



## Loch Inch School Trip

Monday 10<sup>th</sup> June - Friday 14<sup>th</sup> June  
2019

### Parent Information Leaflet



## What will the week look like?

Monday	T/W/Th	Friday
Bus leave at 9am	Breakfast (make own packed lunch)	Breakfast (make own packed lunch)
Arrive at Loch Insh - picnic lunch (brought by children)	Morning activity Followed by lunch	Morning activity Followed by lunch
Afternoon activity	Afternoon activity	Bus Home By 315pm
Tea	Tea	
Evening activity	Evening activity	
Hot Chocolate BED <b>LIGHTS OUT</b> 10pm	Hot Chocolate BED <b>LIGHTS OUT</b> 10pm	

The children will be split into four groups before we go to Loch Insh and they will remain in these groups for the activities. The children will complete a variety of water sports on a rotation basis.

Once Loch Insh has given out our activity timetable the children will be given their groups.

## Activities:

<b>Wet</b>	<b>Dry</b>
Sailing	Skiing
Raft building	Archery
Canadian canoeing	Mountain biking
Kayaking	Wayfind (orienteering)
Jumbo Sup	Problem Solving
Windsurfing	Disco/BBQ
Boat ride round the loch	

These are flexible dependant on staff.

## Food:

Please note the children will need a packed lunch for Monday 10<sup>th</sup> June.

They will also need a lunch box and a reusable water bottle to keep filled for the duration of the trip.

Breakfast	Lunch	Tea
2/3 choices of cereal	Sandwich - make your own with a choice of fillings - cheese, ham, jam, tuna, salad etc	Soup
Cooked breakfast - eggs, bacon, beans, sausages (one day)	Yoghurt Crisps and a biscuit	Burger, pizza, lasagne, pasta bake etc Plus one night of BBQ food.
Range of juice and hot drinks	Juice	Pudding - sponge and custard, apple pie, fruit etc

The chef is very accommodating so please let us know of any really fussy eaters and/or dietary requirements.

There will be hot chocolate available with biscuits in the accommodation -They won't go hungry!

## Suggested Kit List:

The centre provide wetsuits for everyone if required for activities.

Waterproof jacket and trousers	Suitable walking shoes
A fleece/warm jersey	Old shoes/trainers to be used in water (neoprene surf-type shoes are ideal)
Sweatshirts	Shorts
T-shirts	Long trousers for skiing and sailing
Hat and gloves (not woollen)	Swimsuit/trunks
<b>LOTS of SOCKS</b>	Underwear (LOTS)
Comfy clothes (joggers etc for accommodation)	Jammies
Dry shoes for use in accommodation	2 bath towels and a hand towel
Small backpack	Lunch box/water bottle (as mentioned previously)
Insect repellent (midges)	Tissues/wipes

**ALL belongings (as best as possible) should be named** as some clothes can get mixed up!!

Also could children take a couple of black bags with them to put their damp or dirty clothes into for going home.

## Clothing for each activity:

<b>Sailing (Small boats)</b>	<b>Sailing (Big boats)</b>	<b>Kayak/ Canoe</b>	<b>Windsurf</b>	<b>River Trips</b>
<p>Waterproofs Wet shoes/old trainers Hat and gloves Warm clothes for under waterproofs</p> <p style="text-align: center;">OR</p> <p>Wetsuits/ swimmers</p>	<p>Same as for small boats but wetsuits may not be appropriate.</p>	<p>Waterproofs or wetsuits and swimsuit. Wet shoes/old trainers Warm clothes</p>	<p>Wetsuit and swimmers t-shirt shorts old trainers/ wet shoes</p>	<p>Swimsuit Shorts Warm jumper Long trousers Gloves and hat Old trainers Waterproof Packed lunch</p>
<b>Dry Ski Slope</b>	<b>Archery</b>	<b>Biking</b>	<b>Walking</b>	
<p>Long trousers Long sleeved top Waterproofs Hat and gloves</p>	<p>Warm clothes waterproofs</p>	<p>Warm clothes Waterproofs Long trousers and long sleeved top No caps Packed lunch</p>	<p>Waterproofs Long trousers and top Insect repellent Packed lunch</p>	

## **Rooms:**

Children will be allocated their dormitory style rooms before we leave to go to Loch Insh. As the children have to share rooms we will take friendship groups into consideration when deciding these. Once the rooms have been decided there will be no changing after that. You can appreciate this kind of trip takes a lot of organising so last minute changes are difficult.

## **Pocket Money:**

The children will have one opportunity to go into the Loch Insh shop.

We ask that the children have a **maximum of £10**. This ensures equity within the group. Our school will be allocated a time and day to go into the shop, usually the second last evening. But we will find this out when we arrive.

Could you ensure your child has their money in a named wallet or envelope. We will be collecting this on the bus on our way up to Aviemore.

## **Medicines:**

All medicines should be in a labelled bag with the appropriate medical forms filled out. We will issue these out with a kit list before we go.

If your child has an inhaler, requires Calpol or needs anti-histamines this should be included also in the bag.

We can't issue any medicine to a child without the appropriate permission, so it is a good idea to supply us with Calpol etc even if there is a slim chance that they may need it.

## **Mobile Phones/Communication:**

Children should not take their mobile phones with them to Loch Insh. Children will not be allowed to phone home. However, if there is an emergency or extenuating circumstances then we will deal with these on an individual case by case basis.

Mrs Stirling will contact school every day and try (if reception allows) to upload pics onto Facebook.

If you have any concerns regarding communication please do not hesitate to contact school.

**Please note: (01540) 651272 Loch Insh phone number**

## **Risk Assessments:**

Loch Insh have risk assessments for all of the activities undertaken by the pupils. All the activities carry some degree of risk and it is important that the pupils listen carefully and follow instructions carefully. A member of staff from the school and from the activity centre will be with each group as they carry out the activities.

It is going to be a fabulous week!!

Mhairi Stirling

DHT Insh Primary School