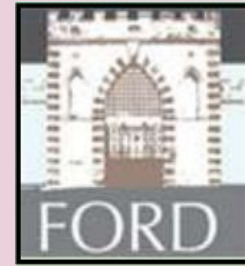


# Ford Castle 2025



# WHEN?

## 2025 JUNE

May  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

July  
1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# WHO?



# WHY?

Our Ford Castle residential provides an opportunity to learn and develop through exciting, memorable and fun experiences.

# WHERE?



Ford is a Medieval English Castle in the beautiful Northumberland countryside.

The castle is set in acres of private grounds, with a range of on-site adventure activities.



# WHAT?



**Aeroball**



**Archery**



**Sensory Trail**



**Zip Wire**



**Challenge Course**



**Fencing**

# WHAT?

## Day 1 - Wednesday

Arrive at school  
(8:30am)  
Safety talks  
Travel to Ford Castle  
(11 - 12pm)  
Lunch  
Settle into dormitories  
Afternoon activities  
(2 - 6pm)  
Dinner  
Twilight activities  
Sleep (hopefully)

## Day 2 - Thursday

Breakfast  
Morning activities  
(9am - 1pm)  
Lunch  
Afternoon activities  
(2 - 6pm)  
Dinner  
Twilight activities  
Sleep (more likely)

## Day 3 - Friday

Breakfast  
Morning activities  
(9am - 1pm)  
Lunch  
Travel back to school  
Sleep (definitely)





# HEALTH AND SAFETY

Safety is our top priority.

Instructors at Ford hold the necessary qualifications (GNAS, BUC, BFA and First Aid) and check equipment before and after every use.

Activity appropriate equipment is provided for every student, including harnesses and helmets where necessary.

We complete all the required risk assessments in advance of the trip, which are then approved by Northumberland County Council.



# HEALTH AND SAFETY

## EVOLVE





 Northumberland  
County Council

### SPPS Ford Castle 2024

#### Visit Type & Date

ID:	245563
Establishment:	Swansfield Park Primary School (Pele Trust) (01665602267)
Onsite Enrichment Activity:	<input checked="" type="checkbox"/>
Overseas:	
Residential:	<input checked="" type="checkbox"/>
Adventurous:	<input checked="" type="checkbox"/>
Adventurous (led by establishment staff):	
None of the Above:	
Dates:	05/06/2024 - 07/06/2024 (3 days)
EVC:	Charlotte Murdy

#### Staffing & Participants

Leader Name:	<a href="#">Craig Warburton</a> - Male
Attendee Group:	Year 4: (8-9 yrs.)
Attendees on Reg:	0
Intended Attendees:	44(M=19 F=25) 
Staff (Employees):	<a href="#">Lisa Pickard</a> , <a href="#">Ewelina Sapor</a> , <a href="#">Amy Smith</a> , <a href="#">Claire Wallwork</a> ,
Volunteers:	
Staffing:	5 Employees + 0 Volunteers = 5 Staff 

#### External Providers & Destination

Provider/Venue:	External Provider: <a href="#">PGL Ford Castle (03333212100)</a> LOTC QB No: 105150 (expires: 01/06/2026 PLI: E3000000)
Venue/Accommodation address:	

#### Travel Arrangements

Travel Method:	
Travel Company:	

#### Purpose & Activities

Primary Purpose:	Adventure
Secondary Purpose:	Personal Development
Intended Outcomes:	<ol style="list-style-type: none"><li>1. Participation and experience of adventure-based activities</li><li>2. Development of team work and communication skills</li><li>3. Development of self-confidence and resilience</li><li>4. Development of problem solving skills</li></ol>
Adventurous Activities:	Multi-Activities (Ext Provider) @ PGL Ford Castle Archery @ PGL Ford Castle High/Low level ropes courses @ PGL Ford Castle

# HEALTH AND SAFETY



PGL, Ford Castle holds the Quality Badge awarded by the Council for Learning Outside the Classroom and are a full member of BAPA (British Activity Providers Association)

A range of adventure activities are offered on site and children are encouraged to challenge themselves every day.



# WHERE WILL WE BE SLEEPING?

We sleep in dormitories inside the castle.

Everyone will be with at least one chosen friend.

There are adjacent bathroom facilities.

Teachers' dorms are nearby, usually right next door.



# WHERE WILL WE BE SLEEPING?

## Ford Castle Residential

### Friendship Groups

Please choose **four** friends that you would like to share a room with and return this form to school as soon as possible. Please note that activity groups will be different from dormitory groups; you will be mixing with different people over the course of the three days.

You will share a room with at least **one** of your friends.

My name: \_\_\_\_\_

My friends' names: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# FOOD



# BREAKFAST



# LUNCH





# DINNER



# WEDNESDAY'S LUNCH

There is always a vegetarian option available, allergies are catered for and staff are very accommodating.

Available everyday:  
homemade soup (ve) with bread roll (v)

## Homemade Beef Bolognese [GF](#)

*Beef mince cooked in a traditional Bolognese sauce*

1 Childs Serving [ⓘ](#)

1 Adult Serving [ⓘ](#)

100g [ⓘ](#)

## Homemade Vegetable Ratatouille [V](#) [VE](#) [GF](#)

*Courgettes, onions and mixed peppers in tomato sauce*

1 Childs Serving [ⓘ](#)

1 Adult Serving [ⓘ](#)

100g [ⓘ](#)

## Tuna Mayo Roll [Gluten Free Alternative Available](#)

2 Rolls [ⓘ](#)

100g [ⓘ](#)

## Ham Roll [Gluten Free Alternative Available](#)

2 Rolls [ⓘ](#)

100g [ⓘ](#)

## Grated Hard Cheese [V](#) [GF](#)

1 Serving [ⓘ](#)

100g [ⓘ](#)

## Sheese Vegan Sandwich [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Serving [ⓘ](#)

100g [ⓘ](#)

## Cheese Roll [Gluten Free Alternative Available](#) [V](#)

2 Rolls [ⓘ](#)

100g [ⓘ](#)

## Penne Pasta [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Childs Serving [ⓘ](#)

100g [ⓘ](#)

1 Adult Serving [ⓘ](#)

## Garlic Bread [V](#)

2 Slices [ⓘ](#)

100g [ⓘ](#)

# WEDNESDAY'S DINNER

## Chicken Tikka Masala **GF**

*Chicken strips in a mild tikka sauce with carrots and potatoes*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Homemade Cottage Pie **GF**

*Beef mince, cooked in gravy with onions, peas & carrots topped with mashed potato.*

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Vegetable Korma **V VE GF**

*Mixed vegetables cooked in a mild korma sauce*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Penne Pasta with Tomato Sauce & Grated Cheese **Gluten Free Alternative Available V**

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## White Rice **V VE GF**

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Sweetcorn **V VE GF**

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Green Cabbage **V VE GF**

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Wibble™ Raspberry Jelly **V VE GF**

1 Serving ⓘ

100g ⓘ



# THURSDAY'S BREAKFAST

Available every day: porridge, cereal, yoghurt (v), white or brown toast (ve) & jam.

## Bacon [GF](#)

1 Rasher [i](#)

2 Rashers [i](#)

100g [i](#)

## Vegetable Sausages [v](#) [VE](#) [GF](#)

1 Childs Serving [i](#)

1 Adult Serving [i](#)

100g [i](#)

## Plum Tomato [v](#) [VE](#) [GF](#)

1 Childs Serving [i](#)

100g [i](#)

1 Adult Serving [i](#)

## Toast with Sunflower Spread & Jam [Gluten Free Alternative Available](#) [v](#)

2 Slices [i](#)

100g [i](#)

## 6oz Ladle Porridge with Toppings [v](#)

6oz ladle with Toppings [i](#)

100g [i](#)

## Baked Beans [v](#) [VE](#) [GF](#)

1 Childs Serving [i](#)

100g [i](#)

1 Adult Serving [i](#)

## Hash Browns [v](#) [VE](#) [GF](#)

1 Hash Brown [i](#)

2 Hash Browns [i](#)

100g [i](#)

## Corn Flakes with Semi Skimmed Milk [v](#)

3/4 Bowl with 150ml Semi Skimmed Milk [i](#)

100g [i](#)

## Crisp Puffed Rice with Semi Skimmed Milk [v](#)

3/4 Bowl with 150ml Semi Skimmed Milk [i](#)

100g [i](#)

## Weetabix™ with Semi Skimmed Milk [v](#) [VE](#)

2 Weetabix™ Biscuits with 150ml Semi Skimmed Milk [i](#)

100g [i](#)

# THURSDAY'S LUNCH

Available every day:  
homemade soup (ve) with  
bread roll (v)

## Cheese Burger with Bun [Gluten Free Alternative Available](#)

*British and Irish 100% Aberdeen Angus beef burger topped with cheese served in an unseeded bun*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Vegetable Burger in a Bun [Gluten Free Alternative Available](#) [V](#) [VE](#)

*Breaded vegetable burger in an unseeded bun*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Tuna Mayo Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Cheese Roll [Gluten Free Alternative Available](#) [V](#)

2 Rolls ⓘ

100g ⓘ

## Ham Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Ziggy Fries [V](#) [VE](#) [GF](#)

1 Child Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Sheese Vegan Sandwich [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Serving ⓘ

100g ⓘ

# THURSDAY'S DINNER

## Chicken Nuggets [Gluten Free Alternative Available](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Homemade Vegetable Lasagne [v](#) [VE](#)

*Pasta layered with vegetables and topped with vegan cheese style sauce*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Homemade Beef Lasagne [Gluten Free Alternative Available](#)

*Homemade lasagne topped with cheddar & mozzarella cheese*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Penne Pasta with Tomato Sauce & Grated Cheese [Gluten Free Alternative Available](#) [v](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Mixed Vegetables [v](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Potato Wedges [v](#) [VE](#) [GF](#)

*deep fried potato wedges*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## or Jacket Potato Wedges [v](#) [VE](#) [GF](#)

1 Child Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Garlic Bread [v](#)

2 Slices ⓘ

100g ⓘ

## Waffle [Gluten Free Alternative Available](#) [v](#)

1 Serving ⓘ

100g ⓘ



# FRIDAY'S BREAKFAST

Available every day: porridge, cereal, yoghurt (v), white or brown toast (ve) & jam.

## Pork Sausage [GF](#)

*Gluten Free Pork Sausage*

1 Childs Serving, 1 Sausage ⓘ

1 Adult Serving, 2 Sausages ⓘ

100g ⓘ

## Hash Browns [V](#) [VE](#) [GF](#)

1 Hash Brown ⓘ

2 Hash Browns ⓘ

100g ⓘ

## Corn Flakes with Semi Skimmed Milk [V](#)

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

## Crisp Puffed Rice with Semi Skimmed Milk [V](#)

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

## Weetabix™ with Semi Skimmed Milk [V](#) [VE](#)

2 Weetabix™ Biscuits with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

## Baked Beans [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Vegetable Sausages [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Fresh Mushrooms [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Toast with Sunflower Spread & Jam [Gluten Free Alternative Available](#) [V](#)

2 Slices ⓘ

100g ⓘ

## 6oz Ladle Porridge with Toppings [V](#)

6oz ladle with Toppings ⓘ

100g ⓘ

# FRIDAY'S LUNCH

Available every day:  
homemade soup (ve) with  
bread roll (v)

## Harry Ramsden™ Battered Fish [Gluten Free Alternative Available](#)

Harry Ramsden's™ MSC, pollock fillets fried in a crispy golden batter

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Jumbo Pork Sausage [Gluten Free Alternative Available](#)

Seasoned Jumbo Pork Sausage

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Quorn™ Fishless Fingers [Gluten Free Alternative Available](#) [V](#) [VE](#)

Vegan fishless fingers

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

## Mushy Peas [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

## Skinny Fries [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adults Serving ⓘ

100g ⓘ

## Tuna Mayo Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Cheese Roll [Gluten Free Alternative Available](#) [V](#)

2 Rolls ⓘ

100g ⓘ

## Ham Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

## Sheese Vegan Sandwich [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Serving ⓘ

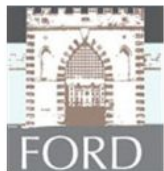
100g ⓘ



# THE SAPOR OF APPROVAL



# WHAT WILL I NEED?



## Ford Castle - Kit List

### Essential Items

- 1 bath towel
- Toilet tag containing toothbrush, toothpaste, facewash, hairbrush / comb, soap, shampoo etc.\*
- Pyjamas
- Several pairs of socks and underwear
- 4 t-shirts, shirts or blouses, at least 2 with long sleeves
- 2 sweatshirts, 1 thick and 1 light
- 3 pairs of trousers and/or tracksuit bottoms
- Waterproof jacket & trousers (**These are a MUST**)
- 2 pairs of trainers (1 old pair for activities, as they will undoubtedly get caked in mud!)
- 1 pair of indoor shoes (e.g. Crocs)
- Large plastic bag for dirty clothes
- Small backpack for during the day
- Sun hat
- Sun lotion
- Water bottle
- Disposable camera
- Book
- Teddy
- £10 pocket money



As delightful as the smell of room full of people covering themselves in Lynx Africa with an undertone of sweaty socks is, the smoke detectors are very sensitive so we ask children to bring roll-on deodorant rather than a spray!



# GIFT SHOP PRICE LIST



## TOYS

- Teddy Bears.....from £5.00
- Football.....£6.00
- Basketball.....£6.00
- Bouncy Ball.....£1.00



## STATIONERY

- Notebook & Pen.....£3.50
- Colouring Pencils.....£2.50
- Pencils.....£1.00
- Pen.....£1.00
- Rubbers.....from 40p



## ACCESSORIES

- Water Bottle.....£4.50
- PGL Medal.....£3.00
- LED Torch.....£3.00
- Badges.....from £1.00
- Wristbands.....£1.00
- Coaster.....£2.50



## CLOTHES

- Caps.....£5.50
- T-shirts.....£7.50

## GIFTS

*Treat someone you love...*

- Keyrings.....£3.00
- Magnets.....from £2.50
- Mugs.....£4.50
- Postcards.....£0.50



# GIFT SHOP



Gift Shop

# WHAT WILL I NEED?

- We **WILL** get extremely muddy so please send old clothes, NOT your child's newest outfits and the latest fashions!
- Please name all clothing and put a packing list in the bag. Please also pack the bag with your child so that they know what they have and where it is!
- Remember that your child will have to carry their own bag to and from the bus.
- Long hair must be tied back for all activities.
- No electronics (mobile phones, computer games, mp3 players, iPads etc.)
- No sweets, food or drinks. There will be plenty of food, your child will not go hungry! Drinks are provided regularly during the day.

# BY MONDAY 7<sup>TH</sup> APRIL

## Participant Consent Form

For Category 2/Adventurous & Residential Visits

### Visit Details

Visit Name: Ford Castle Residential 2025      Dates: From: 04.06.25

Planned Activities: Year 4 Residential Trip to Ford Castle 2025

### Participant Details

Name of child: \_\_\_\_\_ Class/Group: \_\_\_\_\_

Address: \_\_\_\_\_

Sex: (as birth certificate) \_\_\_\_\_

Gender identity: \_\_\_\_\_  
(if differs to certificate)

### Details of parent (or person with parental responsibility) completing this form

Your name: \_\_\_\_\_ Your relationship to participant: \_\_\_\_\_

Your Address: \_\_\_\_\_  
(if different from participant)

Your phone numbers: \_\_\_\_\_

Your email: \_\_\_\_\_

### Details of any other parent (or person with parental responsibility)

Name: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Address, phone number and email: \_\_\_\_\_  
(if different from yours)

### Emergency contact details:

(Please provide details of any other person who can be contacted in an emergency if you or the other parent above might not be available)

Name: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Phone numbers: \_\_\_\_\_

Bonus points if you spot the typo on your copy.

## Ford Castle Residential

### Friendship Groups

Please choose **four** friends that you would like to share a room with and return to school as soon as possible. Please note that activity groups will be different from dormitory groups; you will be mixing with different people over the course of the three days.

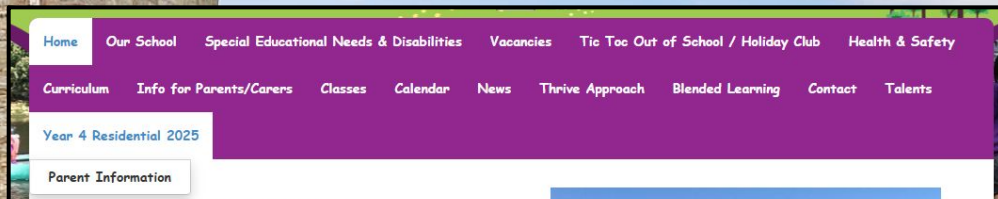
You will share a room with at least **one** of your friends.

My name: \_\_\_\_\_

My friends' names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please also make sure that you have let the office know which type of hat you would like.

# DON'T WORRY, THERE ISN'T A TEST!



## Parent Information

No doubt your child is buzzing with excitement for the upcoming residential trip on Wednesday 4th June to Friday 6th June!

On this page you will find all the information that you and your child will need before they embark on their first school residential. If there is anything else you need, or any questions that you have, please don't hesitate to contact your child's class teacher via the email address on their class homepage.

 [Presentation to Parents \(1 April 2025\)](#)

 [Kit List 2025](#)

 [Friendship Form](#)

 [Parental Consent Form](#)

 [Initial Letter to Parents \(September 2024\)](#)

 [Ford Castle](#)

 [Menu](#)