



2025



- ▶ PGL is the UK's leading outdoor education provider.
- ▶ They specialise in educational activity courses, with centres in the UK and France.
- ▶ Started in 1957 by Peter Gordon Lawrence

# Little Canada - Liddington



# Who is going?



- ▶ Miss Johnson, Mrs Heycock, Mrs Hanger

# What does a day at PGL look like?

- ▶ 8 - 9 *Breakfast*
- ▶ 9 - 10.30 *Activity 1*
- ▶ 10.30 - 12 *Activity 2*
- ▶ 12 - 1 *Lunch*
- ▶ 2 - 3.30 *Activity 3*
- ▶ 3.30 - 5 *Activity 4*
- ▶ 5 - 6 *Dinner*
- ▶ 7 - 8.30 *Evening activity*
- ▶ 9pm *Bed!*



Archery



Giant Swing



Canoeing



Orienteering



Jacob's Ladder



Trapeze



Problem Solving

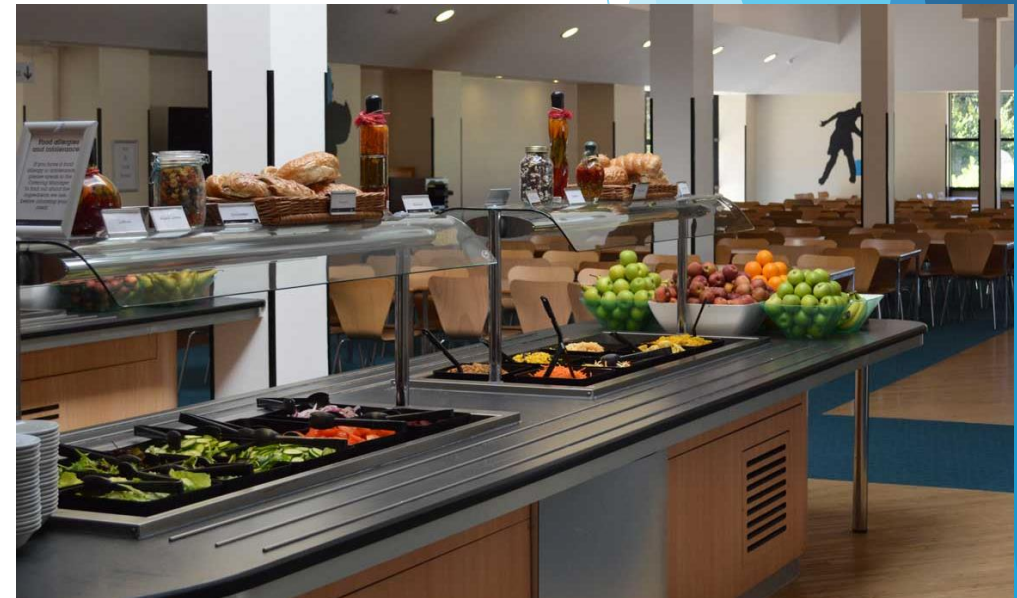


SENSORY TRAIL

# Cabins

Each cabin has their own bathroom.

The adult rooms are interspersed throughout the children's rooms.





# Healthy Choices

Available daily

Fresh fruit - every mealtime

Unlimited salad from our salad bar - lunch & dinner



## BREAKFAST



Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Sausages	Sausages	Sausages	Sausages	Sausages	Sausages	Sausages
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Beans	Beans	Beans	Beans	Beans	Beans	Beans
Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)
Hash Browns	Mushrooms	Hash Browns	Mushrooms	Hash Browns	Mushrooms	Hash Browns

Available every day: Choice of Cooked & Continental Breakfast | Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam



## LUNCH

<b>Pizza</b>	<b>Pasta</b>	<b>Hot Dog</b>	<b>Hot Sandwich</b>	<b>Burger</b>	<b>Tacos &amp; Fajitas</b>	<b>Roast Dinner</b>
<b>Choices:</b>	<b>Choices:</b>	<b>Choices:</b>	<b>Choices:</b>	<b>Choices:</b>	<b>Choices:</b>	<b>Choices:</b>
Pepperoni	Mac 'N' Cheese (v)	Pork Hot Dog	Ham & Cheese Baguette	Beef Burger	Chicken	Roast Beef
Margherita (v)	Plant-based Bolognese (ve)	Plant-based Hot Dog (ve)	Meatball Baguette (ve)	Plant-based Burger (ve)	Plant-based (ve)	Vegan Sausage Rolls (ve)
Vegan Margherita (ve)	Tomato & Basil (ve)	<b>Sides:</b>	Fish Finger Sandwich	<b>Sides:</b>	Soft Wrap	<b>Sides:</b>
<b>Sides:</b>	<b>Sides:</b>	Onions, Skinny Fries	<b>Sides:</b>	Cheese, Tomato Relish, Onions, Curly Fries	Crispy Shell	Carrots, Broccoli, Peas, Yorkshire Pudding, Roast Potatoes, Gravy
Potato Wedges	Garlic Bread		Crisps		<b>Sides:</b>	
					Salsa, Tortilla Chips	

Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese



## DINNER

Piri Piri Chicken	Bangers & Mash	Meatball Lasagne	Bacon Mac 'N' Cheese	Fish & Chips	Fried Chicken	Sweet Chilli Chicken
Tuna Pasta Bake	Chicken Chow Mein	Cod Goujons	Chicken Kiev	Chicken Katsu Curry	Pulled Pork Filled Yorkshire Pudding	Fish Fingers
Spaghetti & Meatballs (ve)	Sausage & Bean Stew (ve)	Plant-based Shepherd's Pie (ve)	Vegetable Curry (ve)	Vegan Fish Fingers (ve)	Spaghetti Bolognese (ve)	Butternut Squash Wellington (ve)
<b>Sides:</b>	<b>Sides:</b>	<b>Sides:</b>	<b>Sides:</b>	<b>Sides:</b>	<b>Sides:</b>	<b>Sides:</b>
Curly Fries, Baby Corn, Green Beans	Mashed Potato, Broccoli, Green Beans, Gravy	Garlic Bread, New Potatoes, Country Vegetables, Broccoli	New Potatoes, Rice, Mangetout, Carrots	Skinny Fries, Rice, Peas, Carrots	Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy*	Potato Wedges, Country Vegetables, Green Beans
<b>Spaghetti</b>	<b>Penne Pasta</b>	<b>Penne Pasta</b>	<b>Penne Pasta</b>	<b>Penne Pasta</b>	<b>Spaghetti</b>	<b>Penne Pasta</b>
<b>Served with:</b>	<b>Served with:</b>	<b>Served with:</b>	<b>Served with:</b>	<b>Served with:</b>	<b>Served with:</b>	<b>Served with:</b>
Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese	Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese	Cheese Sauce, Grated Cheese	Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese
Chocolate Fudge Cake with Ice Cream	Sticky Toffee Sponge Cake with Ice Cream	Chocolate Crispy Cake	Apple Crumble with Custard	Chocolate Eclairs	Belgian Waffles with Ice Cream	Chocolate Brownies

Available every day:  
Dessert - Classic Fruit Salad

# Travel and Medication

- ▶ On the morning of the residential:
- ▶ Arrive at school normal time in normal clothes.
- ▶ Come to the hall (same entrance as assembly) with luggage.
- ▶ Any medication your child needs, must be labelled with dosage instructions and given to an adult.
- ▶ **All children will need a packed lunch for this day.**
- ▶ We are leaving Watlington at 10am.
- ▶ We should be at school on Friday at 3pm.

# Updates and contact

- ▶ Go to the WPS website and look on the ‘Golden Eagles’ class page for regular updates.
- ▶ If we have any concerns or worries about your child, we will contact you immediately. Please ensure we have the most up-to-date phone number.
- ▶ If you need to get hold of your child in an emergency -
- ▶ During school hours, phone the school office.
- ▶ Out of school hours - email [goldeneagles@Watlington.oxon.sch.uk](mailto:goldeneagles@Watlington.oxon.sch.uk)

# Reminders

- ▶ Kit list
- ▶ No electronics
- ▶ Bedding
- ▶ Be mindful of the weather!
- ▶ Bags for dirty washing
- ▶ Shop - £15 max
- ▶ Sweets/snacks
  
- ▶ Questions - email [goldeneagles@Watlington.oxon.sch.uk](mailto:goldeneagles@Watlington.oxon.sch.uk)

