



St Dunstan's School  
GLASTONBURY

## KS3 Camp 15th - 17th July 2026



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# PGL – OSMINGTON BAY, DORSET

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### Overview:

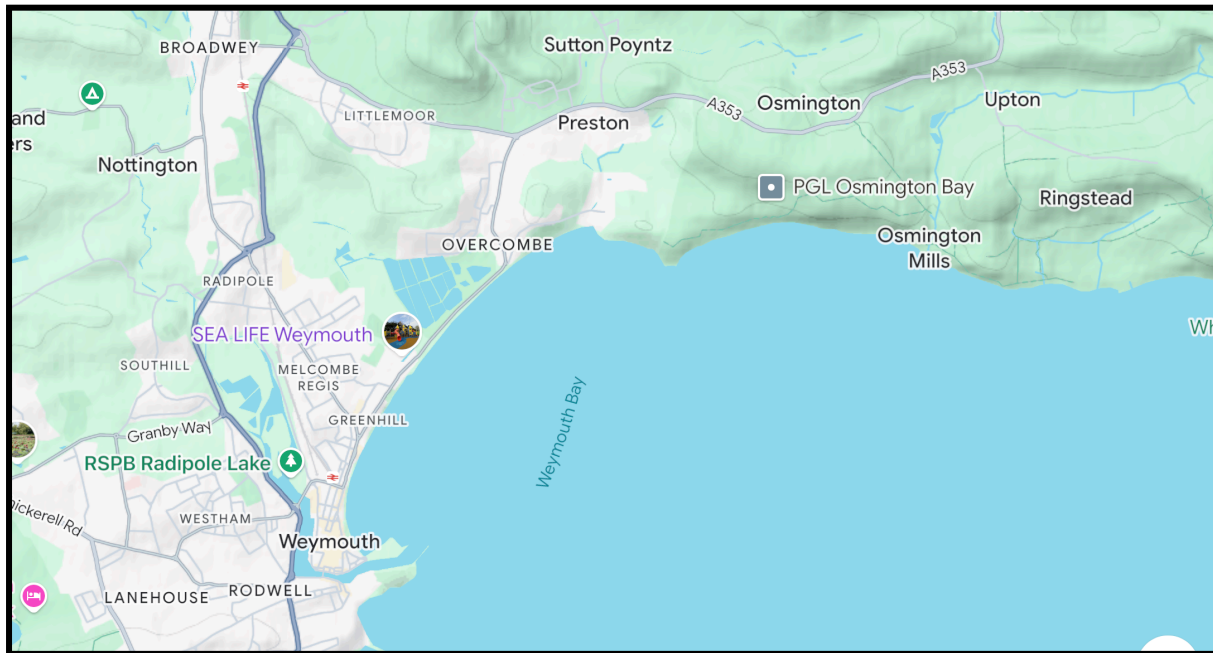
The residential will be run over the course of 3 days and 2 nights, with the aim of:

- Having fun and creating life lasting memories.
- A challenge by choice focuses on helping promote self-esteem.
- Development of social skills and team work.

<https://schoolsandgroups.pgl.co.uk/centres/osmington-bay/>

## Location:

Osmington Bay, Shortlake Lane, Osmington, Weymouth, DT3 6EG



What Three Words: **///paces.defeated.passenger**



## Kit List:

Item	Check
Torch	
Night wear	
Sleeping bag	
Pillow	
Underwear and socks	
Warm clothes (suitable for outdoor activities)	
Clothing suitable for sports activities (we recommend both short and long items as some harnesses that are worn for activities such as high ropes may require long trouser bottoms)	
Waterproof jacket	
Trainers (suitable for outdoor activities)	
Towel/ Wash kit/toiletries	
2 <sup>nd</sup> towel (to be used after water activities)	
Suntan lotion	
Hat/cap	
Swimwear	
Sturdy trainers (suitable for getting wet)	
Indoor shoes (E.g. sliders, flip flops)	
Rucksack	
Water Bottle (500ml+)	
Spending money	
Spare bin liner	
Any medication (This needs to be labelled and handed to a member of staff on the morning of departure)	

Students may bring their mobile phones however they are only to be used during social times. The same rules as school apply during activities or organised sessions:

**NOT SEEN**

**NOT HEARD**



## Things you need to know:

- On day 1 we will be eating a packed lunch when we arrive and using an area for sports activities until our leaders are ready for us.
- Students will need to **bring a packed lunch for the first day** to eat upon arrival.
- You must be at school at **8:45 on the day you leave**. We will leave without you if you are not on time!
- We aim to stop along the way for toilets/refreshments.
- Any medication will need to be labelled and handed to a member of staff before we leave.
- Students will need to **bring sleeping bags and pillows**.
- Students will be put into groups of 8-10 before the trip and assigned to a member of staff. They will be participating in activities in these groups

## Accommodation:

There is the newly renovated accommodation block/chalets with ensuite rooms of 4-6 students per room (details will be shared with students once the accommodation is known).

## Final Day Departure:

We aim to leave after lunch on Friday 17th July, sometime mid-afternoon, arriving back to school by 5-6pm (this time may vary and be earlier).

**Students can contact parents using their mobile phones if anything changes**, staff will also contact parents of those students who cannot contact themselves. We will update the arrival time on the school Facebook page.

Example timetable of activities. This will be finalised for St Dunstan's in the coming weeks.

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
<b>Monday</b>	1				Arrive on Centre	Rifle Shooting (R3)	Survivor (SU3)	Quiz (QZ3)
	2				Arrive on Centre	Survivor (SU3)	Rifle Shooting (R3)	Quiz (QZ3)
	3				Arrive on Centre	Archery (A1)	Survivor (SU4)	Quiz (QZ3)
<b>Tuesday</b>	1			Abseiling (AB4)	Archery (A2)	Vertical Challenge (VC2)	Fencing (F1)	Campfire (CF1)
	2			Archery (A2)	Abseiling (AB4)	Fencing (F1)	Vertical Challenge (VC2)	Campfire (CF1)
	3			Rifle Shooting (R3)	Abseiling (AB2)	Climbing (CL2)	Sensory Trail (ST2)	Campfire (CF1)
<b>Wednesday</b>	1			Climbing (CL4)	Problem Solving (PS4)	Giant Swing (GS1)	Buggy Building (BB1)	Disc Golf (DG1)
	2			Problem Solving (PS4)	Climbing (CL4)	Buggy Building (BB1)	Giant Swing (GS1)	Disc Golf (DG1)
	3			Problem Solving (PS3)	Buggy Building (BB2)	Giant Swing (GS2)	Raft Building (RB1)	Disc Golf (DG1)
<b>Thursday</b>	1			Raft Building (RB1)	Archery Tag (AT1)	Jacob's Ladder (JL1)	Sensory Trail (ST1)	Disco (DIS1)
	2			Archery Tag (AT1)	Raft Building (RB1)	Sensory Trail (ST1)	Jacob's Ladder (JL1)	Disco (DIS1)
	3			Archery Tag (AT1)	Vertical Challenge (VC2)	Fencing (F2)	Jacob's Ladder (JL2)	Disco (DIS1)
<b>Friday</b>	1			Aquafun / Swimming (SW1)	Aeroball (AE1)	Depart		
	2			Aquafun / Swimming (SW2)	Aeroball (AE2)	Depart		
	3			Aquafun / Swimming (SW3)	Aeroball (AE3)	Depart		

**SAMPLE MENU (below):**

Osmington Bay pride themselves on catering for all special dietary requirements and ensuring students have three good meals a day.

# REFUEL

WITH OUR

# DELICIOUS MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## BREAKFAST

Available every day: Porridge with toppings\*, smoothie, a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>	Baked Beans (ve) <small>(veal)</small>
Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>	Hash Browns (ve) <small>(veal)</small>
Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>	Fresh Mushrooms (ve) <small>(veal)</small>
Sausages <small>(veal)</small>	Bacon <small>(veal)</small>	Sausages <small>(veal)</small>	Bacon <small>(veal)</small>	Bacon <small>(veal)</small>	Bacon <small>(veal)</small>	Sausages <small>(veal)</small>	Bacon <small>(veal)</small>
Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>	Quorn™ Vegan <small>(veal)</small>
Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>	Cumberland (ve) <small>(veal)</small>

## LUNCH

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

Pepperoni Pizza <small>(veal)</small>	Beef Burger <small>(veal)</small>	Battered Chicken Chunks <small>(veal)</small>	Homemade Beef Bolognese <small>(veal)</small>	Battered Fish <small>(veal)</small>	Jacket Potato (ve) <small>(veal)</small>	Roast Beef <small>(veal)</small>
Margherita Pizza (v) <small>(veal)</small>	Meatless Farm™ Plant Based Burger <small>(veal)</small>	Vegetable Nuggets (ve) <small>(veal)</small>	Homemade Vegetable Ratatouille (ve) <small>(veal)</small>	Jumbo Sausage <small>(veal)</small>	Served with your choice of: Grated mild cheddar (v) <small>(veal)</small> , Grated mild cheddar (v) <small>(veal)</small> , Sweetcorn (ve) <small>(veal)</small> , Sausage, Sweet Chilli Sauce (ve) <small>(veal)</small>	Meatless farm™ Plant-based Chicken Breast (ve) <small>(veal)</small>
Plant-based Margherita Pizza (ve) <small>(veal)</small>	Served with: Skinky Fries (ve) <small>(veal)</small>	Served with: Potato Wedges (ve) <small>(veal)</small> , Sausage, Garden Peas (ve) <small>(veal)</small> , Sweetcorn (ve) <small>(veal)</small> , Sausage, Sweet Chilli Sauce (ve) <small>(veal)</small>	Served with: Penne Pasta (ve) <small>(veal)</small> , Tomato, Garlic Bread (v) <small>(veal)</small> , Grated mild cheddar (v) <small>(veal)</small>	Quorn™ Fishless Fingers (ve) <small>(veal)</small>	Served with: Skinky Fries (ve) <small>(veal)</small> , Sausage, Garden Peas (ve) <small>(veal)</small>	Served with: Roast Potatoes (ve) <small>(veal)</small> , Yorkshire Pudding (v) <small>(veal)</small> , Fresh Broccoli (ve) <small>(veal)</small> , Baby Carrots (ve) <small>(veal)</small> , Gravy (ve) <small>(veal)</small>

## DINNER

Chicken Katsu Curry <small>(veal)</small>	Fish Fingers <small>(veal)</small>	Chicken Curry <small>(veal)</small>	PGL's Sausage Pasta Bake <small>(veal)</small>	Beef Burger <small>(veal)</small>	Battered Chicken Chunks <small>(veal)</small>	Fish Fingers <small>(veal)</small>
Homemade Beef Lasagne <small>(veal)</small>	Hunters Chicken <small>(veal)</small>	Baked Cheesy Meatballs <small>(veal)</small>	Chicken Kiev** <small>(veal)</small>	Homemade Mac 'n' Cheese (v) <small>(veal)</small>	Homemade Beef Lasagne <small>(veal)</small>	PGL's Sausage Pasta Bake <small>(veal)</small>
Vegetable Lasagne (ve) <small>(veal)</small>	Shepherdless Pie (ve) <small>(veal)</small>	Vegetable Curry (ve) <small>(veal)</small>	Homemade Sausage & Bean Casserole (ve) <small>(veal)</small>	Meatless Farm™ Plant Based Burger (ve) <small>(veal)</small>	Vegetable Lasagne (ve) <small>(veal)</small>	Shepherdless Pie (ve) <small>(veal)</small>
Sides: Garlic Bread (v) <small>(veal)</small> , Rice (ve) <small>(veal)</small> , Garden Peas (ve) <small>(veal)</small> , Fresh Broccoli (ve) <small>(veal)</small>	Sides: Baby Potato (ve) <small>(veal)</small> , Baby Carrots (ve) <small>(veal)</small> , Driven Beans (ve) <small>(veal)</small>	Sides: Rice (ve) <small>(veal)</small> , Penne Pasta (ve) <small>(veal)</small> , Mixed Vegetables (ve) <small>(veal)</small>	Sides: Marsh Peas (v) <small>(veal)</small> , Fresh Broccoli (ve) <small>(veal)</small> , Baby Carrots (ve) <small>(veal)</small>	Sides: Ziggy Fries (ve) <small>(veal)</small> , Sweetcorn (ve) <small>(veal)</small> , Whole Green Beans (ve) <small>(veal)</small>	Sides: Garlic Bread (v) <small>(veal)</small> , BBQ Sauce (ve) <small>(veal)</small> , Skinky Fries (v) <small>(veal)</small> , Mixed Vegetables (ve) <small>(veal)</small>	Sides: Cheesy Garlic Potato (v) <small>(veal)</small> , Baby Potato (ve) <small>(veal)</small> , Sweetcorn (ve) <small>(veal)</small> , Whole Green Beans (ve) <small>(veal)</small>
Homemade Iced Sponge Cake (v) <small>(veal)</small>	Chocolate Muffin (v) <small>(veal)</small>	Jam Doughnuts (v) <small>(veal)</small>	Homemade Chocolate Sponge (v) & Chocolate Custard (v) <small>(veal)</small>	Homemade Apple Crumble (ve) & Vanilla Custard (v) <small>(veal)</small>	Chocolate Muffin (ve) <small>(veal)</small>	Chocolate Cookies (v) <small>(veal)</small>

## **CAMP COMPETITION: Battle of the groups!!!**

Throughout camp there will be many chances to win points, and at the end of camp the group with the most points will win.

Ways to achieve points:

- Daily room inspection.
- Cleaning up after breakfast, lunch and dinner.
- Demonstrating TRACK values.
- Quizzes and games.
- Instructors' student nomination of the day.
- Group organisation (First ready/ first lined up etc.)

**MOST OF ALL...**  
**ENJOY YOUR WEEK!**