

OUT DOOR EDUCATION

NORTH LANARKSHIRE

PARENT'S INFO

IT'S ALL ABOUT THE EXPERIENCE!

PUPILS WILL LEARN NEW SKILLS, CHALLENGE THEMSELVES, TAKE RISKS,
DISCOVER BUGS, WOODS AND WATER, AND ENJOY EVERYTHING THAT
THE GREAT OUTDOORS HAS TO OFFER,
RIGHT ON YOUR DOORSTEP AT ONE OF OUR COUNTRY PARKS.



LEARN HERE

IT'S ALL ABOUT THE EXPERIENCE!

We want our children and young people to fully appreciate the world around them - to look up and appreciate a blue sky, dark cloud or the falling rain. We live in a beautiful part of Scotland but many of us are not aware of the wealth of woodland, plants and wildlife just on their doorstep.


We can offer your child an exciting five-day outdoor activity adventure at our very own Palacerigg Country Park. Your child will experience fun-packed activities that meet the school curriculum.

The outdoor programme allows pupils to participate in challenging activities that encourage them to become healthy, resilient, confident and responsible people.

These experiences also improve the health and well-being of young people and encourages them to work as a team, learn new skills and feel part of the action in an outdoor setting.

During the activity programme our experienced Outdoor Team will support your child to participate safely and with confidence.

Over the five day trip, pupils' achievements will be recognised and celebrated.



Visit **@SP_edprogramme** twitter page to see highlights from previous schools that have attended the programme.

What will your child be doing?

Your child will take part in a variety of activities each day including

- **Buschcraft**
- **Led Cycle**
- **Orienteering**
- **Highland Games**
- **Pond Studies**
- **Boat Building**
- **Cycle Skills**
- **Archery**
- **Nature Walk**

Activities may vary due to weather conditions.

A high quality outdoor learning experience develops resilience, confidence, team building, an appreciation of nature and the environment, and significant physical and mental health benefits.



A typical day

- **9.15am - 9.30am - Pupils arrive**
- **9.40am - Coach introductions - what to expect, plan for the day, what is expected of the pupils, safety measures, toilets and first aid**
- **10am - Groups make their way to the first activity**
- **12noon - Lunch break**
- **12.30pm - Move to the next activity**
- **2.05pm - Coaches wrap up for the day, let pupils know what they are doing the next day and get them ready for the bus journey home**
- **2.15pm - Pupils depart on bus to return to school for normal pick up time**

What you need to know

The activity programme will take place all over Palacerigg Country Park, with the main base being the events area at the golf pavilion.

The pupils will be split into different groups and where possible mixed with the other schools attending the programme.

Pupils must bring a packed lunch with them, plenty of water and a snack for morning break. We would ask that pupils DO NOT bring any valuable items such as phones, money, airpods etc as there are no secure lockers and we do not take responsibility of any damage or loss to personnel items.

There are separate toilets from the public for the pupils to use throughout the day. These toilets are checked and cleaned at regular intervals throughout the day by the cleaning staff.

All group leaders and activity coaches are PVG checked, have first aid training and have the relevant qualifications for the activities.

Each activity area has been risk assessed and daily checks will take place.

We recommend that pupils bring a full change of clothes with them every day. Please make sure that each pupil comes appropriately dressed and prepared to be outdoors all day."



Weekly Schedule

Day					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Bus pick up from school				
9.30am	Arrive at Park and welcomed by park staff				
9.45am-12noon	Team Challenge	Intro to Orienteering & Soft Archery	Bushcraft	Cycle Skills	Pond Study & Boat Building
12noon-12.30pm	Lunch				
12.30pm-2pm	Highlands Games	Field Archery & Team Building	Orienteering	Nature Walk	Led Cycle
2.15pm	Depart park on bus				
2.50pm	Arrive back at school				

Please note that this is an example timetable and new activities can be added at any point.

What do pupils need each day?

- **Packed lunch with plenty of water.**
- **In cold weather months please make sure pupils come equipped to be outdoors all day (warm layers, scarf, hat, gloves)**
- **In warm weather months please make sure pupils come equipped to be outdoors all day (shorts, t-shirt. light colours, sun cream, baseball cap)**
- **Bring a jacket. We provide waterproof clothing.**
- **a towel to dry off when changing into dry clothes.**
- **We provide cycling helmet. If you wish, you can bring your own cycling helmet (No BMX or full face helmets).**
- **We recommend bringing old shoes and a pair of wellies (we have spare wellies if pupils need).**



Preparing for the activity programme



Before your child attends the activity programme, you will receive a registration form to complete and return to the school. This must include current emergency contacts and medical information for each pupil. Please ensure any medication that your child needs is in date and brought to the programme each day.

This form will be given to your child's Coach and kept with them at all times during the day. Outwith that time, the forms will be kept in a secured location on site.

