



Educational Services

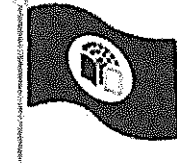
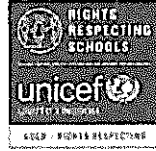
Director of Education:
Scott Mulholland



Head Teacher: Lynsey May

St Patrick's Primary School
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01292 690070
StPatricks.mail@south-ayrshire.gov.uk
Our Ref: LM/KK
Your Ref:

Date: 20th April 2026



"Inspired to shine in all I say, all I do and all I am!"

Dear Parent / Carer,

Primary 7 Inverclyde Visit -15th -17th June

As you know it is planned for Primary 7 to take part in a residential experience at Inverclyde from Monday 15th June until Wednesday 17th June 2026. The total cost of the trip will be £261.00, please have all payments made by Monday 1st June using our online payment platform Parentpay. The transport to and from will be kindly paid for from our Fundraising Group.

If you have not already completed please find attached EJ3 form, please complete and return to school as soon as possible. Please also find attached sample menu, sample activities and a suggested packing list, to help you get organised.

If you have any other questions regarding the residential, please do not hesitate to get in touch.

Sincerely,

Lynsey May
Head Teacher

Achievement

Community

Faith

Inclusion

Respect

CHILDREN AND COMMUNITY

EJ3

PARENTAL CONSENT FORM

Name of Establishment: St Patrick's Primary School

1. Details of youth club/trip: Inverclyde

From: Date/Time To: Date/Time

I agree to my son/daughter (name) (date of birth) taking part in the above mentioned visit and, having read the information sheet, agree to his/her participation in the activity described. I acknowledge the need for obedience and responsible behaviour on his/her part.

2. Medical Information

(a) Does your son/daughter suffer from any conditions requiring medical treatment, including medication?

If YES, please give brief details

.....
.....
.....

(b) To the best of your knowledge, has your son/daughter been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be or become contagious or infectious?

If YES, please give brief details

.....
.....
.....

(c) Is your son/daughter allergic to any medication?

If YES, please specify

.....
.....

(d) Has your son/daughter received a tetanus injection in the last five years? Yes/No

(e) Please outline any special dietary requirements of your child

.....
.....

I undertake to inform the leader in charge/head of establishment as soon as possible of any changes in the medical circumstances between the date on which the form is signed and the commencement of the activity.

3. Declaration

I agree to my son/daughter receiving emergency treatment, including anaesthetic, as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided – ie School Journey Policy for residential and full day trips, Public Liability for other events.

- (a) I may be contacted by telephoning the following telephone numbers during the period of the activity:-

Work:..... Home:

- (b) My home address is:
.....
.....

- (c) If not available at above, please contact:
Name:.....Telephone Number:
- Address:
-
-

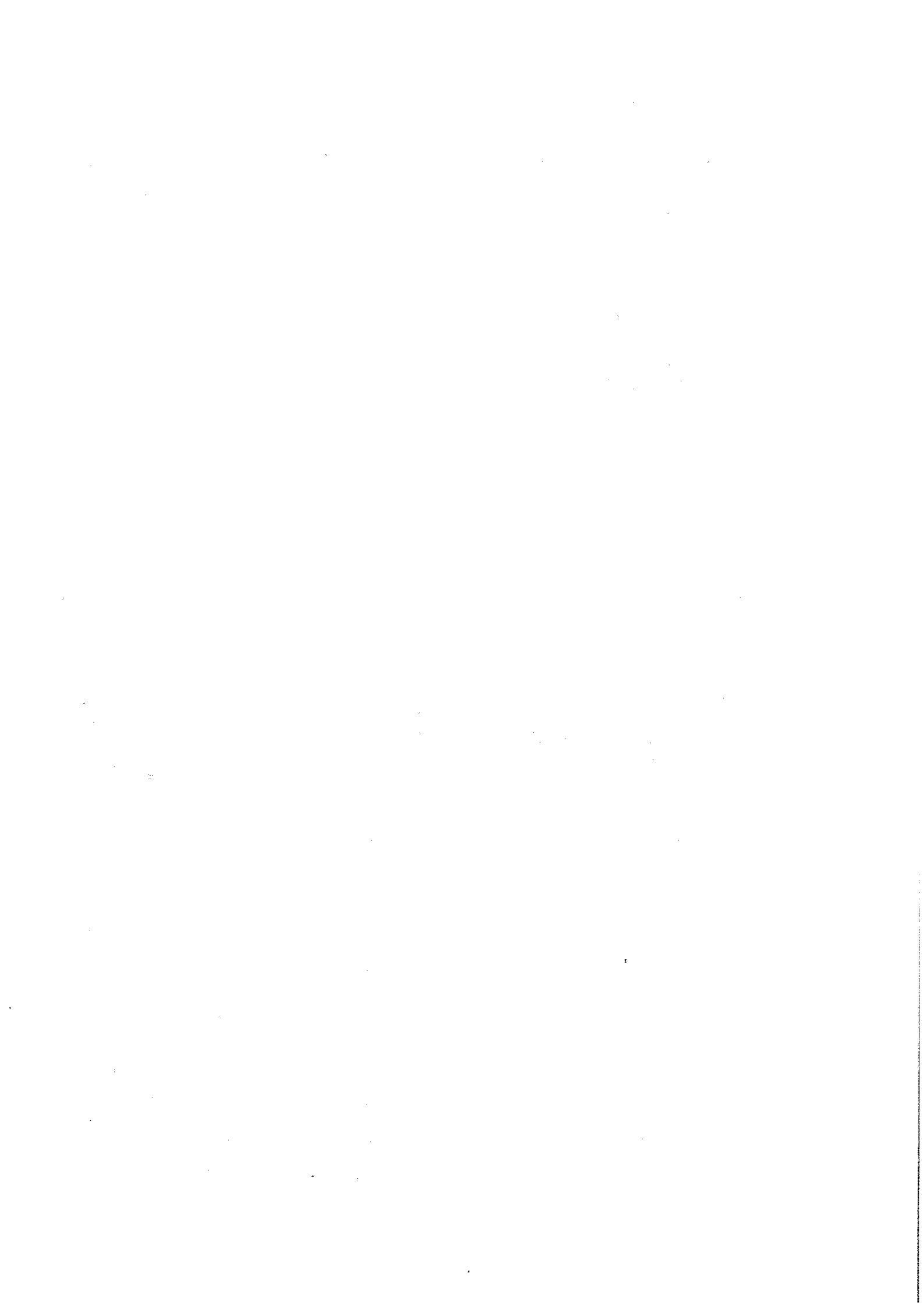
- (d) Family Doctor:
Name: Telephone Number:
- Address:

- (e) I also give permission for photographs and videos of my son/daughter to be taken to promote the group or as evidence of work for our quality assurance framework available for inspection by, amongst other, Her Majesty's Inspectors of Education. They may also be used for publicity purposes and occasionally by the local press.

Parent

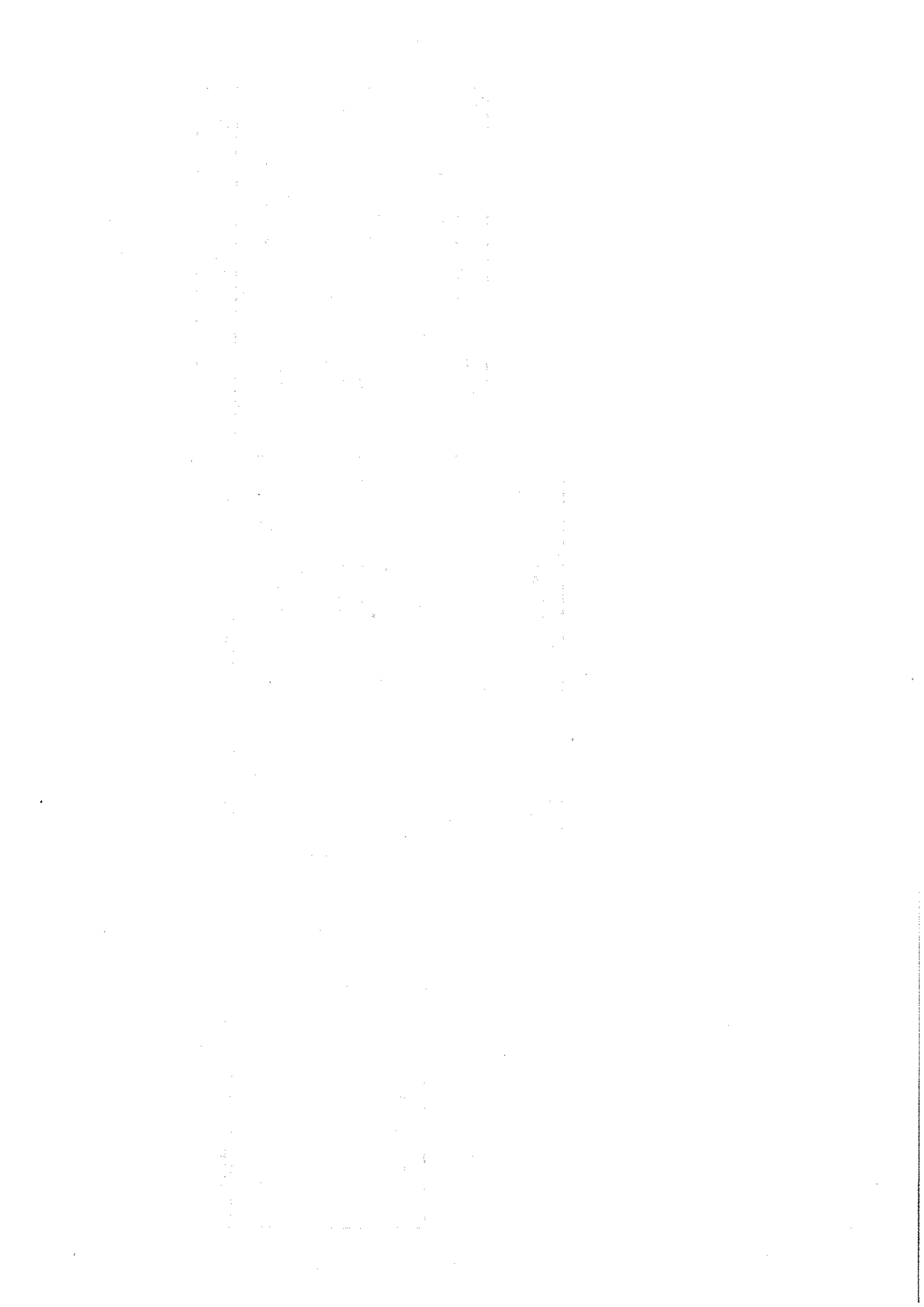
- (f) Date: Signature:

Schools sample menu	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Lentil soup</p> <p>Selection of freshly made sandwiches (various fillings)</p> <p>Garden salad & choice of dressings</p> <p>Oranka hydration juice</p>	<p>Tomato soup</p> <p>Pre – order placed in morning:</p> <p>Selection of freshly made sandwiches (various fillings),</p> <p>Or tomato pasta,</p> <p>Or fish fingers & chips</p> <p>Oranka hydration juice</p>	<p>Lentil soup</p> <p>Pre – order placed in morning:</p> <p>Selection of freshly made sandwiches (various fillings),</p> <p>Or tomato pasta,</p> <p>Or baked potato</p> <p>Oranka hydration juice</p>	<p>Tomato soup</p> <p>Pre – order placed in morning:</p> <p>Selection of freshly made sandwiches (various fillings),</p> <p>Or tomato pasta,</p> <p>Or pizzani & chips</p> <p>Oranka hydration juice</p>	<p>Lentil soup</p> <p>Pre – order placed in morning:</p> <p>Selection of freshly made sandwiches (various fillings),</p> <p>Or tomato pasta,</p> <p>Or baked potato</p> <p>Oranka hydration juice</p>
	<p>Tomato soup</p> <p>Italian theme</p> <p>Bowl of pasta with bolognaise, or cheese sauce &</p> <p>A slice of pizza (various toppings)</p> <p>Garden salad & choice of dressings</p> <p>Oranka hydration juice</p>	<p>Lentil soup</p> <p>Burger night</p> <p>Beef burger, chicken burger, or vegetable & bean burger</p> <p>Skin on fries</p> <p>Garden salad & choice of dressings</p> <p>Oranka hydration juice</p>	<p>Tomato soup</p> <p>Home from home</p> <p>Pork sausages, or quorn chicken breast in gravy</p> <p>Steamed carrots & broccoli</p> <p>Roast potatoes</p> <p>Garden salad & choice of dressings</p> <p>Oranka hydration juice</p>	<p>Lentil soup</p> <p>Comfort food</p> <p>Chicken goujons, fish fingers, or quorn sausages</p> <p>Hand-cut wedges</p> <p>Gardens peas</p> <p>Garden salad & choice of dressings</p> <p>Oranka hydration juice</p>	
Dinner					



Example 3 day schools programme

Day 1				Day 2				Day 3			
Times	Activity	Facility	Times	Activity	Facility	Times	Activity	Facility			
09:30-10:30	Arrival and welcome	Dining room	07:30	Early morning call		07:30	Early morning call				
10:45-11:45	Gymnastics	Gymnastics hall	08:30	Breakfast	Dining room	08:30	Breakfast	Dining room			
11:45-12:00	Quick breather and re-fill water bottles		09:15	Meet the coaches	Dining room	09:15	Meet the coaches	Dining room			
12:00-13:00	Gymnastics	Gymnastics hall	9:30-10:30	Den building	Centre grounds	09:30 - 10:30	Rugby	Indoor 3G			
13:00-14:00	Lunch time	Dining room	10:30-10:45	Quick breather and re-fill water bottles		10:30-10:45	Quick breather and re-fill water bottles				
14:00-15:05	Archery	Sports Hall	10:45-11:45	Orienteering	Centre grounds	10:45 - 11:45	Lacrosse	Outdoor 3G			
15:05-15:20	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack				
15:20-16:30	Team building	Sports Hall	12:00-13:00	Nighttime/Spider web	Centre grounds	12:00-13:00	Hockey	Indoor 3G			
16:30	Meet in dining room		13:00-14:00	Lunch time	Dining room	13:00-14:00	Lunch time	Dining room			
16:30-17:00	Check-in/Logbooks	Dining room	14:00-15:05	Hill walk	Centre grounds	14:00-15:00	Goodbyes and departure				
18:00-19:00	Dinner	Dining room	15:05-15:20	Quick breather and healthy snack							
19:00-20:45	Evening Activity		15:20-16:30	Hill walk	Centre grounds						
20:45-21:00	Biscuits & Milk	Dining room	16:30	Meet in dining room							
			16:30-17:00	Logbooks	Dining room						
			18:00-19:00	Dinner	Dining room						
			19:00-20:45	Evening Activity							
			20:45-21:00	Biscuits & Milk	Dining room						



Clothing and Equipment Checklist for Residential Visit to sportscotland National Centres Inverclyde

The list below is recommended to make participation in the activities and enjoyable and comfortable experience. There is no need to buy specialist equipment.

Item	Checklist	Packed to come	Packed to go
1	Training shoes for indoor sports		
2	Old trainers for orienteering and water sports.		
3	Socks / underwear		
4	Warm Jogging trousers (not denims)		
5	Casual clothes for evening wear (can include denims)		
6	T shirts		
7	2 Sweatshirts		
8	Warm woolen pullover / fleece		
9	Woolen hat, gloves, sun hat		
10	Shorts / leggings		
11	Pyjamas		
12	Sunglasses (if weather suggests)		
13	Suncream (if weather suggests)		
14	Cameras (disposable)		
15	Wind/Waterproof Jacket		
16	Day Sack		
17	Waterbottle – very important		
18	Toiletries, Towel (for water sports and swimming)		
19	Swimsuit		

Do NOT bring:

	Gameboys,mp3 players, ipods etc		
	Mobile phones,etc		
	Valuable items, lots of money, jewellery		

Inverclyde will organise and provide sports specific equipment related to the activities.

In the space below make a list of things you might want to bring.
