



YEAR 6 Residential PGL Isle of Wight

Monday 6th - Friday 10th July



Please take the pack of information. If your child will need to take ANY medication during the trip, take a pink medical form. Then make yourself comfortable!



Who is going?

Miss Walton

Mrs Caldeira

Miss McLean

Mrs Coling

Miss Longley

Mrs Newell

Miss Stewart/

Mr McArdle

Mrs Alvisse

Mr Milner

Mr Paul

Departure - Monday 6th July

8:30 am: Arrive Queen Eleanor's

9:00 am: Coach departs

11:20 am: Ferry crossing

12:45pm (approx): Arrive at PGL centre to start
our first activity at 2pm



What should you have when you arrive at school on Monday?

- **Named Suitcase / holdall** containing clothing for the week (this will be going under the coach).
- **Small backpack** for the journey (this will be ON the coach with you).

In your backpack, you will need these things:

- Snack, packed lunch & refillable water bottle. No fizzy drinks or nuts please.
- Waterproof coat, sun hat & sun cream (just in case!)
- Small travel game (non-electronic) / card game / reading book (if desired).
- Wear your own clothes with comfortable shoes.

When you arrive on Monday ...

- Go to the hall via the side doors.
- Sign in with Miss Longley.
- Any medication to be given to Miss McLean or Miss Walton - ensure it is named and on the medical form completed **prior to the trip**.
- Spending money (max £10) in named envelope to be given to Mrs Alvisse.
- Say your goodbyes, sit down and wait for everyone else to arrive!

Activities

Children will be put into groups for the activities and a member of school staff will be with them. All activities are led by PGL instructors.

These are some of the activities that the children will be taking part in:

- Jacob's ladder
- Giant swing
- Aeroball
- Archery
- Laser tag
- Trapeze



More Activities

- Orienteering
- Problem solving
- Vertical challenge
- Beach walk
- Abseiling
- Climbing
- Survivor
- Sensory trail
- Canoeing



Evening Activities

Every evening, there is an instructor-led activity:

- Campfire
- Cluedo
- 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.
- Silent disco
- Bedtime (everyone's favourite part of the day!) will be around 9:00pm.

PGL Checklist



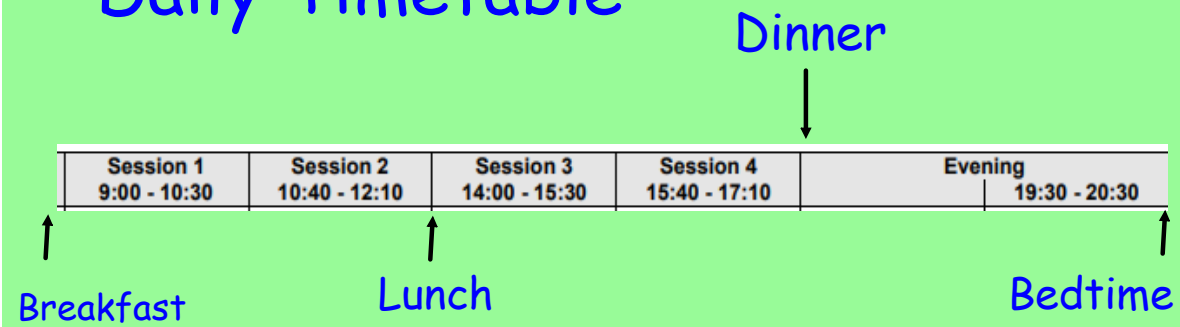
What To Wear Checklist

For all activities we advise that guests:

- Bring sun cream or waterproof clothing and warm clothes with you, depending on the weather
- Remove all jewellery (stud earrings are OK) and tie back long hair
- Wear practical footwear e.g. old trainers. Do not wear flip-flops, Crocs, open-toed shoes/sandals or wellington boots - unless they are required as part of a study course, e.g. field studies
- Wear long-sleeved tops, long trousers (not jeans), or leggings

Activity	To Wear	Notes
All Rope Sessions (Abseiling, All Aboard, Cat Walk, Climbing, Crate Challenge, Giant Swing, High Ropes Course, Jacob's Ladder, Trapeze, Tree Climb, Treetop Trail, Vertical Challenge & Zip Wire)	Tops that cover the shoulders Shorts may be worn but they must cover the thighs	
Archery	Close-fitting long sleeves or short sleeves	
Tunnel Trail & Dry Slope Skiing	Long-sleeved tops & long trousers/leggings	Possibility of getting dirty (Tunnel Trail)
Bouldering Wall, Challenge Course, Low Level Ropes Course & Sensory Trail	Long trousers/leggings	Possibility of getting dirty
Fencing	Long trousers/leggings	

Daily Timetable



Accommodation

- We have been allocated rooms that will sleep 4 or 6 children.
- The children have been asked for the names of 4 people they would like to share with - we guarantee they will be with at least one of these people in their room or group.
- The children will find out rooms and groups when we arrive at PGL
- Each children's room is in the same area as an adult's.
- They are all en suite.
- The children need to bring their own sleeping bag and pillow.



Kit List

General

- 1 case or holdall, clearly named, with a contents list attached to the inside
- **1 sleeping bag and pillow**
- Washbag containing soap, shampoo, toothbrush, toothpaste etc.
- 2 x towels (one for washing, one for water sports)
- Hairbrush / comb
- Black sack / carrier bags for dirty washing
- Reading book / playing cards / pocket games (if desired)
- Torch (for evening activities)
- Sun cream and sun hat

Cameras and watches may be brought on the trip at the owner's own risk.

Clothing

- 3 or 4 pairs of trousers (avoid jeans as these get uncomfortable when wet)
- 2 or 3 pairs of shorts (must cover the thigh)
- At least 3 t-shirts or polo shirts (need to cover the shoulders)
- 2 x long-sleeved t-shirts (some activities require arms to be covered)
- 2 x warm jumpers / sweatshirts
- 1 x light sweater / fleece
- Underwear (enough for 4 days)
- Socks (enough for 4 days & 2 spare pairs)
- Nightwear
- Party / disco clothes (one set)
- Waterproof trousers (if desired)
- Swimwear to wear under a wetsuit (no bikinis)



Footwear

- 1-2 x pair of comfortable (not new) trainers or walking shoes for activities (these may get muddy / wet)
- 1 x pair of trainers / shoes for indoor and evening use
- 1 x pair of water shoes or old trainers for water sports activity

PLEASE NOTE THAT CLOTHING FOR THE ACTIVITIES SHOULD BE OLD AS THEY MAY GET DIRTY & WET!

Kit List

NO THANK YOU

- Mobile phones
- Electrical devices
- Handheld video games
- Aerosols
- Jewellery (other than a watch or stud earrings)
- Make up
- **Sweets / Chocolate / Chewing gum**



Behaviour & Expectations

- Behave as you would if we were at school (in fact - behave even better!).
- Listen to the instructors.
- Be polite and respectful.
- If you do NOT listen to the instructors, you could put yourselves and others at risk and you may be asked to sit out of an activity.
- As a *very last resort*, your parents may be asked to come and collect you.

Food



Breakfast (from 7am) is a variety of hot food options, cereals, fruit and yogurt.

There are normally 2 different lunch options and a salad bar. Lunch sessions begin at 12:10pm.

Dinner (from 5:10pm) consists of 3 different options and a salad bar.

There is always a gluten free option and vegetarian option.

Fresh fruit is available with every meal.

Food <u>Example Menu</u>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BREAKFAST	Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms	Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms
Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam							
 LUNCH	Pizza Choices: Pepperoni Margherita (v) Plant-based Margherita (ve) Sides: Skinny Fries	Hot Dogs Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Potato Wedges	Pasta Choices: Pasta Bolognese Tomato & Basil Pasta (ve) Sides: Garlic Bread	Hot Sandwich Choices: Ham & Cheese Panini Plant-based Fish Finger Sandwich (ve) Sides: Crisps	Burger Choices: Beef Burger Plant-based Burger (ve) Sides: Curly Fries	Fajitas Choices: Chicken Plant-based Fajita (ve) Sides: Tortilla Chips	Sausage Rolls Choices: Jumbo Sausage Rolls Plant-based Sausage Roll (ve) Sides: Peas Mashed Potato
 DINNER	Bangers & Mash Chicken Fillets with a BBQ Sauce Plant-based Bolognese (ve) Sides: Penne, Mashed Potato Sweetcorn, Carrots Doughnuts (v)	Piri Piri Chicken Sausage Pasta Bake Plant-based Chicken Schnitzel (ve) Sides: Skinny Fries, Peas, Cauliflower Fruit Muffin (ve)	Chicken Curry Fishcakes Chilli non Carne (ve) Sides: Rice, Potato Wedges, Broccoli, Carrots Chocolate Crispy Cake (v)	Pork Meatballs in Tomato Sauce Chicken Kiev Plant-based Meatballs in Tomato Sauce (ve) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Waffles (v)	Fish & Chips Chicken Katsu Curry Plant-based Fishless Fillet (ve) Sides: Skinny Fries, Rice, Peas, Carrots Chocolate Eclairs (v)	Sweet Chilli Chicken Chunks Lasagne Vegetable Curry (ve) Sides: Rice, Garlic Bread, Country Veg Chocolate Muffin (ve)	Sweet & Sour Chicken Fish Fingers Plant-based Nuggets (ve) Sides: Curly Fries, Rice, Carrots, Green Beans Profiteroles (v)

Shop

There is a gift shop!



You are allowed to bring no more than £10 (this is in addition to the ice cream money). Please put money into an envelope. Ensure the envelope is named and says how much money is inside.

You will hand this in to Mrs Alvisse for safe keeping on Monday morning. The adult for your group will look after your money before and after the shop visit.

Shop

STATIONERY

Postcard	£0.30
Jumbo Eraser	£1.50
Hologram Pencil	£0.50
PGL Pen	£1.00



TOYS

PGL Bounce Ball	£0.50
Flying Ring	£1.50
Singing Magnets	£3.00
PGL Football	£5.00



GIFTS

Selection of Key Rings	from £2.00
LED Torch	£3.00
PGL Dog Tags	£2.50



CLOTHING

PGL T-Shirts	£4.00
PGL Caps	£5.00

MUGS

PGL Mugs (Various Designs)	£4.00
Aluminium Water Bottle	£3.00

CONFECTIONERY

Pick 'n' Mix	from £2.00
Selection of Confectionery	from £0.30

Selection of Drinks	from £0.70
Ice Creams (Seasonal)	from £1.20

No Fizzy Drinks



Coming Home - Friday 11th July

- 12:45 pm - depart Little Canada
- 1:40 pm - ferry crossing
- 3:30 pm (approx.) - arrive back at school.

Any questions?

