



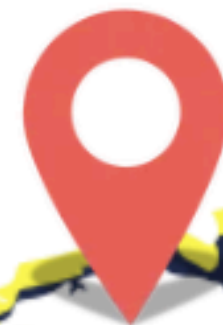
OUR PGL
ADVENTURE
STARTS AT
LITTLE
CANADA





A home away from home, Little Canada

**Our creek-side centre,
set on the picturesque
Isle of Wight**





The PGL Difference



**Outdoor education
experts**



**24hr on-centre
support**



**A dedicated PGL
Groupie**



**Personalised
programme**





Safety, Quality & Care

- ✓ All centres awarded Learning Outside the Classroom Quality Badge
- ✓ BAPA and Adventuremark accredited
- ✓ Fully qualified activity instructors
- ✓ Teams are enhanced DBS checked and receive extensive Safeguarding training
- ✓ On-centre SEND and Designated Safeguarding Officers
- ✓ ABTA member
- ✓ AAA-rated insurance cover included





MULTI-ACTIVITY

A sample day to give a sense of what to expect...

Learning outcomes:

How is this achieved:

FOSTER RESILIENCE

Equip pupils with adaptability, perseverance, and a positive mindset to overcome challenges and thrive.

BOOST INDEPENDENCE

Empower your pupils to take ownership of their learning through problem-solving and cultivating self-motivation.

DEVELOP COURAGE

Take new found skills back to the classroom.

SPARK CURIOSITY

Inspire a passion for exploration, and foster a lifelong love for discovery and learning.



*Programmes tailored to each group



Adventures from sunrise until sunset

Escapades needn't stop at the end of the school day, with a full evening programme!



SILENT DISCO



CAMPFIRE



PASSPORT TO THE WORLD

DISC GOLF





Hungry work! A focus on food & drink

SAMPLE MENU

- ✓ 3 healthy, nutritious meals a day
Plenty of choice for all types of taste buds
- ✓ Dietary needs catered for – so nobody
leaves any meal hungry!
- ✓ Water stations available throughout
activity centre

BREAKFAST

LUNCH



DINNER



accredited by

coeliacuk
live well gluten free

We're Coeliac UK accredited and



Room selection

Sleep set-up

- ✓ En-suite bunk-bedded rooms, sleep 8-10 children
- ✓ Rooms are comfortable, warm and modern
- ✓ Teachers' rooms are on the same corridors/blocks as pupils

LOG CABINS

WOODLANDS HOUSE



Trip forms



Medical and Consent Form

Name of Establishment: Fair Oak Junior School
 Activity: Residential
 Venue: Little Canada
 Date: Mon 22nd June – 26th June 2026

Personal Details of Participant

First Name: _____ Surname: _____ Mobile _____
 Date of Birth: ___ / ___ / ___ Age: _____ Male / Female (delete as appropriate)
 Address: _____
 Post code: _____ (we require more than one emergency contact number below)
 Next of Kin – name of parent/carer and address during the activity. Name: _____
 Address: _____
 Contact Numbers – **Home:** _____ **Work:** _____ **Mobile:** _____

Any special **dietary** requirements: _____
 Gluten free, coeliac, fussy eater, vegetarian, etc.

Medical Information

Name and address of participant's Doctor: _____
 Telephone Number: _____ NHS Number (if known): _____

Has the participant had or have any of the following? *Where 'YES', please give specific details overleaf.*

Asthma or bronchitis	Yes	No	Allergies to any know medication	Yes	No
Heart condition	Yes	No	Other allergies (material, food, animal, plasters)	Yes	No
Fits, fainting or blackouts	Yes	No	Other illness, disability or special needs	Yes	No
Severe headaches	Yes	No	Travel sickness or sleepwalking	Yes	No
Diabetes	Yes	No	Regular medication	Yes	No

Is the child receiving -

Support and/or treatment for mental health from their counsellor or Doctor? Yes No
 Medical or surgical treatment of any kind from their Doctor or hospital? Yes No
 Has the participant been given specific medical advice to follow in emergencies? Yes No

If the answer to any of these questions is Yes, please give details overleaf (including name and dosage of any medicines/tablets)

If it is considered necessary, do you consent to mild painkillers (Paracetamol) being administered? Yes No



Administration of Medicines & Treatment Consent Form

NB: The school will not administer aspirin or medicines containing ibuprofen, nor should children bring these into school for self-medication.

Name of child	
Address of child	
Parent/Guardians home telephone no.	
Parent/Guardians Mobile telephone no.	

Medical contact information

Name of GP	
GP's telephone no.	

Permissions

My child will be responsible for the self-administration of medicines as directed below.	
I agree to members of staff administering medicines/providing treatment to my child as directed below or in the case of emergency, as staff may consider necessary. I recognise that staff are not medically trained.	
Signature of parent or carer	
Date of signature	

Medicine

Name of medicine (as described on the packaging)	Medical condition or illness	Required Dose	Frequency	Course finish	Medicine expiry
Specific instruction					

How will this be recorded?



WHAT TO BRING

Please ensure that all items are named.

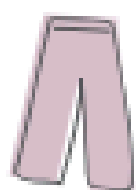
CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

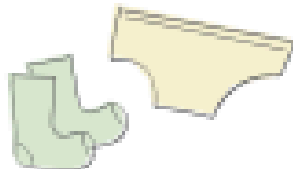
- Tops & jackets
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleece/jumpers
- Trousers or leggings
but not jeans as they get heavy and cold when wet
- Underwear & socks
- Swimming costume/trunks for water activities
- 1 or 2 sets of clothes for the evening
- Suitable nightwear



Your arms will need to be covered to do some activities.



Your socks will need to cover your ankles to do some activities.



FOOTWEAR

- 2 pairs of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes for evening activities



We recommend that all visitors wear closed-toe footwear while on site due to uneven terrain and safety considerations around activity areas

OTHER ITEMS

- 2 towels
 - 1 for showering
 - 1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- Hair ties for long hair
- Torch
- Pocket money £10-20 Recommended



Last property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans

Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

- Pocket money £10-20 Recommended

PLEASE DO NOT BRING

- ✗ Electrical devices
 - ✗ Computer games
 - ✗ Food items that contain nuts
 - ✗ Jewellery/valuables
 - ✗ Aerosols
 - ✗ Flip flops/crocs/sandals
- If you bring your mobile phone, please note, it is not covered by our insurance.



TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

- **Cases and carry on**
- **Sleeping bags**

Last property

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Gift Shop

Take a little piece of PGL home...

- ✓ A wide range of unique gifts & goodies
- ✓ Encourages real life learning & independence
- ✓ Options for all budgets (£10-15 per pupil suggested)
- ✓ Cash or pre-paid cards accepted



- ***Drop off***

- ***medicine***

- ***where?***

- ***When?***

- ***Breakfast club***

- ***Collection***

- ***Text message***

Trips, Treats and Letters

Over the course of the year, we will send out information regarding various trips or treats we are organising. Some of these letters were sent out before the summer to give as much notice as possible:

PGL INFORMATION

More information about this trip can be found [here](#).

Residential Information Evening

A Parents' Information Evening for families of pupils attending the PGL residential visit will take place on Wednesday 20 May at 6.30pm. We look forward to welcoming you and sharing further information about the trip.

As we prepare for our residential to PGL Little Canada, please see the links below that can take you to all the information you need.

[PGL parent presentation](#)

[Parent information page](#)

[Kit list](#)

[Example menu](#)

Should you have any further questions, please contact your class teacher in the first instance.

***Where to find
all this
information?***



SCHOOL
ADVENTURES

Thank you,
any questions?

