



Ben Lawers/ Ben Lomond Camp Dalguise 2023 Parent Information

Wednesday 27th September - Friday 29th
September 2023

Why Go To Camp?

- Build on and form new friendships with people who children may not usually work with
- Team Building
- Demonstrating skills that are not always seen in a classroom setting.

When do we go?

- Leaving from school at 10.30am on Wednesday 27th September.
- Returning to school Friday 29th September at 3.00pm approximately.
- The school will Groupcall to let you know that we have arrived safely on Wednesday and again on Friday to let you know if we are on schedule to return by 3.00pm.



Dalguise

Perthshire





Welcome to PGL

- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed
- LOtC Quality Badge holder
- Founding member of BAPA
- ABTA bonded





Dalguise - Perthshire

- Stunning woodland location just 5 miles from Dunkeld
- 26 fantastic adventure activities to choose from
- On-site lake and sports dome
- Explore the 360 Virtual Tour www.pgl.co.uk/dalguise360 to see inside the centre and view activity information and videos





Accommodation

- Lodges – en-suite rooms sleep 4-6

Accommodation for Dalguise can be viewed in the 360 virtual tour: www.pgl.co.uk/dalguise360





Daily Routine

- 7:00-7:30 - Wake Up and get dressed
- 8:00-9:00 - Breakfast
- 9:00-10:30 - 1st Morning Activity
- 10:30-12:00 - 2nd Morning Activity
- 12:00-1:30 - Lunch Rota
- 1:30-2:00 - Organisation for Afternoon Activities.
- 2:00-3:30 - 1st Afternoon Activity
- 3:30-5:00 - 2nd Afternoon Activity
- 5:00-6:00 - Dinner
- 6:00-7:00 - Free Time/Games
- 7:00-8:30 - Evening Entertainment
- 8:30-9:30 - Back to lodges/Supper/Bedtime



Adventure activities

- Abseiling
- Archery
- Canoeing
- Challenge Course
- Climbing
- Fencing
- Giant Swing
- Orienteering
- Problem Solving
- Sensory Trail
- Sports and Team Games
- Survivor
- Tree Climb
- Zip Wire

Food At Camp?

- All food is served in the dining room
- Breakfast: cereal, toast, cooked breakfast, fruit and yoghurt
- Lunch: Selection of hot food, salad bar, bread and fruit
- Dinner: Selection of hot food, salad bar, bread, fruit and dessert
- Diluting juice/water
- Allergies and food requirements catered for
- We will provide snack and supper for the children.
- Sample menus available online: www.pgl.co.uk



Health & safety

The PGL Code of Practice describes all safety and operational procedures both on and off-site including:

- Sample risk assessments
- Staff-to-pupil ratios
- Operating procedures
- Staff vetting & training
- Site security
- First Aid procedures
- Emergency procedures

www.pgl.co.uk/cop

Medicines/Needs

- Medicines will be administered in lodges by school staff
- Medication that is needed throughout the day will be with the member of staff allocated to the child's group
- Details of medication needed in group will be included in a pack given to the staff member
- Each pack will be individual to that activity group
- Any falls/broken bones in last 6 weeks please let us know ASAP.

Pocket Money

- This is optional
- Parents can hand in 2x £5 notes to the office in a clearly labelled envelope or money bag by Friday 22nd September at the latest
- No extra money is required at camp

Do's & Don'ts

Do...

- Bring plenty of extra socks!
- Bring a book/paper & pen for before bed.
- Bring a black bag or plastic bags to put wet/dirty clothes in.
- Bring a waterproof jacket.
- Remember to bring bedding and towels!
- Have fun!

Do Not...

- Bring electronic equipment.
- Bring hair straighteners/curling tongs etc.
- Bring aerosols.
- Bring mobile phones.

Pupil Expectations

All children attending Camp must follow the behaviour expectations:

- Respect all adults and each other
- Respect all property (Safe use of windows)
- Use paths to move around the grounds of Dalguise (Avoid walking/climbing on walls outside dorms)
- Show good manners at all times
- Only return to their **own** dormitories when instructed/supervised.

Consequences

- If anyone fails to meet the expectations a clear warning will be given.
- If the warning is not taken this will result in the child missing an activity and staying with Miss Stark.
- Miss Burton will be contacted.
- If expectations are still not met a phone call will be made to you, and your child may be sent home.
- The decision will be made by Miss Burton and Miss Stark.

Keeping in Touch

- If there is a situation where you need to get in touch with your child please contact Dalguise (0333 321 2114) who will pass on the message to our staff.
- If we need to get in touch with you we will do this using the emergency contact or via the school.
- We will update the school X (formerly Twitter) feed as often as possible to keep you up to date with what is going on at camp!
- You can follow us at @Calderwood_Pri



Thank you for listening
Any questions?