

Ochiltree Primary School Residential - Inverclyde Schools Programme

Wednesday 6th May - Friday 8th May 2026

Wednesday - 6th		Thursday - 7th		Friday - 8th	
Time	Activity	Time	Activity	Time	Activity
		08:30	Breakfast	08:30	Breakfast
		09:15	Meet the Coaches	09:15	Meet the Coaches
10:00 - 10:30	Arrival and Welcome	09:30 - 10:30	Archery	09:30 - 10:30	Search and Rescue
10:30 - 10:45	Break	10:30 - 10:45	Break	10:30 - 10:45	Break
11:00 - 12:00	Nightline	10:45 - 11:45	Gymnastics	10:45 - 11:45	Nightline
11:45 - 12:00	Break	11:45 - 12:00	Break	11:45 - 12:00	Break
12:00 - 13:00	Climbing Wall	12:00 - 13:00	Gymnastics	12:00 - 13:00	ASOF Questions and Tree Planting
13:00 - 14:00	Lunch	13:00 - 14:00	Lunch	13:00 - 14:00	Lunch
14:00 - 15:05	Orienteering	14:00 - 15:05	Hill Walk	14:00	Departures and Goodbyes
13:05 - 15:20	Break	13:05 - 15:20	Break		
15:20 - 16:30	Den Building	15:20 - 16:30	Hill Walk		
	Break and Snack		Break and Snack		
16:30 - 17:00	Log Books	16:30 - 17:00	Log Books		
18:00 - 19:00	Dinner	18:00 - 19:00	Dinner		
19:00 - 20:45	Evening Activity	19:00 - 20:45	Evening Activity		
20:45 - 21:00	Supper	20:45 - 21:00	Supper		

Schools Lunch & Dinner Menu 25/26

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Lunch	Lentil Soup	Tomato Soup <i>Pre – order placed in morning.</i>	Lentil Soup <i>Pre – order placed in morning.</i>	Tomato Soup <i>Pre – order placed in morning.</i>	Lentil Soup <i>Pre – order placed in morning.</i>
	A Selection of Fresh Made Sandwiches	A Selection of Fresh Made Sandwiches	A Selection of Fresh Made Sandwiches	A Selection of Fresh Made Sandwiches	A Selection of Fresh Made Sandwiches
	<i>Various Fillings Will Be Available</i>	<i>Various Fillings Will Be Available</i>	<i>Various Fillings Will Be Available</i>	<i>Various Fillings Will Be Available</i>	<i>Various Fillings Will Be Available</i>
	Or	Or	Or	Or	Or
	Penne Pasta with Napoli Sauce	Penne Pasta with Napoli Sauce	Penne Pasta with Napoli Sauce	Penne Pasta with Napoli Sauce	Penne Pasta with Napoli Sauce
		Or Fish Fingers, Chips & Peas	Or Baked Potato	Or Pazzizni & Fries	Or Baked Potato
Dinner	Tomato Soup	Lentil Soup	Tomato Soup	Lentil Soup	
	Bowl of Pasta with Bolognaise or Cheese Sauce & Slice of Pizza	Beef Burger, Chicken Burger Or Vegetable & Bean Burger,	Roast Chicken Kebab Skewers Or Quorn Fillet, with a choice of Sweet Chilli, Katsu Curry or BBQ Sauce.	Chicken Goujons, Fish Fingers Or Quorn Sausages	
		Skin on Fries & Steamed Sweetcorn	Steamed Rice	Hand cut potato wedges	
	Steamed Veg		Steamed Carrots	Garden Peas	
Supper	Mini Chocolate Muffins	Chocolate Chip Cookie	Mini Chocolate Muffins	Chocolate Chip Cookie	

What to bring

We have a dedicated webpage to information for parents and guardians - please visit www.nationalcentreinverclyde.org.uk/schools

Your child should arrive, dressed ready for participation in sport and physical activities and wear comfortable trainers.

We encourage young people to come prepared for the week with:

Clothing

Shorts & t-shirts (enough for the duration of their stay)

Joggers and warm jumpers

Hats, scarves and gloves (weather dependant)

Change of clothes for evening activities

Waterproof jacket

Training shoes (1 pair minimum)

Outdoor shoes/wellies

Sleep wear

Underwear & socks

Toiletries

Tooth brush & toothpaste

Shower Gel & shampoo

General toiletries

Other Items:

Backpack

Water bottle

Sun hat/cap

Sun tan lotion

Any medication (i.e. inhalers etc.)

Your child's school will have their own procedures regarding bringing mobile phones , tablets, DS's or any other electrical equipment. However, it would be advisable to leave these at home due to safeguarding and liability reasons. sportscotland do not accept liability for the loss or damage of any belongings and advise parents to be mindful if allowing children to bring any items of value.