



# Year 6 Residential Trip to the Isle of White

OCTOBER 2022

# Location

- ▶ Little Canada Isle of White
- ▶ Secured site with security guards
- ▶ Private access straight to the water
- ▶ All weather sports facilities
- ▶ Sports Hall
- ▶ Indoor activity zone
- ▶ Shop

# Transport

- ▶ UK Standard coach will collect us from School
  - ▶ Seatbelts for all passengers
  - ▶ Same bus from school onto the ferry and all the way to the PGL site
  - ▶ Pick up from school at 10am, drop off normal time
  - ▶ Arrival at PGL by 3.30pm On Monday
  - ▶ One hour stop for lunch
  - ▶ One hour ferry crossing
  - ▶ Fifteen minutes from the ferry to PGL
- 
- ▶ Travel Sickness tablets

# Sleeping Arrangements

- ▶ Separate boys and girls cabins
- ▶ Log cabins which sleep 4-10
- ▶ Ensuite facilities for all
- ▶ PGL staff patrol all night
- ▶ Teachers patrol until 11pm
- ▶ Cabins locked from the inside and do have fire doors
- ▶ Teachers have master keys for all cabins

# Activities

## Sample Day

Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

Abseiling  
Buggy Building  
Climbing  
Giant Swing  
Trapeze  
Archery  
Canoeing  
Kayaking  
Low Level Ropes Course  
Quad Biking  
Zip Wire  
Hiking  
Orienteering  
Fencing  
Campfire  
Disco





# Little Canada

## Evening Entertainment

A PGL team member will lead each session. Please ensure there is at least one supervising adult from your group present to support your evening entertainment programme. All activities are suitable for large or small groups unless otherwise stated.

### Ambush

Like hide-and-seek but in the dark, and on a much larger scale! Groups split into small teams; one team hides within the centre grounds, leaving a trail for the other team to follow. Bonus points are available for 'ambushing' the opposing team. Great for developing strategic and team building skills. In the summer months, this can be adapted to Foxes & Hounds where a loud whistle is blown instead of using physical markers.

#### Suitable for:

- 7-11 year olds
- 11-14 year olds
- 14-16 year olds
- 16+ year olds

**Active / Energetic:** ★★☆☆

**Creative:** ★☆☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★☆☆☆

### Campfire

Enjoy a traditional campfire run by our Groupies. Younger guests can enjoy songs and games while older guests can relax, share stories and reflect on their shared experiences of the day.

#### Suitable for:

- 7-11 year olds
- 11-14 year olds

**Active / Energetic:** ★☆☆☆

**Creative:** ★★☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★☆☆☆

### Capture The Flag

An inclusive, high-energy game in which teams work together to capture the opposing team's flag, while avoiding being captured or losing their own. The key to the game is pre-planning, communication and teamwork. The team capturing the other team's flag wins.

#### Suitable for:

- 11-14 year olds
- 14-16 year olds
- 16+ year olds

**Active / Energetic:** ★★☆☆

**Creative:** ★☆☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★★☆☆

### Cluedo

The PGL take on the classic board game. Teams need to complete a series of challenges to solve the mystery. Staff and adults join the role play as characters around the centre. Guests are involved in various challenges including problem solving and investigation.

#### Suitable for:

- 7-11 year olds
- 11-14 year olds

**Active / Energetic:** ★☆☆☆

**Creative:** ★★☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★★☆☆

### Disco

A popular last night choice, guests learn the moves to popular hits with "follow-the-leader" sessions, plus lots of unique PGL dances! A fun and sociable evening.

#### Suitable for:

- 7-11 year olds
- 11-14 year olds
- 14-16 year olds
- 16+ year olds

**Active / Energetic:** ★★☆☆

**Creative:** ★★☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★☆☆☆

### Passport To The World

Guests are split into teams and given a list of national flags with a map. Each country on the map represents a plaque to find around centre. Each plaque features the country's flag and has a question relating to the country, which must be answered correctly before moving on to find the next flag and eventually returning to base.

#### Suitable for:

- 7-11 year olds
- 11-14 year olds

**Active / Energetic:** ★★☆☆

**Creative:** ★★☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★★☆☆

### PGL Sports Night

Your PGL Groupie introduces and plays a number of alternative games for your teams to take on. Games played may include Space Hopper Football, Dodgeball, and Ultimate Frisbee.

#### Suitable for:

- 7-11 year olds (KS2)
- 11-14 year olds (KS3)
- 14-16 year olds (KS4)
- 16+ year olds
- Groups up to 48

**Active / Energetic:** ★★☆☆

**Creative:** ★☆☆☆

**Teamwork and Communication:** ★★☆☆

**Planning and Problem Solving:** ★☆☆☆

# Menus and Food

- ▶ Freshly prepared hot and cold meals every mealtime and self-service salad bar.
- ▶ Fresh fruit is available throughout the day and a selection of hot and cold drinks.
- ▶ Dietary requirements such as coeliac, diabetic, vegan/vegetarian and any food allergies can be catered for. Specific cultural, religious and medical concerns can also be adjusted for.



Reach  
your

# FULL PGL POTENTIAL

with our freshly prepared menu

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY



### BREAKFAST

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

**AVAILABLE EVERY DAY** Choice of cooked & continental breakfast

Continental options: Choice of cereals | Porridge | Assorted yoghurts | White or brown toast & jam



### LUNCH

Hot dog & wedges

Loaded jacket

Filled roll or wrap

Pasta & garlic bread

Burger, relish &  
skinny fries

Fajitas, tortilla  
chips & dips

Filled roll or wrap

**AVAILABLE EVERY DAY** Homemade soup of the day & roll | Choice of meat, vegetarian or vegan option



### DINNER

**Mains**  
Crispy chicken  
breast pieces with  
sweet & sour sauce  
Chickpea, lentil &  
coconut curry, naan (v)  
Vegetable Kiev (v)

**Sides**  
Chips, rice,  
broccoli, carrots

**Dessert**  
Doughnut

**Mains**  
Beef bolognese  
Piri Piri chicken  
Butternut squash &  
vegetable biryani (v)

**Sides**  
Rosemary potatoes,  
pasta, green beans,  
roasted Mediterranean  
vegetables

**Dessert**  
Ice cream cake

**Mains**  
Chicken & vegetable  
tikka & naan  
Fish fingers  
Feta & roasted  
vegetable lattice (V)

**Sides**  
Chips, rice, peas,  
carrots

**Dessert**  
Chocolate  
crispy cake

**Mains**  
Sausages & onion gravy  
Chicken & vegetable pie  
Quorn & vegetable  
chow mein (v)

**Sides**  
Mashed potato,  
mixed vegetables

**Dessert**  
Apple crumble  
& cream

**Mains**  
Battered fish fillet  
& tartare sauce  
Meatballs in  
tomato sauce  
Lentil bolognese (v)

**Sides**  
Chips, spaghetti,  
peas, carrots

**Dessert**  
Ice cream

**Mains**  
Meat pizza  
Margherita pizza (v)  
Chicken Kiev  
Vegetable &  
mushroom pilaf (v)

**Sides**  
Cajun fries,  
green beans, broccoli

**Dessert**  
Profiteroles &  
chocolate sauce

**Mains**  
Roast dinner, Yorkshire  
pudding & gravy  
Mac & cheese (v)

**Sides**  
Roast potatoes, roasted  
root vegetables

**Dessert**  
Waffles &  
strawberry sauce

Please note: this menu is subject to product availability and may change.



## Healthy Choices

Available daily

Fresh fruit - every  
mealtime



Unlimited salad from  
our salad bar - lunch &  
dinner

## Unlimited Drinks

Coffee, tea, chilled squash

## Dietary & Allergens

We can cater for a wide  
variety of food requirements  
when notified in advance,  
including allergies,  
intolerances, medical  
conditions, and those  
specified by culture and  
religion.

It may not always be  
possible to cater for  
more specific diets such  
as weight management  
programmes, organic etc.

May 2021 AUK



# Kit List

- ▶ OLD CLOTHES – Please don't send anything new or expensive, it may get damaged
- ▶ Long Sleeved T-Shirts
- ▶ Fleeces and Jumpers
- ▶ Waterproof Jacket
- ▶ Trousers or Leggings – not jeans
- ▶ Underwear and Socks – plenty of them as children may get soaked through
- ▶ Comfortable clothes for the evening
- ▶ Suitable Nightwear
- ▶ Two Pairs of Trainers – 1 for activities and 1 old pair for water sports
- ▶ One pair of dry shoes for evening activities
- ▶ Two Towels – 1 for showering and 1 old one for water sport activities
- ▶ A Reusable Drinks Bottle
- ▶ Small Rucksack or Bag
- ▶ Washbag – including soap, shampoo, toothbrush and toothpaste (please do not pack aerosols)
- ▶ A Warm Coat
- ▶ Hat and Gloves

# Please Do Not Bring

- ▶ Electrical Devices – including mobile phones, you can bring disposable cameras if you wish to take photos
- ▶ Computer Games
- ▶ Jewellery or Valuables
- ▶ Aerosols
- ▶ Food
- ▶ Anything brought that is not needed will be confiscated until we return

# Medical Arrangements

- ▶ All medical arrangements we have in place at school can be transferred over with us to PGL.
- ▶ Medication that is given at home daily can be handed over, with a completed medical form, for staff to give whilst we are away.
- ▶ Separate meetings for additional medications can be arranged. Please complete the forms brought home by the children this week.
- ▶ All medication names to be labelled clearly and handed to members of staff on the morning.
- ▶ Children will be split into groups and the group leader will carry their medication for the day.

# Extra Information

- ▶ Please label all clothes
- ▶ If you are sending your child with money for the shop, please put it in a seal envelope and hand it to one of the adults to look after. There is no need to give any more than £10 maximum
- ▶ Children can bring reading books, puzzle books or card games to play on the bus, ferry and in their rooms during free time.
- ▶ No wetsuits will be needed for any of the activities.