

DALGUISE 2025

Information for pupils and parents

Dalguise 2025

Information for Parents

The following information is to help parents be aware of all aspects of the trip to Dalguise to be undertaken by our P7 children from 24th February-28th February. You and your child are invited to attend a meeting at Newport PS on 16th January from 6pm-6.30pm to learn more about Dalguise.

About Dalguise

Dalguise Adventure Centre is set in a beautiful wooded valley, just 5 miles from Dunkeld. The accommodation comprises of en-suite rooms which vary in size. The facilities include a sports dome, lake, indoor games areas, classrooms, and abseiling tower.

Behaviour & Expectations

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:

- Our children should demonstrate our vision and values:
Kind, Polite, Responsible, Honest, Respectful
- No eating or drinking is allowed on the bus or dorm.
- No pupil may leave the grounds of Dalguise Centre unless accompanied by a member of staff.
- Mobile phones, smart watches, hand held devices or hair straighteners must not be brought to Dalguise. Hairdryers are permitted.

Please spend time discussing the above with your child. Your child should sign the pupil consent and return it to school by 30th January.

Insurance

The trip is covered by the Council's Public Liability Insurance.



Travel Arrangements

All travel will be by coach, hired from a company called Living High Travel. Staff will accompany children on all journeys. We will depart from school at 2pm. Parents/carers are welcome to come to the school grounds to wave us off. Children should come to school dressed in their own clothes on day of departure. We will return to school on 28.02.2025 by 3pm. We will contact you via Groupcall to let you know our expected arrival time.

Luggage

Children must limit their 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. However, if necessary one small item of hand luggage may also be taken e.g. a rucksack, which will be kept with its owner in transit. Luggage should be brought to school in the morning and will be stored at school until departure.



Money & Snacks

Your child should not bring any snacks to Dalguise. In the past snacks brought from home has caused problems for children when over-indulgence has led to them becoming ill. We would appreciate your support with this. There is a gift shop should you wish your child to purchase a gift (pencil, rubber, wrist band etc). No more than £5 should be brought and your child is responsible for keeping his/her money safe.

Programme

When activities are in progress children are accompanied by qualified PGL instructors and great care is taken to see that children taking part in activities, where necessary, use appropriate safety equipment provided. Risk assessments have been undertaken by the centre. No child is made to feel that he or she has to take part in any activity. It is quite acceptable for a child to choose to watch. School staff will move between our groups of children.

Daily Routine

The Dalguise day begins around 7.00am when the 'early birds' start to emerge from their rooms but there is **no need** for anyone who likes a later start to the day to get out of bed quite that early. Breakfast is served at 8.00am and everyone has to be washed and dressed by then.

Here is a sample of what a typical day looks like...

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!

Contact in Emergency

PGL Dalguise
Dunkeld
PH8 OJX

Telephone: 0333 321 2125

Website: Further information (including menus) can be found at the PGL Dalguise website:

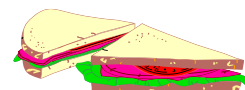
https://www.pgl.co.uk/en-gb/family-adventures/centres/dalguise?gclid=EAIaIQobChMIhu33ueah9AIVYIBQBh3oUQxVEAAYASAAEgIBIfD_BwE

Communication

Mobile reception is not great at Dalguise, but staff will let the school office know when the children arrive. We will then pass this on via Groupcall. Please ensure that all your contact details are up to date with the school office. During our time at Dalguise we will try to post on 'X' but this will depend on the mobile signal.

Meals and Diet

The food at Dalguise is good, plentiful and varied and there is always a large choice so that there is something to suit everyone no matter how limited their tastes.



Please see the sample menu below (please note this is a sample and some meals may vary depending on stock availability).

Parents should advise us of any special dietary requirements their child may have asap.

Health

Should any problem arise or already be known to you which could affect your child's health whilst at Dalguise please let us know.



Parental Consent/Medical form

If your child requires any type of medication parents must complete a parental consent/medical form, which will be taken to Dalguise and used in case of emergency to contact parents or to provide information to a doctor should this be necessary.

Medication

Any pupil who requires to take any kind of medication at Dalguise should hand the prescribed medicine clearly labelled with your child's name, in the original packaging, to the school office on the morning of departure. Written instructions (in the form of a school medication form) for administration of the medicine should also be included so that staff can be responsible for seeing that it is taken appropriately.

NB. Although we are aware that some children take responsibility for their own medication, it is essential that staff who are responsible for children at Dalguise are given full and accurate information about all children who take medication. If we are aware of the child's condition or medication we can ensure tactfully that children who require medication have a supply of this where necessary and that it does not become forgotten in the excitement of a new routine.

Please contact the school office for a medication form.

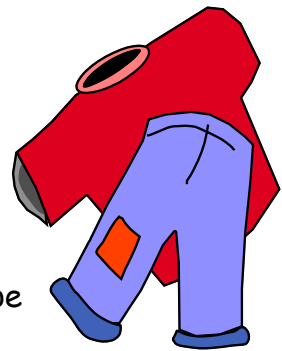
Risk Assessment

Along with the school's own risk assessment, Dalguise have provided us with their own comprehensive risk assessments. We will adhere to their guidelines at all times.

Clothing & Equipment List

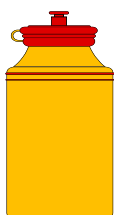
P7 pupils visiting Dalguise should include the following items in their luggage, these are the minimum requirements and consideration should be given to 'normal' Scottish weather when packing.

- We encourage you to involve your child in packing as this will help with recognition of their own possessions when repacking at the end of the week.
- Remember that some of the activities can be very wet & muddy.
Older clothes are as warm as new.
- **Please mark everything with the child's name and school** and tape this list to the inside of the case/bag
- Wellies and waterproofs are essential in keeping your child warm and comfortable in bad weather. Please ensure your child has adequate ones.



Item (suggested quantity)	Essential	Optional	Quantity Packed
Bag for dirty and/or wet clothes (1)	✓		
Book (at least one)	✓		
Daysack (1)	✓		
Gloves (1 pair)	✓		
Sun Hat/ Winter Hat (1)	✓		
Jumper/sweatshirts (4)	✓		
Pyjamas/nightwear (1)	✓		
Socks (8 pairs)	✓		
Sun cream	✓		
Toiletries (1) (soap, shampoo, toothbrush & toothpaste)	✓		
Torch (for evening adventures)	✓		
Towel (2) (1 for showering & 1 for old one for activities)	✓		
Trainers/Shoes (3) (2 trainers - 1 for activities & 1 older pair, plus 1 pair for evening activities)	✓		
Trousers/Joggers (4) (it may be cold so shorts are not advised)	✓		
T-shirts/tops (7) (long or short sleeved)	✓		
Underwear (8)	✓		
Walking boots (1)	If available - no need to buy		
Watch (1)		✓	
Water bottle (drinking) (1)	✓		
Waterproof jacket (1)	✓		
Waterproof trousers (1)	✓		
Wellies (1)	✓		
1 or 2 sets of clothes for the evening	✓		
Disco/party clothes	✓		

- Lost property will be kept for **4 weeks** after your visit, then recycled.
- To reclaim an item, please contact your school in the first instance.
- Property may be collected from the Centre (by prior arrangement). Alternatively, it may be posted to you following receipt of appropriate postage.
- Notes:
 - Mobile phones, handheld devices, hair straighteners and smart watches are not allowed to be taken into the camp.**



NB. Wet weather clothing is essential as most activities go on irrespective of weather conditions



PUPIL CONSENT

I agree to:

- demonstrate our vision and values 'Kind, Polite, Responsible, Honest and Respectful.'
- listen to and follow all instructions on matters of safety before, during and after the activities.
- ensure I do not take any unnecessary risks.
- tell the group leader about any worries, concerns or discomfort arising during or resulting from the activities.
- not leaving the grounds of Dalguise Centre unless accompanied by a member of staff.

Child's name Child's signature

Date

Parent/Carer name Parent/Carer signature

Date

Please complete and return this form by 30.01.2025.

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