

# Welcome to...Little Canada



1<sup>ST</sup> - 5<sup>TH</sup> NOVEMBER

[www.pgl.co.uk/Isle-of-Wight](http://www.pgl.co.uk/Isle-of-Wight)

# LITTLE CANADA 2021





# Food

## Enjoyable mealtimes with nutritious and tasty food!

Meals are freshly cooked, balanced and will give your pupils plenty of energy to keep them going throughout the day.

## Our little extras

In addition to the fantastic range of hot meals, (which are freshly prepared and include vegetarian options), they offer tasty, healthy, homemade soup every day. There's also a wide variety of fresh fruit and salad options at the salad bar.

## Fussy Eaters?

Some children may be very particular about what they eat. Don't worry though, whether it's because of special dietary needs or simply someone who's really particular, they will always find something to suit any special requests you may have. And if they're still hungry, they can offer alternatives and extra food.

## Looking after you

Good meals in an efficient and clean environment is always a given with, but PGL like to do much more. They go all-out to create a friendly and welcoming atmosphere in pleasant, attractive surroundings to help you to enjoy your dining experience.

# Food

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Grilled Bacon (V) Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Grilled Pork Sausages (V) Quorn Sausages Baked Beans Omelette Hash Browns Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Grilled Bacon (V) Veggie Bangers Mushrooms Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Grilled Pork Sausages (V) Quorn Sausages Scrambled Eggs Spaghetti in Tomato Sauce Hash Browns Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Grilled Bacon (V) Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Homemade Breads  Pizza Bar Deep Pan or Thin Crust Pizza Choice of Toppings Potato Wedges  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Tortilla Wrap or Freshly Baked Baguette Choice of Hot & Cold Fillings Ready Salted Crisps  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Homemade Breads  Pasta Bar Choice of Meat & Vegetarian Dishes Garlic Bread  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potatoes Choice of Meat & Vegetarian Fillings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Burger Bar Meat or Spicy Veggie Burger in a Bap Choice of Relishes Potato Wedges & Peas  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day  Chargrilled Chicken in a Chunky Tomato Sauce Shepherd's Pie (V) Spinach & Ricotta Canneloni Crushed New Potatoes and Garlic Bread  Roasted Root Vegetables & Broccoli  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Chilli Con Carne Fish Fingers (V) Butternut Squash, Chickpea & Spinach Curry with Naan Bread Chips or Rice Peas & Cauliflower  Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day  Slow Cooked Pork and Vegetables Chicken Goujons (V) Sweet Potato & Vegetable Wellington Rice or Sautéed Potatoes Green Beans & Broccoli Gravy  Seasonal Fresh Fruit & Salad Bar Jam Sponge with Custard Hot & Cold Drinks	Homemade Soup of the Day  Chicken Curry with Naan Bread Beef Lasagne (V) Roasted Vegetable Lasagne Rice or Oven Baked Croquette Potatoes Sautéed Mixed Vegetables  Seasonal Fresh Fruit & Salad Bar Jelly & Fruit Salad Hot & Cold Drinks	Homemade Soup of the Day  Breaded Fish Fillet with Lemon & Tartare Sauce Meatballs in Tomato Sauce (V) Creamy Vegetable Kiev Chips or Pasta Peas & Carrots  Seasonal Fresh Fruit & Salad Bar Chocolate Sponge with Chocolate Sauce Hot & Cold Drinks

# Food

## MONDAY

### Breakfast

Choice of Cereals  
Natural & Fruit Yoghurts  
White & Brown Toast with  
Preserves  
Porridge Oats with Cinnamon,  
Brown Sugar & Sultanas

Grilled Bacon  
(V) Vegetable Sausages  
Tomatoes  
Baked Beans  
Mushrooms  
Seasonal Fresh Fruit  
Hot & Cold Drinks

### Lunch

Homemade Soup of the Day  
Choice of Homemade Breads

#### Pizza Bar

Deep Pan or Thin Crust Pizza  
Choice of Toppings  
Potato Wedges

Seasonal Fresh Fruit & Salad Bar  
Hot & Cold Drinks

### Dinner

Homemade Soup of the Day  
Chargrilled Chicken in a Chunky  
Tomato Sauce  
Shepherd's Pie  
(V) Spinach & Ricotta Canneloni  
Crushed New Potatoes and Garlic  
Bread  
Roasted Root Vegetables &  
Broccoli  
Seasonal Fresh Fruit & Salad Bar  
Doughnuts  
Hot & Cold Drinks

# Accommodation



## Log Cabins

Pupils - En-suite rooms sleep 6 or 8 children

Teachers - Single, en-suite rooms





# Activities

## Examples of Daytime activities

Giant Swing, Challenge Course, Buggy Building, Vertical Challenge, Sensory Trail, Low Level Ropes, Problem Solving, Zip Wire, Survivor, Aeroball, Beach Walk, Abseiling, and Orienteering.


## Examples of Evening activities

Ambush, Campfire, Quiz Show, Capture the Flag, and Disco.



# Packing

Please ensure you bring a small bag or suitcase with wheels.  
Bin bags are advisable for dirty clothing.

ESSENTIALS	OPTIONAL EXTRAS
2 pairs of jeans or trousers for evenings; 1 pair of trainers for evening; Several tee shirts (at least 2 with long sleeves; <b><u>all must have capped sleeves – no ‘strappy’ tee-shirts</u></b> ); 3 sweatshirts; 3 tracksuits/ old trousers for daytime activities; 2 pairs of <b>old</b> trainers for daytime activities; Waterproof anorak or jacket (and trousers if available) – very important; Nightclothes – warm pair of pyjamas; Lots of socks and underwear; Toilet bag: (flannel/soap/toothbrush/ toothpaste/shampoo/brush etc.); 1 hand towel/2 bath towels for showers; Lip balm; Cap or warm hat, gloves and scarf; Purse/wallet (named); Water bottle (very important)	Disposable camera Torch & spare batteries Books, comics, quiz games 

# Itinerary

	Group	Meeting Point	Group Leader	Session 1 8:45 - 10:15	Session 2 10:20 - 11:50	Session 3 13:50 - 15:20	Session 4 15:25 - 16:55	Evening 19:15 - 20:45	
<b>Monday</b>	1						Arrive on Centre		Ambush (AMB2)
	2						Arrive on Centre		Ambush (AMB2)
	3						Arrive on Centre		Ambush (AMB2)
	4						Arrive on Centre		Ambush (AMB2)
	5						Arrive on Centre		Ambush (AMB3)
<b>Tuesday</b>	1			Giant Swing (GS1)	Challenge Course (CC1)	Buggy Building (BB1)	Problem Solving (PS1)		Campfire (CF1)
	2			Giant Swing (GS2)	Challenge Course (CC2)	Buggy Building (BB2)	Abseiling (AB2)		Campfire (CF1)
	3			Challenge Course (CC1)	Giant Swing (GS1)	Problem Solving (PS1)	Buggy Building (BB1)		Campfire (CF1)
	4			Challenge Course (CC2)	Giant Swing (GS2)	Abseiling (AB2)	Buggy Building (BB2)		Campfire (CF1)
	5			Buggy Building (BB1)	Problem Solving (PS1)	Giant Swing (GS1)	Challenge Course (CC1)		Campfire (CF1)
<b>Wednesday</b>	1			Zip Wire (ZW1)	Vertical Challenge (VC4)	Aeroball (AE2)	Beach/Coastal Walk (BW2A)		Quiz Show (QS-CLASS)
	2			Zip Wire (ZW2)	Vertical Challenge (VC5)	Aeroball (AE3)	Beach/Coastal Walk (BW2B)		Quiz Show (QS-CLASS)
	3			Vertical Challenge (VC4)	Zip Wire (ZW1)	Beach/Coastal Walk (BW2A)	Aeroball (AE2)		Quiz Show (QS-CLASS)
	4			Vertical Challenge (VC5)	Zip Wire (ZW2)	Beach/Coastal Walk (BW2B)	Aeroball (AE3)		Quiz Show (QS-CLASS)
	5			Sensory Trail (ST1)	Survivor (SU1)	Vertical Challenge (VC3)	Zip Wire (ZW3)		Quiz Show (QS-CLASS)
<b>Thursday</b>	1			Low Level Ropes Course (LR1)	Sensory Trail (ST6)	Orienteering (OR3A)	Survivor (SU5)		Capture The Flag (CTF1)
	2			Low Level Ropes Course (LR2)	Problem Solving (PS1)	Orienteering (OR3B)	Survivor (SU6)		Capture The Flag (CTF1)

# Itinerary

	Group	Meeting Point	Group Leader	Session 1 8:45 - 10:15	Session 2 10:20 - 11:50	Session 3 13:50 - 15:20	Session 4 15:25 - 16:55	Evening 19:15 - 20:45	
	3			Sensory Trail (ST6)	Archery (A3)	Survivor (SU4)	Orienteering (OR3A)		Capture The Flag (CTF1)
	4			Problem Solving (PS1)	Survivor (SU1)	Low Level Ropes Course (LR2)	Orienteering (OR3B)		Capture The Flag (CTF1)
	5			Aeroball (AE2)	Orienteering (OR3A)	Low Level Ropes Course (LR1)	Beach/Coastal Walk (BW2A)		Capture The Flag (CTF2)
<b>Friday</b>	1			Abseiling (AB1)	Archery (A1)	Depart			
	2			Sensory Trail (ST1)	Archery (A2)	Depart			
	3			Low Level Ropes Course (LR1)	Abseiling (AB1)	Depart			
	4			Archery (A2)	Sensory Trail (ST1)	Depart			
	5			Abseiling (AB2)	Archery (A3)	Depart			

**From 21.00 - 23.00** there will be PGL staff on active night duty. Through the night there will always be a senior PGL staff member on call.



# ON THE DAY:

On the day of departure...

Arrive at school from 9am and meet in the hall.

We will depart at 10am for a 1pm crossing.

Arrive at PGL for 3.30pm.



# Money and Medicine:

Children are allowed to take no more than ten pounds, and this is handed to Mr Stockton for safe keeping.

All medication must be in a labelled container and handed to Mrs Davis on arrival. We will only accept prescribed medication.

Any travel sickness tablets must be included in medication – don't forget the return journey!



## Return trip:

We will depart after lunch – 12.30pm for a 2pm crossing.

We aim to be back at school by 4.30pm.

We will update you via Dojo when possible and inform the school office regularly.





Any questions?

