fingers (ve)* (252kcal)	Served with: Potato Wedges (ve) (gf) (408kcal)	Served with: Roast Potatoes (ve) (gf) (218kcal), Yorkshire Pudding (v)* (289kcal), Green Cabbage (ve) (gf) (49kcal), Carrots (ve) (gf) (158kcal), Gravy (ve) (gf) (184kcal)

Nothing you fancy? Cheese roll (v)* (568kcal), ham roll**** (464kcal) or tuna mayo roll* (602kcal) available each day. Tomato soup (ve) (gf) (48kcal) or vegetable soup (ve) (gf) (128kcal) with petit pain (v)* (29kcal) available each day.

DINNER

Fish Fingers* (204kcal)	Chicken Katsu Curry* (477kcal)	Chicken Tikka Masala (gf) (269kcal)	Chicken Nuggets*** (373kcal)	BBQ Chicken* (554kcal)	Chicken Chunks* (239kcal)	Homemade Beef Lasagne (489kcal)
Chicken with Tomato and Pepper Sauce (gf) (298kcal)	Homemade Mac n Cheese (v) (388kcal)	Homemade Cottage Pie (gf) (364kcal)	Homemade Beef Lasagne (488kcal)	Chicken Meatballs in Tomato Sauce (gf) (352kcal)	Homemade Tomato, Vegetable & Mascarpone Pasta Bake (v) (278kcal)	Pork Sausage Roll (288kcal)
Vegetable Chow Mein (ve) (372kcal)	Vegetable Fingers (ve)* (313kcal)	Vegetable Korma (ve) (gf) (320kcal)	Homemade Vegetable Lasagne (ve) (508kcal)	Meatless Farm™ Plant-based Meatballs in Tomato Sauce (ve) (gf) (278kcal)	Vegetable Chow Mein (ve) (272kcal)	Vegetable Fingers (ve)* (313kcal)
Sides: Penne Pasta (ve)* (304kcal), Potato Wedges (ve) (gf) (408kcal), Sweetcorn (ve) (gf) (208kcal), Carrots (ve) (gf) (158kcal)	Sides: White Rice (ve) (gf) (243kcal), Baby Potatoes (ve) (gf) (308kcal), Cauliflower (ve) (gf) (384kcal), Green Beans (ve) (gf) (243kcal)	Sides: White Rice (ve) (gf) (243kcal), Green Cabbage (ve) (gf) (49kcal), Sweetcorn (ve) (gf) (208kcal)	Sides: Garlic Bread (v) (183kcal), Potato Wedges (ve) (gf) (408kcal), Mixed Vegetables (ve) (gf) (308kcal)	Sides: Penne Pasta (ve)* (304kcal), Ziggy Fries (ve) (gf) (408kcal), Sweetcorn (ve) (gf) (208kcal), Garden Peas (ve) (gf) (183kcal)	Sides: Skinny Fries (ve) (gf) (422kcal), Sweet & Sour Sauce (ve) (gf) (178kcal), Green Beans (ve) (gf) (243kcal), Carrots (ve) (gf) (158kcal)	Sides: Potato Wedges (ve) (gf) (408kcal), Garlic Bread (v) (183kcal), Garden Peas (ve) (gf) (183kcal), Cauliflower (ve) (gf) (384kcal)
Homebaked Iced Sponge Cake (v)* (200kcal)	Homebaked Chocolate Brownie (v)* (223kcal)	Wibble Jelly (ve) (gf) (44kcal)	Waffle (v)* (188kcal)	Homemade Sultana Flapjack (ve)* (332kcal)	Cookie (v)* (333kcal)	Chocolate Muffin (v)* (322kcal)

Nothing you fancy? Penne pasta (ve)* with tomato sauce (ve) (gf) and Hard Cheese (v) (gf) available each day (248kcal)

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite region, vegetarian and meat salads are available at lunch and dinner. This range is not suitable for guests with coeliac disease please speak to a member of our catering management team.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy & Coeliac Disease information

We advise you speak to a member of the Catering Management Team if you have any food allergies, intolerances or coeliac disease. Not all ingredients are included in the menu descriptions, please ask. Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix and in part, the allergen board.

We handle numerous ingredients within our kitchens and cannot guarantee that our meals are free from allergens, with the exception of our gluten free dishes that contain gluten at a level of no more than 20 parts per million (ppm). Processes and training are in place to ensure that meals on this menu are gluten free.

ASK ABOUT ALLERGENS
WE ARE HAPPY TO HELP

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of carpaccio which is from a sustainable source and frozen fish.

Although every care has been taken, some small bones may remain in our fish, sausage, and chicken skewers & kebabs, some shell pieces may remain on our eggs.

* Small children can choke on seeds.

** Chopped and shaped chicken.

*** Where used, our ham is informed from selected cuts of Pork with added water.

Please ask for the vegan option where not listed for any services.


* Gluten free alternatives available. Please speak to the Catering Management Team in Camer.

Activities to be undertaken

- Survival skills
- Problem solving
- Buggy building
- Giant swing
- Sensory trail
- Jacob's ladder
- Abseiling
- Archery tag



2026 timetable

	Caythorpe Court 29/04/2026 – 01/05/2026	Provisional Activity Programme	Katherine Semar Junior School
	Booking Reference	AU26004377	

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
Wednesday	1				Arrive on Centre	Abseiling (AB2)	Buggy Building (BB3)	Campfire (CF4)
	2				Arrive on Centre	Abseiling (AB5)	Buggy Building (BB4)	Campfire (CF4)
	3				Arrive on Centre	Buggy Building (BB3)	Abseiling (AB2)	Campfire (CF4)
	4				Arrive on Centre	Buggy Building (BB4)	Abseiling (AB6)	Campfire (CF4)
	5				Arrive on Centre	Survivor (SU6)	Archery Tag (AT1)	Campfire (CF4)
Thursday	1			Problem Solving (PS3)	Survivor (SU1)	Archery Tag (AT1)	Jacob's Ladder (JL3)	Disco (DIS1)
	2			Survivor (SU1)	Problem Solving (PS3)	Archery Tag (AT2)	Jacob's Ladder (JL4)	Disco (DIS1)
	3			Problem Solving (PS4)	Survivor (SU3)	Jacob's Ladder (JL3)	Archery Tag (AT1)	Disco (DIS1)
	4			Survivor (SU3)	Problem Solving (PS4)	Jacob's Ladder (JL4)	Archery Tag (AT2)	Disco (DIS1)
	5			Buggy Building (BB4)	Problem Solving (PS5)	Jacob's Ladder (JL2)	Sensory Trail (ST5)	Disco (DIS1)
Friday	1			Sensory Trail (ST5)	Giant Swing (GS5)	Depart		
	2			Giant Swing (GS5)	Sensory Trail (ST5)	Depart		
	3			Sensory Trail (ST6)	Giant Swing (GS6)	Depart		
	4			Giant Swing (GS6)	Sensory Trail (ST6)	Depart		
	5			Giant Swing (GS4)	Abseiling (AB2)	Depart		

Kit List



Your child will need to take:

Sleeping bag, pillow and pillowcase

Bath towel

Wash kit

Nightwear

Waterproof coat PLEASE ENSURE THAT THE WATERPROOF COAT IS IN THE HAND LUGGAGE. Change of clothes for three days. **This must be suitable for taking part in the sporting activities planned.** Tracksuit bottoms (or other similar trousers), T shirts and sweatshirts are by far the best idea. Skirts, dresses and jeans are not practical and should not be taken.

Kit List



Your child will need to take:

Underwear

Socks

Must have at least one long sleeve top and long trousers/jogging bottoms. (May be required for participation in some activities).

Indoor slippers

2 pairs of sensible outdoor shoes/trainers

Sun cream (named)

2 empty, named plastic bags for dirty clothes or footwear.

The children may also bring a **small** cuddly toy for bedtime, suitable comics, books, top trump or card games.

Kit List



New this year!

Your child will need a sleeping bag or duvet.

A sleeping bag would be best.

Kit List



Special requests:

Please make sure that your child is prepared for winter weather – hats, gloves, coats.

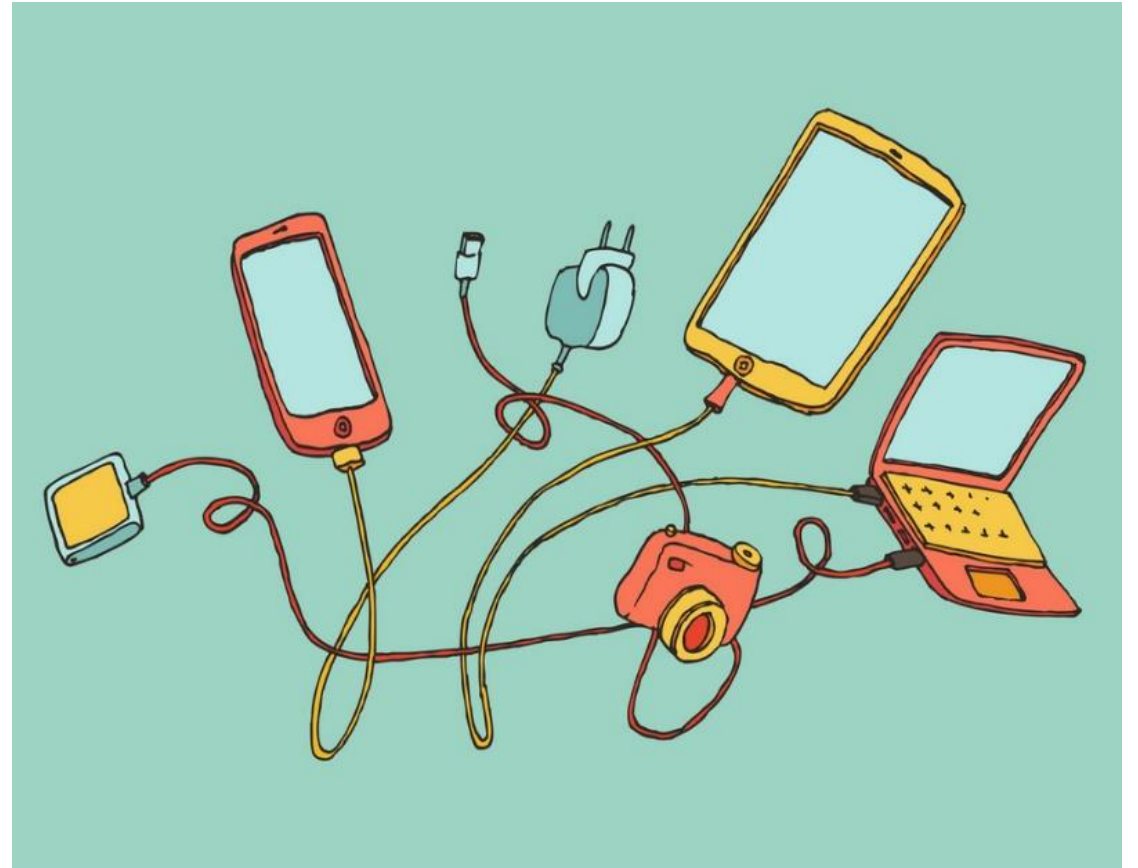
Please make sure that they have at least one complete change of clothes.

Label
everything!



Children are not allowed to bring:

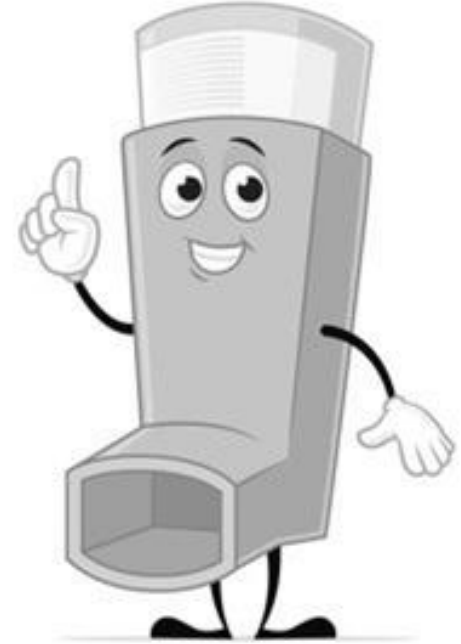
- Mobile phones.
- Electronic games.
- MP3 players or similar.
- iPads, tablets, Kindles or similar.
- Electrical gadgets – no hairdryers, hair straighteners etc.
- **No** food or drink (including sweets) are allowed.



Travel Pills and Medication:
If your child requires travel pills please administer them before they arrive at school for the outward journey.

Medication

All medication must be in named containers with dosage on and handed in at the Junior library on Tuesday 28th April – 8.30 am. This includes travel sickness tablets for the homeward journey.



Pocket Money

If you wish your child to buy a Caythorpe souvenir, you may send them with a maximum of £10 spending money.

This must be in an envelope, clearly marked with your child's name.

Money should be handed in on Tuesday 28th April in the school library.

There is no expectation that the children have to bring money to Caythorpe, but most do.

We will visit the shop once during the residential and the children will be able to buy souvenirs, but not sweets.



- All medicine and pocket money to be clearly labelled with child's name and any instructions and handed in to staff on Tuesday 28th April at 8.30am in the school hall
- The school will provide all children with a rucksack and high visibility jacket that they **must** bring with them. Rucksacks will be handed out on Tuesday 28th April.
- On the day the children will need their small packed case, and a small rucksack (provided by the school), containing their water bottle, waterproof coat/mac (preferably with hood in case it rains). Children must be able to carry their own suitcases.
- Please meet in the hall at 8:30am. The coach will leave at about 9:30 am, so no need to wait around to wave us off!
- We plan to return to school for 4pm on Friday 1st May, but... this time is dependent on traffic, and we could be early or late.
- If you have any specific concerns, please see Mr Weller, Mrs Whiter or Mrs Puxley after this meeting.

- Thank you for coming...
- Please do stay if you have any questions...