



PGL Little Canada - Isle of Wight
Monday 10th June

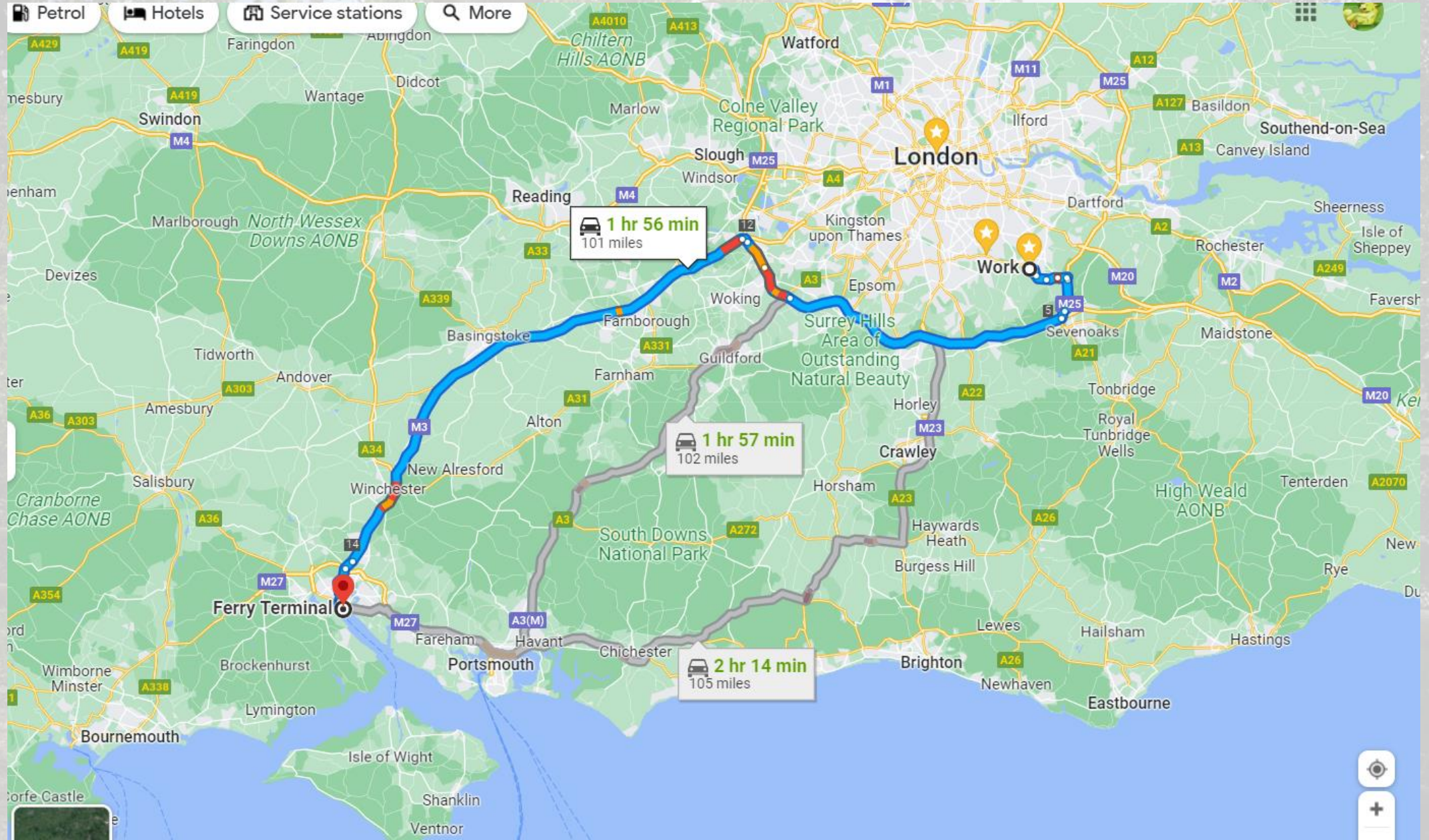
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Friday 14th June 2024

Why are we going?

- To be out of the classroom and be with friends.
- To try new activities and challenges, taking us out of our comfort zone
- To increase independence
- To improve organisational skills
- To further develop team work skills
- To immerse and enjoy ourselves in a contrasting outdoor environment which includes a creek and a beach
- To have fun!

Where are we going?



The Isle of Wight



Outward Journey

We will meet at the school gates at 6.10am – please, no earlier!

The coach **WILL** leave at 6.30am

So do not be late, **we will not be able to wait.**

We will be catching the 10am ferry and are expected to arrive at PGL at 11.45am. We will send a message when we arrive.

Please ensure that your child has eaten something in the morning. All children will need a packed lunch and a snack. The snack will be eaten on the ferry and lunch after we have had a tour of the site and a health and safety talk.

If your child suffers from travel sickness, please inform the school and please make sure they have taken travel pills in good time. We will make sure the magic newspaper is ready!

Medications

Medication should be handed to the School Office by **Thursday 6 June 2024** if possible. If the medication is needed over the weekend, a member of staff will collect the medicines on Monday morning before we depart, but you should give in the medication form and hand in by Thursday 6 June.

The medication form states the child's name and all the instructions for the staff to follow including timings and dosage.

You can collect this form from the school office or download it from the website. Please remember to collect the medication when we return from the school trip.

Any illness within 48 hours before departure **MUST** be informed to the school.

No child is to keep any medication – this must be given to staff.

Luggage

One case/bag per child - please ensure your child can carry it comfortably. We may have to carry the bags quite a long way to our accommodation and usually up a small flight of steps.

Please bring one piece of hand luggage for the coach to contain lunch, snack, a named water bottle and journey activities, e.g. book, fiddle toy, travel board games (remember, no electronics!).

Please DO NOT bring the following items:

- Any electrical equipment
- Aerosol deodorants (they set off the fire alarms)
- Mobile phones
- Chewing gum
- Sweets – these will be provided by the adults

Cameras

The staff will take photographs of every activity and these will be shared with the children when we return to school.

If you wish for your child to bring a cheap digital camera, this will be your child's responsibility. The adult will look after it when the activity takes place and will take any pictures when they are participating in the activities.

Alternatively, some children bring along a disposable camera for the week. They do need reminding, however, that they only have a finite number of pictures and lots taken on the journey down to the Isle of Wight on the coach and ferry may not leave much room for all the exciting activities!

Any camera brought will need to be clearly named.

Little Canada - PGL

- Set in 48 acres of woodland on the water's edge at Wootton Creek on the Isle of Wight, Little Canada is the perfect location to try out a range of activities on land and water. The centre is only about a twenty minute drive from the ferry. It has one of the largest range of activities of any PGL site.



Our accommodation







The dining room.

We are allocated the same space in the hall all week. We have the same meal times for breakfast, lunch and dinner every day.



The food is actually quite tasty! There is a large range to choose from and all dietary requirements are catered for.

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>

REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Baked Beans (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Hash Browns (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Fresh Mushrooms (ve) (200kcal)

Sausages (200kcal)

Bacon (200kcal)

Sausages (200kcal)

Bacon (200kcal)

Bacon (200kcal)

Sausages (200kcal)

Bacon (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Quorn™ Vegan
Cumberland (ve) (200kcal)

Available every day: Porridge with toppers* (200kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (200kcal)

Beef Burger (200kcal)

Battered Chicken
Chunks (200kcal)

Homemade Beef
Bolognese (200kcal)

Battered Fish (200kcal)

Jacket Potato (ve) (200kcal)
Served with your choice of: Grated
Mild Cheddar (v) (200kcal), Baked
Beans (ve) (200kcal) or Tuna Mayo
(200kcal)

Roast Beef (200kcal)

Margherita Pizza (v) (200kcal)

Meatless Farm™ Plant
Based Burger (200kcal)
Served with: Ziggy Fries (ve) (200kcal)

Vegetable Nuggets (ve)
(200kcal)
Served with: Potato Wedges (ve)
(200kcal), Garden Peas (ve) (200kcal),
Sweetcorn (ve) (200kcal), Sweet Chili
Sauce (ve) (200kcal)

Homemade Vegetable
Ratatouille (ve) (200kcal)
Served with: Penne Pasta (ve)
(200kcal), Garlic Bread (v) (200kcal),
Grated mild cheddar (v) (200kcal)

Jumbo Sausage (200kcal)
Quorn™ Fishless Fingers
(ve) (200kcal)
Served with: Skinny Fries (ve)
(200kcal), Garden Peas (ve) (200kcal)

Homemade Chili
Non Carne (ve) (200kcal)
Served with: White Rice (ve) (200kcal)

Meatless farm™ Plant-
based Chicken Breast
(ve) (200kcal)
Served with: Roast Potatoes (ve)
(200kcal), Yorkshire Pudding (v)
(200kcal), Fresh Broccoli (ve) (200kcal),
Baby Carrots (ve) (200kcal), Gravy (ve)
(200kcal)

Served with: Skinny Fries (ve)
(200kcal)

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

DINNER

Chicken Katsu Curry (200kcal)

Fish Fingers (200kcal)

Chicken Curry (200kcal)

PGL's Sausage Pasta
Bake (200kcal)

Beef Burger (200kcal)

Battered Chicken
Chunks (200kcal)

Fish Fingers (200kcal)

Homemade Beef
Lasagne (200kcal)

Hunters Chicken (200kcal)
Shepherdless Pie (ve)
(200kcal)
Sides: Baby Potato (ve) (200kcal),
Baby Carrots (ve) (200kcal), Whole
Green Beans (ve) (200kcal)

Baked Cheesy Meatballs
(200kcal)
Vegetable Curry (ve) (200kcal)
Sides: Rice (ve) (200kcal), Penne Pasta
(ve) (200kcal), Mixed Vegetables (ve)
(200kcal)

Chicken Kiev** (200kcal)
Homemade Sausage &
Bean Casserole (ve) (200kcal)
Sides: Mashed Potato (v) (200kcal),
Fresh Broccoli (ve) (200kcal), Baby
Carrots (ve) (200kcal)

Homemade Mac 'n'
Cheese (v) (200kcal)
Meatless Farm™ Plant
Based Burger (ve) (200kcal)
Sides: Ziggy Fries (ve) (200kcal),
Sweetcorn (ve) (200kcal), Whole Green
Beans (ve) (200kcal)

Homemade Beef
Lasagne (200kcal)
Vegetable Lasagne (ve) (200kcal)
Sides: Garlic Bread (v) (200kcal), BBQ
Sauce (ve) (200kcal), Skinny Fries (v)
(200kcal), Mixed Vegetables (ve) (200kcal)

PGL's Sausage Pasta
Bake (200kcal)
Shepherdless Pie (ve) (200kcal)
Sides: Cheesy Garlic Potato (v)
(200kcal), Baby Potato (ve) (200kcal),
Sweetcorn (ve) (200kcal), Whole Green
Beans (ve) (200kcal)

Vegetable Lasagne (ve)
(200kcal)
Sides: Garlic Bread (v) (200kcal), Rice
(ve) (200kcal), Garden Peas (ve) (200kcal),
Fresh Broccoli (ve) (200kcal)

Homebaked Iced Sponge
Cake (v) (200kcal)

Chocolate Muffin (v) (200kcal)

Jam Doughnuts (v) (200kcal)

Homebaked Chocolate
Sponge (v) & Chocolate
Custard (v) (200kcal)

Homebaked Apple
Crumble (ve) & Vanilla
Custard (v) (200kcal)

Chocolate Muffin (ve)
(200kcal)

Chocolate Cookies (v)
(200kcal)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

ASK ABOUT
ALLERGENS
WE ARE HAPPY TO HELP

Not all ingredients are included in the menu descriptions, please ask for more information.

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 use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

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 canned tuna, which is from a sustainable source and dolphin safe.

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

Where used, our ham is formed from selected cuts of pork with added water.

* Small children can choke on seeds

** Chopped and shaped chicken.

Sample Itinerary

07.00 - wake up the group

08.00 - Breakfast (English or Continental, cereal, toast and drinks)

09.00- First activity session

10.30 - Break

10.45 - Second activity session

12.15 - Hot lunch or packed lunch

13.45 - Third activity session

15.15 - Break

15.30 - Fourth activity session

17.00 - Supervised free time/showers

17.30 - 19.00 - 2 course evening meal

19.30 – 21:00 - Evening activity

From 21.00 – 22:00 there will be PGL staff on active night duty.

Throughout the night, there will always be a senior PGL staff member on call.

Provisional Timetable

	Group	Meeting Point	Group Leader	Session 1 8:45 - 10:15	Session 2 10:20 - 11:50	Session 3 14:10 - 15:40	Session 4 15:45 - 17:15	Evening 19:30 - 20:30	
Monday	1				Arrive on Centre	Climbing (CL1)	Matrix (MX1)		Cluedo (CLU1)
	2				Arrive on Centre	Matrix (MX1)	Climbing (CL1)		Cluedo (CLU1)
	3				Arrive on Centre	Trapeze (TR2)	Matrix (MX2)		Cluedo (CLU1)
Tuesday	1			Canoeing (OC1)	Canoeing (OC1)	Giant Swing (GS3)	Sensory Trail (ST3)		Balloon Splash (BSP-SH)
	2			Canoeing (OC2)	Canoeing (OC2)	Sensory Trail (ST2)	Giant Swing (GS3)		Balloon Splash (BSP-SH)
	3			Canoeing (OC3)	Canoeing (OC3)	Sensory Trail (ST3)	Climbing (CL3)		Balloon Splash (BSP-SH)
Wednesday	1			Vertical Challenge (VC6)	Archery (A3)	Problem Solving (PS1)	Trapeze (TR2)		Campfire (CF4-ST)
	2			Archery (A3)	Vertical Challenge (VC6)	Trapeze (TR2)	Problem Solving (PS1)		Campfire (CF4-ST)
	3			Giant Swing (GS2)	Archery (A4)	Vertical Challenge (VC6)	Problem Solving (PS2)		Campfire (CF4-ST)
Thursday	1			Jacob's Ladder (JL1)	Survivor (SU3)	Abseiling (AB1)	Buggy Building (BB1)		Disco (DIS1-AZ)
	2			Survivor (SU3)	Jacob's Ladder (JL1)	Buggy Building (BB1)	Abseiling (AB1)		Disco (DIS1-AZ)
	3			Survivor (SU2)	Abseiling (AB1)	Jacob's Ladder (JL1)	Buggy Building (BB2)		Disco (DIS1-AZ)
Friday	1			Laser Tag (LT1)	Depart				
	2			Laser Tag (LT1)	Depart				
	3			Laser Tag (LT1)	Depart				

Instructors and activities

- All Activities are led by Qualified Instructors
- Farnborough pupils will be in 3 groups and all groups will participate in all the activities.
- There are 4 members of staff accompanying the trip – Mrs Roberts, Mr Vallois, Mr James and one TBC.
- All Farnborough adults carry first aid kit with them at all times plus there is a trained first aider on site at all times.
- The site is secure and is patrolled by PGL staff.
- All pupils are told at the Instruction briefing the behaviour that will be expected at all times. **No** second chances will be given. If the children do not do as they have been instructed or have not listened they will **NOT** participate in the activity.

Clothing

Old, casual and easily washable clothing.

- Night clothes and slippers
- Several changes of underwear
- Socks (must include long socks needed for some activities)
- At least 2 thick jumpers/fleece
- At least 3 pairs of old trousers/ joggers
- Shorts
- Several T-shirts
- Water proof jacket
- Sun hat
- 2 pairs of trainers (one for wet activities)
- Strong shoes for walking
- Old plimsolls or for canoeing. Please don't bring any form of open-toed shoe for the water sports as these will not be allowed. You can buy cheap aqua shoes for this instead.
- The disco – smart clothes can be worn for this social event.



Other Items

- A ruck sack – to hold a change of clothes
- A wallet or purse
- Slippers/Soft shoes for indoors
- Suntan lotion
- Reusable plastic bottle for water
- Wash bag –tooth brush, soap, deodorant etc.
- Two towels
- A book to read
- A teddy or similar
- Notebook, pencil and a rubber
- Two large bin liners for wet and dirty clothes

- **PLEASE name all items!! Lost property will only be held by the school for 2 weeks after the trip.**

Pocket Money

- There is a gift shop on the site which the children will visit during our stay.
- If you would like to give your child spending money, please put up to £10 in a named envelope.
- Please send this into school on **Tuesday 4th June 2024.**

Return Journey

- We will leave at 11:40 on Friday 14th June
- Our ferry departs at approximately 12.30 pm
- We will return to school at approximately 4.00pm
- A text message will be sent if we are going to be more than 15 minutes late.
- Children (and the teachers) will be **EXHAUSTED!**

The background image shows a school trip center with several wooden buildings, a large tree, and a wooden fence in the foreground. The scene is outdoors and appears to be a well-maintained area for school activities.

<https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>

<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/little-canada>