



SU Scotland
Classroom Outdoors

Parent Guide



Check out our online
pupil guide!



Scripture Union Scotland is a registered charity (no. SC011222) and company limited by guarantee (no.Sc54297). Registered Office: 70 Milton Street, Glasgow, G4 0HR



ETHOS

As part of SU Scotland, our centres have a Christian ethos. We believe that every child has value and we aim to provide a safe place where they can have fun, meet new challenges and feel valued and accepted.

MEDICAL/DIETARY REQUIREMENTS AND ALLERGIES

Please tell the school about any medical conditions, dietary needs, allergies and any other useful information (e.g. bed wetting) so that we can fully support your child during their residential.

Accompanying school staff will be responsible for handing out any medication that pupils require and should have the relevant permission from the child's parents/carers. The centre is not able to dispense drugs of any kind (e.g. pain killers, anti-histamines).

We can cater for all dietary requirements. We encourage all pupils to be open minded and try new foods but there will always be an alternative available, so your child won't go hungry.

We have an AED (defibrillator) on-site and, in line with regulations for schools, hold spare emergency inhalers and EpiPens for those with prescriptions.

CENTRE STAFF

All our staff are members of the Protecting Vulnerable Groups (PVG) scheme and all appropriate centre staff have undergone basic first aid training.

INSURANCE

We are covered by Public Liability Insurance. We recommend that you take out insurance to cover cancellation, belongings, and personal accident. Please note that to be covered for cancellation you should take out insurance as soon as possible after your booking is confirmed.



ACCOMMODATION

Lendrick Muir is set in 120 acres with a great range of on-site activities. Our large building can be split into three smaller units, each with their own entrance, comfortable lounge, meeting room and dining area.

Bedrooms are dormitory style and can accommodate from 2 to 8 people with a mix of bunks and single beds.

Bedding is provided and pupils will be expected to make their own beds on arrival day. All duvets and pillows in the centre are synthetic. Toilets and showers are available near the bedrooms.



TIME FOR REFLECTION

We start every day with a 30-minute Time for Reflection session. During this session we explore various themes through a Religious Observance perspective. We explore a topic as a group and then there is an opportunity for individuals to engage in a variety of activities to explore the theme in more detail. Themes include teamwork, confidence, resilience and transitions.



BEDTIME

School staff decide upon bedtimes during the residential. Visiting Lendrick Muir isn't like a sleepover at a friend's house - your child will need lots of sleep to make sure they are able to enjoy activities.

PHOTOGRAPHS

Whilst at Lendrick Muir, photographs of pupils taking part in activities will be taken. These provide feedback at the end of the week and are given to the school as a record of the trip. They may also be used in SU Scotland publicity material. You will receive a form via the school where you can confirm whether you are happy for your child's photograph to be used in SU Scotland publicity.





BIRTHDAYS

Please tell the school if your child's birthday is during the residential so we can bake them a birthday cake!



TWIN/SIBLING DISCOUNT

If you have more than one child joining us on a residential (e.g. twins), you can benefit from our sibling discount. For more information, please speak to your school staff.

PERSONAL BELONGINGS

The school will decide which valuable items pupils can bring on their residential. However, we strongly recommend that mobile phones and other valuables are left at home as these are not covered by our insurance policy. We provide Wi-Fi for accompanying staff (not pupils) and teachers often use this to send updates to parents and the school.

QUESTIONS?

Your school staff may be able to help and can contact us for information on your behalf.

You can also look at our website: classroomoutdoors.org.uk.



Kit List

It is important that your child can stay warm and dry. Please send **old clothes** that you don't mind getting wet and muddy. Remember to pack appropriately for the season and to send spare clothes. Please ensure that all clothes are labelled with your child's name.

CLOTHING

- Trousers
- Long sleeved tops
- T-shirts
- Fleeces, jumpers or sweatshirts
- Socks
- Thick socks
- Underwear - remember to pack spares
- Pyjamas

FOOTWEAR

Pack near to the top of your case so you can access them when you arrive.

- Trainers for indoor use (not slippers)
- Tough outdoor shoes/boots (wellies are suitable as one pair)

WATERSPORTS

If you are doing raft-building, canoeing and kayaking, stand-up paddleboarding

- Swimming costume
- Additional pair of old trainers (not wellies/flip-flops)
- Tracksuit trousers
- Jumper and t-shirt
- One full set of spare clothes (including underwear)

TOILETRIES AND OTHER ITEMS

- Wash kit
- Large towel
- Hair bobbles (if you have long hair)
- Sunscreen
- Menstrual care products
- Water bottle
- Small backpack
- Face mask

OUTER CLOTHING

- Hooded waterproof jacket
- Waterproof trousers
- Hat, scarf and gloves (Winter)
- Sun hat (Summer)

All duvets and pillows are provided and are synthetic and anti-allergy. We ask guests to refrain from bringing their own bedding/ sleeping bags. This allows us to maintain a high quality, clean environment for all guests.

We ask all guests to bring both indoor and outdoor shoes. There is a shoe rack at the main entrances and clean indoor shoes (not slippers) must always be worn inside the centre.

Activity Safety

During a residential there will be the opportunity to participate in adventurous activities which may be new and have some risks associated with them. These activities have been shown to bring lasting benefits to the participants' future health and safety. The risks are small when compared to the other hazards which people face in everyday life.

As an Adventurous Activities provider all our activities are risk assessed to ensure they provide a good risk/benefit balance. We do all we can to reduce these risks whilst preserving the purpose, enjoyment and benefits of the activity. The chances of serious injury are extremely remote, but minor injuries (bumps, bruises and minor fractures) are possible, as they are in normal active play.

All activities at our centres are governed by Scripture Union Scotland's (SUS) Safety Management System and the SUS centres have been granted licenses by the Adventure Activities Licensing Authority (AALA) to provide adventurous activities for young people. We fully accept our legal and moral responsibilities in these matters and inform group leaders about what participants may experience, allowing you to make a more informed choice about participation. It is important you disclose any relevant participant information to us to ensure we can meet our duty of care. Details of our liability insurances are available on request.

We hold an AALA licence for Paddlesports, Trail Biking, Climbing and Hillwalking, we also hold the AHOEC Gold Award, which incorporates, AAIAC - Adventure Mark and LOTC Quality Badge.



Lendrick Muir was awarded the AHOEC Gold Standard. The award encompasses not just safety but also excellence in quality of provision. At any provider displaying the Gold Standard logo you can be assured of both safety and quality in their outdoor experience.



All instructors and many support staff are First Aid qualified. First Aid kits are easily accessible and stocked up regularly. We have spare emergency inhalers and EpiPens for those with prescriptions and an AED (defibrillator) on-site.



SU Scotland

We have been organising holiday events for P5-S6 children for over 80 years, with the aim of giving young people a superb holiday experience and providing a simple introduction to the Christian faith. Children and young people of any faith, or none, are welcome at all SU Holidays.

IN P5 - S6 OR KNOW SOMEONE WHO IS?

We'd like to introduce you to our holiday programme, with events across Scotland during the school holidays (Easter, Summer and the October break).

Activities range from abseiling to music-making, kayaking to crafts - some holidays specialise, others have lots of everything. Great food, good friends, caring leaders and time to explore faith are a feature of every single event.

We have been running holidays for children and young people in Scotland for many decades and have great credentials. Over 1500 young people come on holiday with us each year.

Visit the SU Holidays website:

www.suholidays.org.uk

WEEKENDS

Join a local weekend and enjoy great activities, good food and time to explore the Christian faith together.

Come with friends from school or come on your own - our weekends are a great place to enjoy time away with people from your own group and to make new friends.

Every year, over 1500 children and young people enjoy an SU Scotland residential experience on one of over 40 weekends. These events are run locally by regional offices and some of our associated trusts. If you are interested in joining an event, please visit the events section of our website or contact your local office.