



<https://www.pgl.co.uk/en-gb/school-trips/resources/promotional-videos/primary-schools-videos>

# PGL 2022 Little Canada Isle of Wight



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



[https://www.youtube.com/watch?v=oH\\_JEtpihsQ&list=PLELhZ6dNFeliqRwy4u4AnVJZqXz6uagz&index=2&t=0s](https://www.youtube.com/watch?v=oH_JEtpihsQ&list=PLELhZ6dNFeliqRwy4u4AnVJZqXz6uagz&index=2&t=0s)

# Members of Staff:

- Mrs. Soltau (Group 1 Leader)
- Mrs Flynn (Group 2 leader)
- Mrs Lockyer
- Mrs. Coombe
- Mrs. Mitchell
- PGL Leaders/staff

# Itinerary for Travel:



- **Departure: Monday 4<sup>th</sup> April**
- Children need to come to school at the normal time dressed in their **leavers hoodies**
- The coach will arrive at school in good time to load the luggage and children; before departing for our 10:20am ferry
- Please provide a packed lunch in a disposable bag
- **Return: Friday 8<sup>th</sup> April**
- The coach will be picking us up from Little Canada at 13:00 with a 14:00 ferry crossing. We aim to be back at school by 16:00 - We will keep parents notified of our progress and estimated time of arrival if things change

# To bring:

- Bag containing clothes (see suggested kit list) - children will have to carry their own bags, so please ensure that things are safely secured and not too heavy- wheels are great!
- A small rucksack to carry around for activities during the day and packed lunch on departure day
- Bedding - sleeping bag and pillow
- Suitable walking shoes and several pairs of trainers, flip flops
- Suitable waterproof clothing - coats, trousers,
- Torch, swimsuit
- One small, large and beach towel
- Suncream, after sun, sun hat, insect repellent
- Wash kit, deodorant - no aerosols, towels and a lipsyl
- A named disposable camera or two
- A book, cards, comic or games for quiet time and travelling
- A named drink bottle, this will be filled regularly and taken to activities
- Pocket money - maximum of £15 in a named purse or wallet - this will need to be handed in to their group leader before leaving
- A packet of biscuits - this will be to share through throughout the and will need to be handed in to a member of staff before leaving- **No nuts please**
- **Several bin liners to store wet clothes and protect your bags**



# Please no:

- Mobile phones or electrical devices
- No hairdryers
- No food/sweets/fizzy drinks to be taken
- Aerosol deodorant
- If your child has an electric toothbrush- please send them with a manual one if the charge won't last a week.



# Before we leave:



Please ensure every item is clearly named.

Luggage labels - please complete these and attach to your child's luggage

Please pack your child's bag with them so that they know what they have, what their items look like and how it fits into their bags - they have to pack their own bag to come home.

Practise putting sleeping bags back into their storage bags.

Please do not pack anything that is precious- it will never look the same again!

# Accommodation:

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



- Children will be asked to choose two people they would like to work with during the day
- Two people that they would like to share a room with
- We have encouraged the children to choose different people for day and night to provide variety
- Bedtimes will be at 9:30pm
- Children will be shown where the adult rooms are and can access them
- Bathrooms- periods
- Insurance



# Activities Booked:

- Archery
- Sensory Trail
- Kayaking
- Giant swing
- Zip wire
- Tunnel trail






# Activities Booked:

- Jacob's ladder
- Problem solving
- Orienteering
- Vertical challenge
- Trapeze
- Photo challenge
- Ambush
- Survivor
- Passports to the world



- No child will be forced to do an activity- only encouraged....

# Our Scheduled Itinerary for the week

	Little Canada 04/04/2022 – 08/04/2022	Provisional Activity Programme	Coulston CE Primary School
	Booking Reference		

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:15 - 20:45	
<b>Monday</b>	1						Arrive on Centre		Campfire (CF1)
	2						Arrive on Centre		Campfire (CF1)
	3						Arrive on Centre		Campfire (CF1)
<b>Tuesday</b>	1			Tunnel Trail (TT1A)	Problem Solving (PS1)	Kayaking (K3)	Kayaking (K3)		Photo Challenge (PC1)
	2			Problem Solving (PS1)	Orienteering (OR3A)	Vertical Challenge (VC4)	Tunnel Trail (TT1A)		Photo Challenge (PC1)
	3			Vertical Challenge (VC5)	Archery (A1)	Sensory Trail (ST4)	Survivor (SU4)		Photo Challenge (PC1)
<b>Wednesday</b>	1			Orienteering (OR2A)	Sensory Trail (ST2)	Zip Wire (ZW1)	Survivor (SU5)		Ambush (AMB1)
	2			Kayaking (K3)	Kayaking (K3)	Sensory Trail (ST1)	Survivor (SU6)		Ambush (AMB1)
	3			Orienteering (OR2B)	Tunnel Trail (TT1A)	Trapeze (TR1)	Zip Wire (ZW1)		Ambush (AMB1)
<b>Thursday</b>	1			Vertical Challenge (VC3)	Giant Swing (GS3)	Trapeze (TR3)	Jacob's Ladder (JL2)		Passport To The World (PTTW2)
	2			Trapeze (TR2)	Trapeze (TR4)	Giant Swing (GS3)	Jacob's Ladder (JL3)		Passport To The World (PTTW2)
	3			Trapeze (TR3)	Problem Solving (PS3)	Kayaking (K2)	Kayaking (K2)		Passport To The World (PTTW2)
<b>Friday</b>	1			Trapeze (TR4)	Archery (A1)	Depart			
	2			Zip Wire (ZW2)	Archery (A2)	Depart			
	3			Jacob's Ladder (JL2)	Giant Swing (GS2)	Depart			

# Menu:



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<p><b>BREAKFAST</b></p>	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes
	<p><b>AVAILABLE EVERY DAY</b> Choice of cooked &amp; continental breakfast</p> <p>Continental options: Choice of cereals   Porridge   Assorted yoghurts   White or brown toast &amp; jam</p>						
<p><b>LUNCH</b></p>	Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
	<p><b>AVAILABLE EVERY DAY</b> Homemade soup of the day &amp; roll   Choice of meat, vegetarian or vegan option</p>						
<p><b>DINNER</b></p>	<p><b>Mains</b></p> Crispy chicken breast pieces with sweet & sour sauce Chickpea, lentil & coconut curry, naan (v) Vegetable Kiev (v)	<p><b>Mains</b></p> Beef bolognese Piri Piri chicken Butternut squash & vegetable biryani (v)	<p><b>Mains</b></p> Chicken & vegetable tikka & naan Fish fingers Feta & roasted vegetable lattice (v)	<p><b>Mains</b></p> Sausages & onion gravy Chicken & vegetable pie Quorn & vegetable chow mein (v)	<p><b>Mains</b></p> Battered fish fillet & tartare sauce Meatballs in tomato sauce Lentil bolognese (v)	<p><b>Mains</b></p> Meat pizza Margherita pizza (v) Chicken Kiev Vegetable & mushroom pilaf (v)	<p><b>Mains</b></p> Roast dinner, Yorkshire pudding & gravy Mac & cheese (v)
<p><b>AVAILABLE EVERY DAY</b></p> Choice of meat, vegetarian or vegan option	<p><b>Sides</b></p> Chips, rice, broccoli, carrots	<p><b>Sides</b></p> Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	<p><b>Sides</b></p> Chips, rice, peas, carrots	<p><b>Sides</b></p> Mashed potato, mixed vegetables	<p><b>Sides</b></p> Chips, spaghetti, peas, carrots	<p><b>Sides</b></p> Cajun fries, green beans, broccoli	<p><b>Sides</b></p> Roast potatoes, roasted root vegetables
	<p><b>Dessert</b></p> Doughnut	<p><b>Dessert</b></p> Raspberry ice cream cake	<p><b>Dessert</b></p> Chocolate crispy cake	<p><b>Dessert</b></p> Apple crumble & cream	<p><b>Dessert</b></p> Ice cream	<p><b>Dessert</b></p> Profiteroles & chocolate sauce	<p><b>Dessert</b></p> Waffles & strawberry sauce

# We want you to be involved:

- For the last two years we have used Twitter
- Benefits- parent feedback
- Updates of travel arrangements
- Daily updates
- Photos of the children, activities, moments and memories
- No promises
- Permission form- cannot admit you without the completed form
- [@CoulsdonCOE](#)
- Protected tweets



# Letters:

Your child will at some point miss you!

Please feel free to include a note or picture within their bag for them to find when they arrive.

We are able to get post whilst we are there so it would be lovely if **every child** was able to receive a letter from home, this often helps with the homesickness some may feel. Please remember to post early enough to receive before we leave!

Please be aware of what you write in them- the funnier and the quirkier the better! They need to be cheered up-example

Child's name:

Coulsdon CofE Primary School,

New Road, Wootton Bridge,

Ryde,

Isle of Wight,

PO33 4JP

# Medical issues and medicines:



Allergies, travel sickness or dietary requirements - please ensure this is clearly filled in on the medical form and a member of staff has been notified of this.

**Medicines** - these need to be clearly labelled with name and instructions and handed in to a member of staff (this also includes travel sickness tablets and asthma pumps). Our designated first aider will be Mrs Flynn but Little Canada also have their own. Both group leaders will carry relevant medicine.

Medical forms - these need to be completed and brought in by **Friday 25th March**. Should anything change before we leave, please inform us so that we can update the forms.

Any other issues or concerns - please contact me.

# Your child's welfare



The safety and welfare of your children are our highest priority.

We will look after them as though they are one of our own children.

If you have anything you want to discuss with me before we leave on the 4th, please contact me and I will arrange a meeting to discuss.

Covid