



Isle of Wight 2024



Team

- Mrs Magdeburg
- Miss McDonald
- Mrs Woodward- Responsible for medication

- Coach driver
- PGL group staff

- Other contact via the school office

Departure/ First day

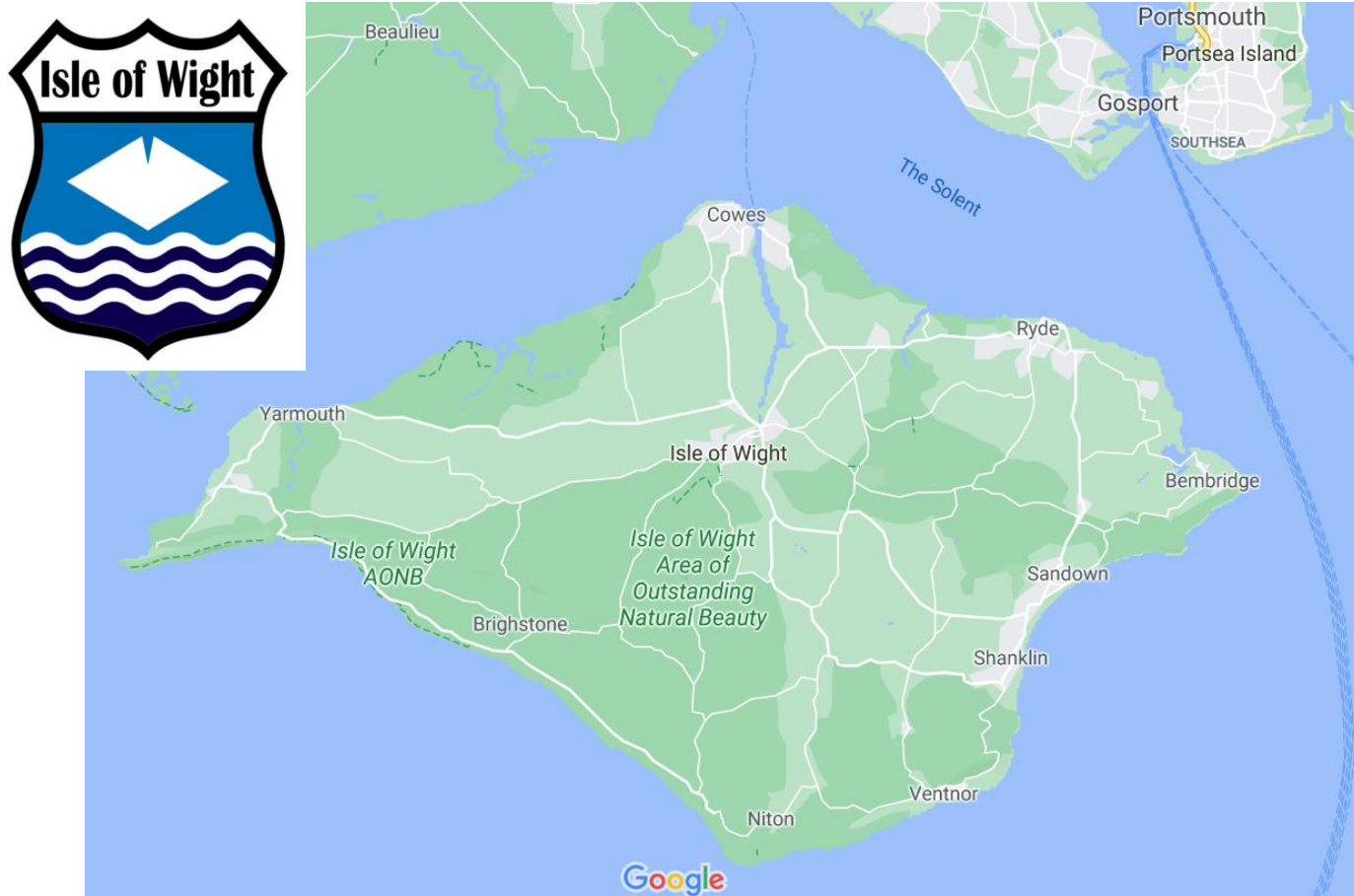
- Arrive at school on Monday 25th March at 8:00am.
- Coach to leave ASAP
- Possible toilet stops depending on traffic/ journey time.
- Arrive at Flip-Out at 11:00am for packed lunch and activity.
- Travel on the ferry at 2:40pm.
- Arrive on PGL site at around 4:00pm.
- Children will be shown into their rooms, have a tour of the site, dinner and their first evening activity.

Return

- Return to Pirton by 6:00pm on Friday 29th March.
- Regular updates Arbor/Website.

PGL Little Canada-Isle of Wight

Set in a woodland area on the banks of Wootton Creek.





Little Canada is the perfect place to try out a large range of activities. The PGL site has private access straight to the beach and water and the all-weather sports facilities are in the middle of the site.

Provisional Timetable

Day	Morning	Afternoon	Evening
Monday 25 th	Travel on coach Leave at 8:00am	Flip-Out at 11:00am Ferry crossing- 2:40pm	Passport to the World
Tuesday 26 th	Excursion (Wildheart Animal Sanctuary)	Matrix Climbing	PGL Tournament
Wednesday 27 th	Excursion (Blackgang Chine)	Excursion (Blackgang Chine)	Campfire
Thursday 28 th	Giant Swing Abseiling	Low Level Ropes Course Fencing	Silent Disco
Friday 29 th	Zip Wire Archery	Lunch Ferry crossing- 2:20pm	Travel back to school Arrival time TBC



Accommodation

Pupils will be in rooms of 4 (boys and girls separated).

Rooms will be overseen by staff members. Bedding will be provided.

Labelled staff rooms beside the children rooms.

Bed-time will be around 9:30pm, then lights out at 10:00pm.

Children will be woken in the morning depending on their breakfast slot.

Rooms will not be announced until we arrive on site.







Food

Enjoyable mealtimes with nutritious and tasty food.

Choice of packed lunch provided on excursion days.

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

Hot and cold meals with vegetarian options.

Homemade soup every day.

Self-service salad bar. Fresh fruit with every meal.

Allergies, intolerances and special diets catered for.



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)
Fresh Mushrooms (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)	Fresh Mushrooms (ve) (200kcal)
Sausages or Quorn™ Vegan Cumberland (ve) (200kcal)	Bacon or Quorn™ Vegan Cumberland (ve) (200kcal)	Sausages or Quorn™ Vegan Cumberland (ve) (200kcal)	Bacon or Quorn™ Vegan Cumberland (ve) (200kcal)	Bacon or Quorn™ Vegan Cumberland (ve) (200kcal)

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

LUNCH

Pepperoni Pizza (200kcal)	Beef Burger (200kcal)	Battered Chicken Chunks (200kcal)	Homemade Beef Bolognese (200kcal)	Battered Fish (200kcal)
Margherita Pizza (v) (200kcal)	Meatless Farm™ Plant Based Burger (200kcal)	Vegetable Nuggets (ve) (200kcal)	Homemade Vegetable Ratatouille (ve) (200kcal)	Jumbo Sausage (200kcal)
Plant-based Margherita Pizza (ve) (200kcal)	Served with: Ziggy Fries (ve) (200kcal)	Served with: Potato Wedges (ve) (200kcal), Garden Peas (ve) (200kcal), Sweetcorn (ve) (200kcal), Sweet Chili Sauce (ve) (200kcal)	Served with: Penne Pasta (ve) (200kcal), Garlic Bread (v) (200kcal), Coated mild cheddar (v) (200kcal)	Quorn™ Fishless Fingers (ve) (200kcal)
Served with: Skinny Fries (ve) (200kcal)				Served with: Skinny Fries (ve) (200kcal), Garden Peas (ve) (200kcal)

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

DINNER

Chicken Katsu Curry (200kcal)	Fish Fingers (200kcal)	Chicken Curry (200kcal)	PGL's Sausage Pasta Bake (200kcal)	Beef Burger (200kcal)
Homemade Beef Lasagne (200kcal)	Hunters Chicken (200kcal)	Baked Cheesy Meatballs (200kcal)	Chicken Kiev** (200kcal)	Homemade Mac 'n' Cheese (v) (200kcal)
Vegetable Lasagne (ve) (200kcal)	Shepherdless Pie (ve) (200kcal)	Vegetable Curry (ve) (200kcal)	Homemade Sausage & Bean Casserole (ve) (200kcal)	Meatless Farm™ Plant Based Burger (ve) (200kcal)
Sides: Garlic Bread (v) (200kcal), Rice (ve) (200kcal), Garden Peas (ve) (200kcal), Fresh Broccoli (ve) (200kcal)	Sides: Baby Potato (ve) (200kcal), Baby Carrots (ve) (200kcal), Whole Green Beans (ve) (200kcal)	Sides: Rice (ve) (200kcal), Penne Pasta (ve) (200kcal), Mixed Vegetables (ve) (200kcal)	Sides: Mashed Potato (v) (200kcal), Fresh Broccoli (ve) (200kcal), Baby Carrots (ve) (200kcal)	Sides: Ziggy Fries (ve) (200kcal), Sweetcorn (ve) (200kcal), Whole Green Beans (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)

Safety

Ratio of adults to children 1:5 during PGL activities

Ratio of adults to children 1:10 during excursions

Three mixed groups

24 hour staff on secure site

All the safety equipment a slightly nervous parent or guardian could ask for!



PLEASE LABEL EVERYTHING!

Kit List- main luggage

- Small suitcase or travel bag, with name and address clearly marked (To be packed into the luggage compartment of coach)
- 2 (at least) pairs of trousers/jeans/shorts
- 2 long sleeve tops
- 2 jumpers
- 3 t-shirts
- Sensible shoes and trainers (1 comfortable pair for walking)
- Beach shoes/flip flops
- Slippers
- Socks and underwear for 5/6 days
- 2 plastic bin liners
- PJ's/dressing gown
- 2 towels – PGL do not provide towels
- Wash kit/ toiletries (sponge, soap/body wash, toothpaste, toothbrush, sanitary products etc)
NO AEROSOLS PLEASE.
- Sun cream and sun hat (**Appropriate items for the forecasted weather**)

Kit List- Hand Baggage

Anything needed on the outward journey and therefore not packed in suitcase.

- Small rucksack (comfortable for walking with)
- Disposable lunch- no sweets or fizzy drinks please
- Reusable drinks bottle (not glass)
- Appropriate items for the weather- Waterproof jacket/ sunhat
- Spending money- Maximum of £20 (handed to an adult on arrival)
- Some small activities for the journey, for example:
 - 1 small soft toy;
 - 1 or 2 reading and/or puzzle books;
 - 1 small board game (travel size);
 - A small pencil case with pencils, colouring pencils or pens etc.

Kit List... continued

The children may not bring: sweets or chocolate, mobile phones, any precious/expensive or sentimental value items, hand-held computer games, ipods or mp3 players.

The children will be responsible for their own belongings.

Please check your child's luggage for these items.

Travel

Talk to your child about how they travel best.

Identify if there is anything they should or shouldn't do to help themselves when travelling.



Code of Conduct



It is essential that everyone agrees to these simple rules to ensure a safe and enjoyable visit

- Obey all instructions or requests quickly and without question
- Listen carefully to all instructions given, e.g. meeting points and times. Take notes where necessary
- Be punctual at all times
- Never leave the centre/hotel/your group without permission from staff
- Remain with your group at all times when you are away from the centre/hotel
- Treat everyone you meet during the visit with courtesy and consideration, especially in busy or crowded situations
- Take every opportunity to practise your communication skills (listening, speaking, reading and writing)
- Keep your belongings safe and bedrooms tidy at all times. There will be regular room inspections
- Never enter a bedroom of pupils of the opposite gender
- Wear seatbelts at all times on any coach
- Keep the coach clean and tidy
- Do not bring or buy chewing gum
- Go to bed and try to sleep at the agreed times. With a busy schedule it is essential that everyone, including staff, get their rest
- I understand that any misconduct may result in me being sent home from the trip

USE COMMON SENSE AND LOOK OUT FOR EACH OTHER AT ALL TIMES

I (Young person's name)
agree to follow all these rules during the visit.

Signed (Young person's signature)

Medication and Illness

- Speak to the school office prior to the visit, in order to complete the necessary forms.
- Mrs Woodward will be responsible for all medication throughout the visit- please arrange a conversation with her if required and the office will support this.
- Medication placed in a **named** clear plastic bag with specific instructions and handed to the office in the week prior to the visit.
- Parents to administer travel sickness medication prior to coming to school on Monday morning.
- Travel sickness medication for the return journey should be handed to the school office prior to the trip.
- **All medication must be clearly marked with your child's name.**
- **Any illness on the trip will be assessed and contact will be made with parents.**

Next Steps

- Discuss and sign the Code of Conduct with your child.
- Return outstanding paperwork by Monday 12th March.
- Hand in medication to the office the week before the trip.
- Ensure your child knows what has been packed.
- LABEL EVERYTHING!
- Arrange a time to discuss any additional needs your child may have with any accompanying adult if necessary.

Payment

Please continue the payment plan on Arbor.

We have managed to reduce some costs as more children signed up after the payments were worked out. We will never make a profit!

For those who were asked to pay £550, the office will send a refund to you shortly.

The final payment is due by the day we leave. This payment must be made before we leave.

Any General Questions?

Then, time for individual questions.

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Further information

<https://www.pgl.co.uk/en-gb/adventure-holidays/menu>

<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/little-canada/tour.html>