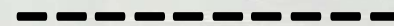
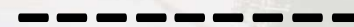




# Freegrounds Junior School



## PGL Little Canada



## September 2025



# **Welcome to our information meeting**

Please feel free to ask  
questions throughout.

# When?

- Friday 19<sup>th</sup> September -  
Monday 22<sup>nd</sup> September
- Leave before school starts on  
Friday and return mid-afternoon  
on Monday.



# Who?

- Year 6 students
- Mixture of teachers, administrative and learning support assistants.
  - Ratios
  - First Aid/Medical
  - Groups
- Centre staff – ‘groupies’ + instructors.

# Osborne House

## Friday

- Arrive (approx 11:00am)
- Activity 1
- Eat packed lunch
- Activity 2
- Activity 3
- Depart (approx 3:30pm)



# Little Canada

## Friday (arrival day)



- Meet 'groupies'
- Settle into cabins
- Tour of the site
- Dinner in the dining room
- Evening activity
- Bedtime

# Little Canada Saturday & Sunday



- Breakfast
- 2 x activities
- Lunch
- 2 x activities
- Dinner
- Free time
- Evening activity
- Bedtime

# Little Canada Monday (departure day)



- Breakfast
- Packing cases
- 2 x activities
- Lunch
- Depart PGL
- Arrive at school  
(usually around 4pm)

# Dining Hall



# Menu



## the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</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 Eggs Baked Beans 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 Plum Tomato 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 Scrambled Eggs Grilled Tomato 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	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Scrambled Eggs 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) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads Salad Bar  Pizza Meat or Vegetarian Potato Wedges  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Pasta Bar Choice of Meat or Vegetarian Garlic Bread  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Burger Choice of Meat or Vegetarian Fries Relishes  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread  Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar  Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips  Seasonal Fresh Fruit Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day Salad Bar  Beef Lasagne Cumberland Sausages (V) Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy  Seasonal Fresh Fruit Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Gammon Chicken Goujons (V) Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn  Seasonal Fresh Fruit Toffee Apple Crumble & Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Mexican Beef Chilli Fish Fingers (V) Sticky Hoisin Noodles Rice or Chips Mixed Vegetables Baked Beans  Seasonal Fresh Fruit Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Chicken Chunks with Sweet and Sour Sauce (V) Vegetable Korma Root Vegetable Bake Rice Broccoli  Seasonal Fresh Fruit Rice Pudding and Jam Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Meatballs in Tomato Sauce Chicken & Leek Pie (V) Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots  Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Chicken Nuggets Fish in Tomato & Mascarpone Sauce (V) Vegetable Pilaf Chips Mixed Vegetables  Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar  Roast Dinner Yorkshire Pudding (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy  Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks

Please note: this menu is subject to product availability and may change. This menu applies to weeks commencing: 23/9, 07/10, 21/10, 4/11, 18/11, 02/12, 16/12, 30/12, 13/1, 27/1, 10/2, 24/2, 09/3, 23/3, 06/4, 20/4, 04/5

Wk1 - Aut2019



Freegrounds Junior School @freegroundsjun · Sep 24, 2022  
Group 8 developing their survival skills this afternoon! #freegroundsjun



14



Freegrounds Junior School @freegroundsjun · Sep 24, 2022  
Today's winning cabin! The children have been earning 'cabin points' by demonstrating our learning behaviours, being kind and helpful and keeping their cabins tidy! Hot chocolate and marshmallows for these boys tonight! Well done! #freegroundsjun



22

# Other

- Contact
- Social media updates
- Devices
- Shop
  - £20 pocket money limit
- Kit list
- Other schools

# More information

- Osborne House

<https://www.english-heritage.org.uk/visit/places/osborne/>

- PGL Little Canada

<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/little-canada>

