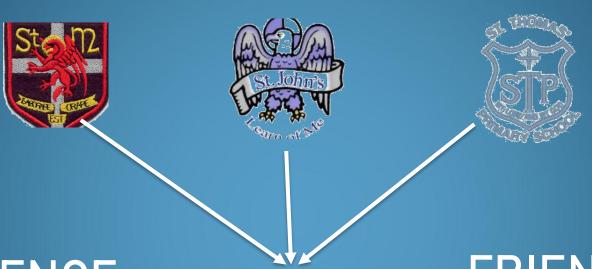
Lockerbie Manor Monday 23rd May to Thursday 26th May 2022



Why go on a Residential Trip?



RESILIENCE

FRIENDSHIPS

CONFIDENCE

TEAM-WORK

ACHIEVEMENT

FUN!

WHY LOCKERBIE?

>Established in 1991

> Largest independent operator

> Safe and secure location

>95% re-booking levels

Very Accommodating



Health and Safety

- Approved centre status
- AALA licence
- Regularly inspected by Health and Safety Executive
- Conforms to all Governing Body Guidelines
- Each outdoor pursuit risk assessed
- Pursuits, equipment and instructors continually monitored and assessed









Instructors

- Rigorous recruitment and training programme
- NGB qualifications
- First aid trained
- Fire Marshall trained
- Emergency procedures in place







THE VENUE

Dorms
Friendship Requests



Mixed Groups of roughly 8

Planned Activities

Hill walking Zip Wire

Abseiling Blind trail

Fencing High ropes Night walk

Climbing Obstacle course

Crate stacking Low ropes Wide games

Archery

Orienteering Initiative exercises

Canoeing Kayaking

Mountain biking

General Time Table

```
07.30
                              Rise & Shine
08.00 - 09.00
                              BREAKFAST
                           Outdoor Pursuit Session 1
09.00 - 10.30
10.30 - 10.50
                                  BREAK TIME
10.50 - 12.20
                                  Outdoor Pursuit Session 2
12.20 - 13.40
                                  LUNCH TIME
13.40 - 15.10
                           Outdoor Pursuit Session 3
15.10 - 15.30
                           BREAK TIME
                                  Outdoor Pursuit Session 4
15.30 - 17.00
17.15 – 19.00
                           DINNER/FREE TIME
19.00 - 20.30
                           Outdoor Pursuit Session 5
21:00
                           BEDTIME
```

Arrangements

>Arrive at school as normal at 9am. Leave luggage in the Gym Hall.

➤ Departure Time tbc

Arrive back at St Thomas' on Thursday 26th May around 3pm

Other Important Information

- Payment £50 Covid Safe Deposit to secure place by October 29^{th VIA} Parent Pay
- Total Cost at present £330 p/p for all cluster schools
 - > Apply for Grants
 - Cluster Fundraising
 - School Fundraising
- Suggested target for St Thomas' of £2000 would see Cost p/p = £260
 - \triangleright (6 instalments of £35pp + £50 deposit)



Other Important Information

- > Spending Money Tuck Shop £2 per night
- Food- very accommodating- Excellent selection.
- > Medication
- ➤ Specific Needs e.g. Medical Condition, Sleepwalking, Bedwetting Meeting
 - > We will work with you to remove any barriers to participation

Kit List

RECOMMENDED KIT LIST FOR LOCKERBIE MANOR

CLOTHING

We recommend that you do not bring new clothes to the centre, they may end up damaged and will certainly get dirty if used on activities.

Denim jeans are not suitable for outdoor activities and should not be brought for that use.

Children MUST bring a sleeping bag or duvet

Please mark everything with both the school name and child's name.

Code of Conduct

Code of Conduct For Parents and Children

Parents should:

- Stress to your child in advance of the visit the necessity for co-operating with the
 organising staff with regard to a range of things including Instructions, punctuality, cleanliness, dress, behaviour, manners, safety and especially
 NOT TO USE ANY OF THE ACTIVITIES DURING FREE TIME
- Ensure no mobile phones, electronic games or electrical appliances are taken
- Stress to your child the importance of never doing anything which will put him/her in danger, or any other member of the party
- Ensure that the trip organiser has details of any medical condition relating to your child
- Provide details of emergency contacts at all times during the visit
- Agree to accept the code of conduct as applied to the children
- Children should always enter the main building via the correct door, making sure that outside footwear is removed before entering the building
- Children should report any damage, however caused

Signed	Parent / Carer
Signed	Child

What the previous P7 have to say...

Overall the experience was mind-blowing! We did Fencing, orienteering, zipwire, abseiling and so much more. It was the best week ever!

The dorms are the best part of Lockerbie because you can share what you have been doing. It was so much fun and the food is amazing!

Lockerbie was lots of fun and a great experience. You will overcome fears and the instructors are so funny and kind.

What the current P7 have to say...

The activities are really enjoyable and it was great to make new friends from St John's and also from St Mark's and St Thomas' Lockerbie is great because you get to do all sorts of activities!

Shooting a rifle was my favourite.

Lockerbie is great for no screen time. You spend most of your time outside which is really good for you!



















There's room to bring a friend!

