

# *Little Canada*

# Isle Of Wight

School Journey

Little Canada, Isle of Wight,  
16<sup>th</sup> – 20<sup>th</sup> October 2023





PIC-COLLAG



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# Possible Activities

- Abseiling
- Aeroball
- Archery
- Beach Games
- Camp Craft
- Canoeing
- Circus Skills
- Climbing
- Dragon Boating
- Eco Trail
- Fencing
- High Ropes
- Jacob's Ladder
- Kayaking
- Orienteering
- Problem Solving
- Quad Biking
- Raft Building
- The Matrix
- Trampolining
- Trapeze
- Tunnel Trail
- Zip Wire



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Scrambled Egg Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (V) Vegetable Sausages Hash Browns Spaghetti In Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (V) Vegetable Sausages Omelette Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads  Pizza with Choice of Meat or Vegetarian Toppings Fries  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potatoes or Rice Choice of Meat or Vegetarian Dish  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Wrap with Meat or Vegetarian Fillings Tortilla Chips and Salsa  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta served with Garlic Bread Choice of Meat or Vegetarian Dish  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Meat or Vegetarian Burger with Choice of Relishes Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Chicken and Vegetable Tikka with Naan Bread Fish Fingers (V) Sundried Tomato & Mozzarella Tart  Chips and Rice Peas & Baked Beans  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Meatballs in Tomato Sauce Cottage Pie with Gravy (V) Creamy Vegetable Kiev New Potatoes or Pasta Broccoli & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Carrot Cake Hot & Cold Drinks	Homemade Soup of the Day  Beef Lasagne Oven-Baked Chicken Nuggets (V) Lentil and Vegetable Lasagne Chips Green Beans & Carrots  Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks	Homemade Soup of the Day  Chicken Kiev Chilli con Carne (V) Quorn & Vegetable Chow Mein Noodles Rice or New Potatoes Cauliflower & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Chicken and Vegetable Curry with Naan Bread (V) Four Cheese Ravioli in Tomato Sauce Chips or Rice Mixed Vegetables & Mushy Peas  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Hot & Cold Drinks



# Accommodation



# Kit List

- Hat & Gloves
- T-shirts, jumpers / hoodies, tracksuit bottoms x2 (old clothes)
- Light waterproof raincoat and warm coat
- Socks, Underwear, Pyjamas
- Wash bag (roll-on deodorant, shower gel etc)
- Towels x2
- Trainers x 2
- Lip balm
- Notepad and Pencil
- Small backpack (Packed lunch, Water bottle)
- 'Smart' clothing for disco
- Sunscreen
- Swimming kit / waterproof shoes (not crocs or flip-flops\* (TBC)



# NOT ALLOWED!

- Mobile Phones
- Electronic Games
- Kindles
- Jewellery
- Hair Straighteners
- Hair Gel
- Sweets / gum
- Spray deodorants
- Any Electrical Items

# Important items

- Medication & instructions
- Torches
- Contact details\*
- Pocket money (small denominations in a named purse)
- Medical forms\*





# AOB

- **Pocket money (£10 or £15 in small denominations)**
- **Communication to/from home**
- **Departure & return time**
- **Updates from the trip**
- **Overdue payments**
- **Room sharing choices**
- **Pupils not attending study week**