



**LARKRISE PRIMARY SCHOOL**  
Dorset Avenue, Gt. Baddow, Chelmsford CM2 9UB

Tel: (01245) 471654

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Headteacher: Ms. K Allen  
Learning Together – Achieving Excellence



## Year 6 Residential – Overstrand Hall, PGL: 8<sup>th</sup>-10<sup>th</sup> June 2026

19<sup>th</sup> May 2026

Dear Parents,

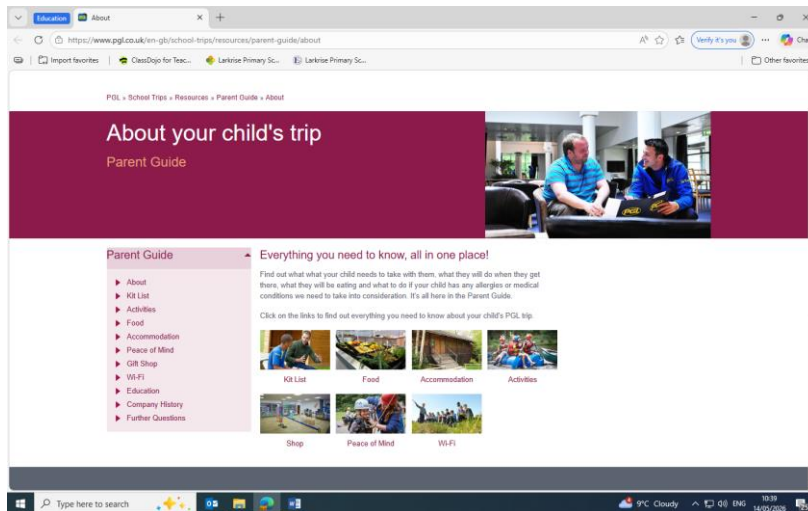
On Tuesday 2<sup>nd</sup> June there will be a meeting in the Year 6 classroom at 3.20pm for parents and children about the PGL Residential Trip.

There will be an opportunity for you to ask any questions and voice any concerns you might have.

Please complete the attached Emergency Contact and Medication Form and return by Tuesday 2<sup>nd</sup> June. Please ensure you write everything down on the medical form including whether your child is a sleep walker and bed wetter.

Please look at the website below, which should answer any questions you may have. You can also find a kit list here for you to check over the half term break (also attached for your reference), in preparation for your trip:

[www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about](http://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about)



Yours sincerely

Mrs D Collins-Duncan  
Class Teacher



Quantum Multi-Academy Trust  
Registered Address: Duffield Road | Chelmsford | Essex | CM2 9RZ  
Company Number: 16466679



# WHAT TO BRING

*Please ensure that all items are named.*

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
    - T-shirts
    - Long sleeved shirt/T-shirts
    - Waterproof jacket
    - Fleeces/jumpers
  - Trousers or leggings**  
but not jeans as they get heavy and cold when wet
  - Underwear & socks**
  - Swimming costume/trunks**  
for water activities
  - 1 or 2 sets of clothes for the evening
  - Suitable nightwear
- Your arms will need to be covered to do some activities.*
- Your socks will need to cover your ankles to do some activities.*

## FOOTWEAR

- 2 pairs of trainers
  - 1 for activities
  - 1 old pair for watersports
- 1 pair of dry shoes for evening activities

*We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas*

## OTHER ITEMS

- 2 towels
  - 1 for showering
  - 1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- Hair ties for long hair
- Torch
- Pocket money £10-20 Recommended

## TRAVELLING IN THE...

**...SUMMER?**

- Shorts
- Baseball cap/sun hat
- Sunscreen

**...WINTER?**

- Warm coat
- Hat and gloves

### Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

### Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

### What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

#### Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimsuit (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

#### Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

#### Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

## PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

*If you bring your mobile phone, please note, it is not covered by our insurance.*





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**Larkrise Primary School**

**Year 6 Residential trip to**

**Overstrand Hall, PGL: 8<sup>th</sup> – 10<sup>th</sup> June 2026**

**EMERGENCY CONTACT AND MEDICATION FORM**

Child's Name..... Date of Birth.....

Address .....

.....

Telephone Number .....

**Dietary Requirements:**

Please indicate below if your child is a vegetarian or has any specific dietary requirements:

**Medical Conditions:**

**Medication\***

Please indicate below if your child requires regular medication and details of dose and how often it should be administered:

**\*It is your responsibility to hand over specific medication on the morning of the visit.**

Please note: Should your child have any prescription medication at the time of the trip, another form will need to be completed in order for our staff to administer.





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**Permission for Pain Relief**

The school are happy for you to provide any pain relief for minor aches and pains however we will have some Calpol and Calprufen liquids as well as some Paracetamol tablets available.

Please sign below to consent for staff to administer pain relief at their discretion. Also please state the preferred type of pain relief.

Preferred pain relief \_\_\_\_\_

I hereby consent for staff to administer medication as prescribed, and any pain relief as appropriate during the residential trip.

**Date of last Tetanus.....**

**Emergency Contact details**

Name: .....

Telephone Number: .....

**Doctor's Name Address and Telephone Number:**

.....  
.....

Signed: ..... Parent/Guardian

