**St Mary’s Primary School**

Kilbowie Residential Trip

Primary 7

22nd May – 25th May 2017



Kilbowie Outdoor Centre

North Lanarkshire Council

Information Pack for Schools and Parents

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**Insurance – Personal Effects.**

Please note that the personal effects of people attending courses at Kilbowie Residential Education Outdoor Centre are not covered by insurance in respect of loss, damage or theft, either whilst involved in activities, travelling or in residence. We would therefore advise anyone concerned about the above to make their own insurance arrangements.

**Public Liability and Employer’s Liability Insurance.**

The Council is covered through its Public Liability and Employer’s Liability Policies against claims resulting from fault of the Council or negligence on the part of one of its employees, full time or part-time employees of North Lanarkshire Council and all activities approved by North Lanarkshire Council.

#### Medicine, Additional Needs and Consent Forms

Please ensure that all the required information is on the following forms. Check that the medicine has been packed and that there is enough to last until returning home. A personal profile should be provided where the condition requires specific care or action by staff, i.e. Aspergers Syndrome, Autism, ADHD etc or where there are symptoms indicating an impending episode. Please also indicate if your child may require any additional support for any reason i.e. physical or emotional The following forms are available from N.L.C. Standard Circulars, however you can use “print current page” to copy them from this document.

Kilbowie Residential Education Outdoor Centre.

Things to be aware of at Kilbowie.

1. Kilbowie is a non - smoking establishment. Drinking, solvent and drug abuse are not allowed. Please do not bring aerosol deodorants or hair spray.

2. Please do not interfere with the fire alarm system unless there is reason to do so. Be aware of your emergency exits.

3. Responsible and trustworthy behaviour is required at all times, we think pupils already know the difference between good and bad, and right and wrong. It is important from a safety point of view that we can rely on you to do as we ask.

4. Bedrooms are the one place where individuals can get a bit of peace and quiet, a place to use as personal space. You should not go into anyone else’s bedroom or invite others to your room.

5. Food and drink should not be consumed in bedrooms, as the effects of spillage are not desirable.

6. Keep your rooms tidy, and keep quiet after you are in bed.

7. Walk when coming down stairs. Jumping, running or sliding down the banister could lead to injury.

8. When indoors always wear slippers, trainers or light footwear. Please do not run when inside.

9. Use the waste paper bins for litter.

10. You should stay within the grounds of Kilbowie unless you are taking part in an organised activity. Please do not interfere with any of the activity equipment stored in the grounds.

11. Be aware of the shoreline: stay away unless a responsible adult is in charge of you. The water is deep, at most points you would have to swim if you fell in.

12. We share part of our grounds with the offices of Argyll and Bute Council. You should not go near these buildings.

13. Be aware of traffic. Vehicles enter our grounds at all times and they may not be looking out for children.

14. If anything goes on to the roof or into the water, do not attempt to get it back yourself, tell some one.

15. Listen to all instructions. If you do not understand or are not sure then please ask.

16. Chewing gum is not allowed at Kilbowie.

**Equipment List for Five-Day Residential Stay**

**Please put your name on clothes labels and cameras, etc**.

**General Items.**

Swimwear.

Personal clothing for informal evening wear.

Two towels (one bath size).

Nightwear.

Toiletries (toothbrush, soap, etc.).

Changes of underwear and socks. (2 changes per day)

Indoor shoes/slippers.

Drinking water bottle.

Pen/pencil/crayons.

**Clothing Required For Activities.**

Old clothing is best as many of the activities can leave you wet and muddy.

Two lightweight jumpers/fleeces (at least).

One heavy jumper/fleece.

Two casual shirts.

Four or more t-shirts.

Two or more tracksuit pants or jogging trousers or trousers with loose-fitting legs.

Two pairs of trainers.

Three pairs of long thick socks, e.g. walking socks or football-type socks.

Shorts/sun tops/sunhat (in the event of a fine spell).

One large plastic bag/pillow case for wet and dirty clothing.

**Optional Items.**

Wellingtons or walking boots

Single-use camera.

Music / CDs.

Sun cream / insect repellent (May – September).

Lip salve.

**Please do not bring**

Your own hairdryer or other electrical equipment. These can be a fire hazard.

Your mobile phone.

Any aerosol sprays. This includes deodorant and hairspray.

**Frequently Asked Clothing Questions.**

Q. Do I need to buy walking boots?

A. No. Please do not buy anything new. Kilbowie provides all the outdoor equipment you will need, personal clothing will get wet and muddy and could be damaged on activities. Bring older clothes for activities!

Q. Why do I need swimwear if we are not going to the Pool?

A. Swimwear should be worn under clothes and wetsuits when there is a chance of getting wet.

Q. Can I wear a football top?

A. As with schools North Lanarkshire Council does not allow Football colours to be worn.

**Activities:**

Activities may include the following:

Climbing / Abseiling

Canoeing. Kayaking

Mountain Biking

Gorge Walking

Skiing

Orienteering

Hill Walking

Tree Climbing

Ropes Course

Night Line

Coasteering

**Contacting us**

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