



The King's (The Cathedral) School
Peterborough

A Family Achieving Excellence

Year 9 Activities Week



**PGL Caythorpe,
Lincolnshire**

08-12 July 2024



Activities Week takes place during the week commencing Monday 08 July 2024. Year 9 students are offered various activities during a residential week, which provide opportunities that meet most of the requirements of the Outdoor and Adventurous Activities element of their Physical Education.

Students will be meeting challenges in unfamiliar, interesting and exciting situations, which will test their endurance and determination and also their ability to work effectively as part of a team. They will develop skills in leadership, independent thinking and problem-solving.

This week can be paid for either in advance in one payment or in instalments to suit you.

If you would like to discuss any aspect of Activities Week, you can contact:

Mrs. Thurlow: thurlow.l@kings.peterborough.sch.uk

Mrs. Shortland: shortland.r@kings.peterborough.sch.uk

or telephone either of us at School on 01733 751541.

We feel sure that your child will have a most enjoyable, challenging and active week.

Mrs. L Thurlow
Activities Week Co-Ordinator



Year 9 will spend 4 nights at PGL Caythorpe Court in Lincolnshire.

Caythorpe Court is set in 240 acres. The centre is run by specialist staff who will run a programme of outdoor and adventurous activities. Our own staff will be present throughout.

Accommodation - will be in rigid frame tents which stand on hard, 'all weather' bases: each tent has frame beds each with a protected mattress. All the tents are grouped together in their own area of the site which has its own showers and separate boys/girls toilet blocks.

Catering - all meals and activities are included. There is a large well equipped dining room catering for all dietary requirements (halal, gluten free, vegan, vegetarian, etc.). Students will be able to have cooked/cereal breakfast, salad/baguette/fruit lunch and choice of an evening hot meal.

Activities - students are in groups of 12 each with their own instructor and School member of staff. There are 4 activities each day two in the morning and two in the afternoon lasting around 1.5 hours each. There will be some water based activities which will require extra clothes (there are drying facilities available).

Students are not allowed to bring their mobile phones on the trip, please ensure they are left at home.

Please make sure that you have made clear arrangement with your child about how they will get home after drop off.

Programme for the Week

Departure Time on Monday 08 July

- 8.30 a.m. Arrive at school and check in in the Hall
- 9.00 a.m. Sports activities in School.
- 12.00 p.m. Packed lunch at school.
- 1:15 p.m. Depart for Caythorpe

Departure Time on Friday 12 July

- 1:15 p.m. Depart Caythorpe
- 2:30 p.m. ETA King's

Daily Programme:

- 7.30 a.m. - 8.30 a.m. Breakfast
- 8.50 a.m. - 12.10 p.m. 2 x activity sessions
- 12.10 p.m. - 2.00 p.m. Lunch
- 2.10 p.m. - 5.20 p.m. 2 x activity sessions
- 5.30 p.m. - 7.30 p.m. Evening meal
- 7.30 p.m. - 9.00 p.m. Evening activity
- 9.30 p.m. - 10.00 p.m. Bed
- 10.30 p.m. Lights out and quiet

There is a wide range of activities for us to participate in at Caythorpe and these will be confirmed nearer the time. An example of these activities can be found at: [Caythorpe Court Activity Centre nr Grantham - Secondary School Trips \(pgl.co.uk\)](http://www.pgl.co.uk)



KIT LIST

- * T-shirts (*including long sleeve t-shirts which are required for some activities*)
- * Fleece/jumpers
- * Lightweight waterproof jacket
- * Trousers/leggings/tracksuit bottoms/shorts (**NO jeans**)
- * Footwear: trainers (*min 2 pairs including an old pair for getting muddy and wet and a carrier bag*)
- * Socks and underwear
- * Sleeping bag, pillow
- * Pyjamas
- * Towel, swimming costume
- * Toiletries: soap, flannel, toothbrush, toothpaste, shampoo, etc
- * Water bottle
- * Hat
- * High factor Sun Cream (*Water Resistant*)
- * Tissues
- * Baby wipes (*great for a quick freshen up*)
- * Small clock/watch
- * Small rucksack/day bag
- * Medication (**clearly labelled**)
- * Torch and batteries - a must! (*one of the evening activities will require a torch*)
- * £10-15 to purchase small items from service stations and/or gifts from shop on site.

PLEASE DO NOT BRING:

- | | |
|------------------------------|----------------------------------|
| X Electrical Devices | X Computer Games/Consoles |
| X Jewellery/Valuables | X Aerosols |
| X Vapes | X Mobile Phones |

No Mobile Phones!

Students not going on the Residential:

Programme for the Week:

Monday a.m.	Blue Plaque Walk
Monday p.m.	Work on Presentations
Tuesday a.m.	Cultural Quiz and Problem Solving
Tuesday p.m.	Problem Solving
Wednesday a.m.	Cathedral Tower Tour
Wednesday p.m.	Problem Solving and Work on Presentations
Thursday all day:	Walk to Ferry Meadows - Orienteering Course
Friday a.m.	Problem Solving
Friday p.m.	Presentations

Packed lunches will be provided.

CLOTHING AND APPEARANCE

Although the week is a non uniform week the school requires all students to dress appropriately for the activities and wear sensible footwear. We would appreciate it if the following are not worn:

Football Shirts

Crop tops

Flip Flops

Inappropriate statements on T-Shirts

Thank you in advance for your co-operation.

COSTINGS

www.kings.peterborough.sch.uk



CONTACTS

Activities Week Co-ordinator: Mrs L Thurlow
thurlow.l@kings.peterborough.sch.uk

Finance:
finance@kings.peterborough.sch.uk

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