

P7 Residential to Dalguise

When? 24.02.2025-28.02.2025

Leave: 2pm on 24.02.2025

Return: by 3pm on 28.02.2025

Where? Dalguise, 5 miles from Dunkeld <https://www.pgl.co.uk/en-gb/adventure-holidays/centres/dalguise>

Travel: Living High Travel

Who? Miss Stevenson, Mrs MacKenzie and Mr McCarthy. Miss Donaldson will attend Wed/Thurs.

Parents/Carers are welcome to wave us off on 24.02.2025

We will contact you via text message to let you know that we have arrived at Dalguise.

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What should your child bring?

Luggage: luggage to one item which should be clearly labelled with your child's name and school. Your child should be able to carry/pull their own luggage.

Back pack and water bottle.

Kit List has been issued.


Please do NOT bring sweets, crisps, snacks etc. No mobile phones, cameras, smart watches, digital devices or technology should be brought.

Your child can bring a maximum of £5 to spend on a souvenir to bring home. They are responsible for their own money.

Daily Routine

A sample day:

Sample Day 	
Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

	Dalguise 24/02/2025 – 28/02/2025	Provisional Activity Programme	Newport Primary School
Booking Reference	AU25003225		

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening 19:30 - 20:30
Monday	1					Arrive on Centre	Vertical Challenge (VC2)	Balloon Splash (BSP1)
	2					Arrive on Centre	Vertical Challenge (VC1)	Balloon Splash (BSP1)
	3					Arrive on Centre	Vertical Challenge (VC4)	Balloon Splash (BSP1)
Tuesday	1			Trapeze (TR3)	Archery (A2)	Tree Climb (TC1)	Orienteering (OR1)	Passport To The World (PTTW3)
	2			Archery (A2)	Trapeze (TR3)	Orienteering (OR1)	Tree Climb (TC1)	Passport To The World (PTTW3)
	3			Archery (A3)	Climbing (CL3)	Tree Climb (TC2)	Orienteering (OR2)	Passport To The World (PTTW3)
Wednesday	1			Abseiling (AB1)	Survivor (SU2)	Jacob's Ladder (JL1)	Sensory Trail (ST1)	Highland Games (HG1)
	2			Survivor (SU2)	Abseiling (AB1)	Sensory Trail (ST1)	Jacob's Ladder (JL1)	Highland Games (HG1)
	3			Abseiling (AB2)	Survivor (SU3)	Trapeze (TR3)	Sensory Trail (ST2)	Highland Games (HG1)
Thursday	1			Zip Wire (ZG2)	Problem Solving (PS1)	Climbing (CL3)	Laser Tag (LT1)	Disco (DIS2)
	2			Problem Solving (PS1)	Zip Wire (ZG2)	Laser Tag (LT1)	Climbing (CL3)	Disco (DIS2)
	3			Jacob's Ladder (JL1)	Problem Solving (PS2)	Laser Tag (LT1)	Zip Wire (ZG2)	Disco (DIS2)
Friday	1			Giant Swing (GS1)	Challenge Course (CC1)	Depart		
	2			Challenge Course (CC1)	Giant Swing (GS1)	Depart		
	3			Giant Swing (GS2)	Challenge Course (CC2)	Depart		

Activities

Zip Line and Abseiling



Activities

Trapeze and Orienteering



Activities

Challenge Course



Activities

Tree Climb Giant Swing,



Free Time





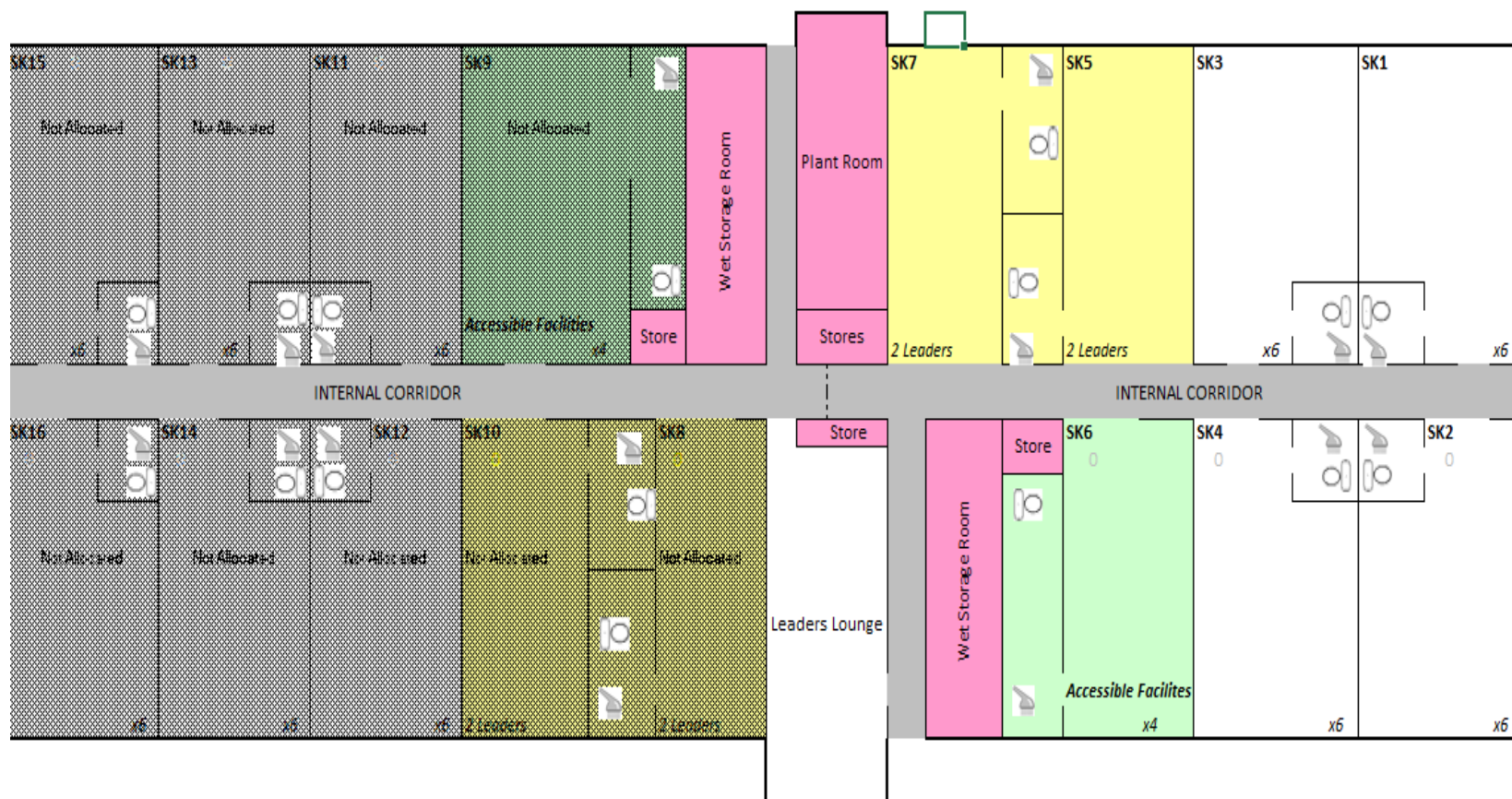
Dalguise - "Skiach Lodge" Accommodation Plan - Internal Corridors

Group Name

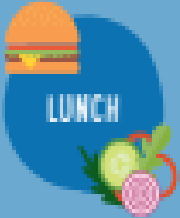
Arrival Date

PGL Booking Ref

Departure Date



Food and Dietary Requirements

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
 BREAKFAST	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Scrambled Eggs Sausages Bacon Beans Vegan Cumberland (v) Mushrooms	Available daily Fresh fruit - every mealtime Unlimited salad from our salad bar - lunch & dinner
	Available every day: Choice of Cooked & Continental Breakfast Continental Options - Porridge, Selection of Cereals, Jovonated Yoghurts & White or Brown Toast & Jam							
	 LUNCH	Pizza Cheeses Pepperoni Margherita (v) Vegan Margherita (v) Salads Potato Wedges	Pasta Cheeses Mac 'N' Cheese (v) Plant-based Bolognese (v) Tomato & Basil (v) Salads Garlic Bread	Hot Dog Cheeses Pork Hot Dog Plant-based Hot Dog (v) Salads Onions, Skinny Fries	Hot Sandwich Cheeses Ham & Cheese Baguette Meatball Baguette (v) Fish Finger Sandwich Salads Crisps	Burger Cheeses Beef Burger Plant-based Burger (v) Salads Cheese, Tomato Relish, Onions, Curry Fries Salads Salads, Tortilla Chips	Tacos & Pajitas Cheeses Chicken Plant-based (v) Soft Wrap Crispy Shell Salads Salads, Tortilla Chips	Roast Dinner Cheeses Roast Beef Vegan Sausage Rolls (v) Salads Carrots, Brussels, Peas, Yorkshire Pudding, Roast Potatoes, Gravy
Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll Classics Sandwiches - Ham, Tuna Mayo or Cheese								
 DINNER		Piri Piri Chicken Tuna Pasta Bake Spaghetti & Meatballs (v) Salads Curry Fries, Baky Corn, Green Beans Spaghetti Served with Tomato Sauce, Grated Cheese Chocolate Fudge Cake with Ice Cream Desserts - Classics Fruit Salad	Bangers & Mash Chicken Chesa White Sausage & Bean Stew (v) Salads Washed Potatoes, Broccoli, Green Beans, Gravy Penne Pasta Served with Cheese Sauce, Grated Cheese Sticky Toffee Sponge Cake with Ice Cream	Meatball Lasagne Caul Goujons Plant-based Shepherd's Pie (v) Salads Garlic Bread, New Potatoes, Country Vegetables, Broccoli Penne Pasta Served with Tomato Sauce, Grated Cheese Chocolate Crispy Cake	Bacon Mac 'N' Cheese Chicken Kiev Vegetable Curry (v) Salads New Potatoes, Bites, Mashed Potatoes, Carrots Penne Pasta Served with Cheese Sauce, Grated Cheese Apple Cumble with Custard	Fish & Chips Chicken Katsu Curry Vegan Fish Fingers (v) Salads Skinny Fries, Bites, Peas, Carrots Penne Pasta Served with Cheese Sauce, Grated Cheese Chocolate Potatoes	Fried Chicken Pulled Pork Filled Yorkshire Pudding Spaghetti Bolognese (v) Salads Mashed Potatoes, Curry Fries, Broccoli, Baky Corn, Gravy Spaghetti Served with Tomato Sauce, Grated Cheese Belgian Waffles with Ice Cream	Sweet Chili Chicken Fish Fingers Butternut Squash Wellington (v) Salads Potato Wedges, Country Vegetables, Green Beans Penne Pasta Served with Cheese Sauce, Grated Cheese Chocolate Brownies
							This menu applies to all restaurants unless otherwise stated	

We can't make our food vegetarian for as many people as possible, so we have a great range of vegetarian. (v) vegan (v) will denote specific diets. Please note this menu is subject to product availability and requirements.

*Menu may be unavailable at these times: (burgers) 11am-12pm and (wellington) 12pm-1pm. (spaghetti) for any occasions.

This menu applies to all restaurants unless otherwise stated

10/11/2023 10:00:00

We will make our food as good as possible for as many people as possible, so we have a great range of vegetarian, (v) vegan (v) and dairy specific diets. Please note this menu is subject to product availability and may change. Menu changes available at least 14 days in advance. We'll try to make any substitutions.

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Medication

- Any child who requires to take medication (including inhalers) at Dalguise should have a medication form completed by their parent. Please let us know and we can issue one to you.
- The medication should be handed into the school office on the morning of 24.02.2025 by an adult. This should be prescribed medication, be in the original packaging, instructions need to be included and the completed form.

And Finally...

Behaviour will as usual be of the high standard our children maintain on trips or outings. Anyone whose behaviour is unacceptable will have their parents contacted in the first instance and may be sent home, so that the enjoyment of the others is not affected.

At Dalguise we expect:

- you to demonstrate our vision and values 'Kind, Polite, Responsible, Honest and Respectful.'
- you to listen to and follow all instructions on matters of safety and good order before and during the excursions.
- you to ensure you do not take any unnecessary risks.
- you to tell the group leader about any distress, concern or discomfort arising during or resulting from the excursion.
- you not to leave the grounds of Dalguise Centre unless accompanied by a member of staff.