



Pumpherstons and Uphall Station Community Primary School

Learning outside the classroom

12th – 14th June 2018

Lendrick Muir

- 120 acres of woodland and parkland
- Central location near Kinross
- 150 beds
- 3 separate units
- Opened in 1999
- Over 30 onsite activities
- 3 or 4 (depending on numbers) school staff attending

Safety

- Participate in new activities and experiences
- Risk benefit analysis
- License to provide adventurous activities
(www.hse.gov.uk/aala)
- First aid trained staff

Typical Day

Get Up

8:30am Breakfast

9:30am Activity 1

11:00am Activity 2

12:30pm Lunch

1:30pm Activity 3

3:00pm Activity 4

4:30pm Time for Reflection

5:30pm Dinner

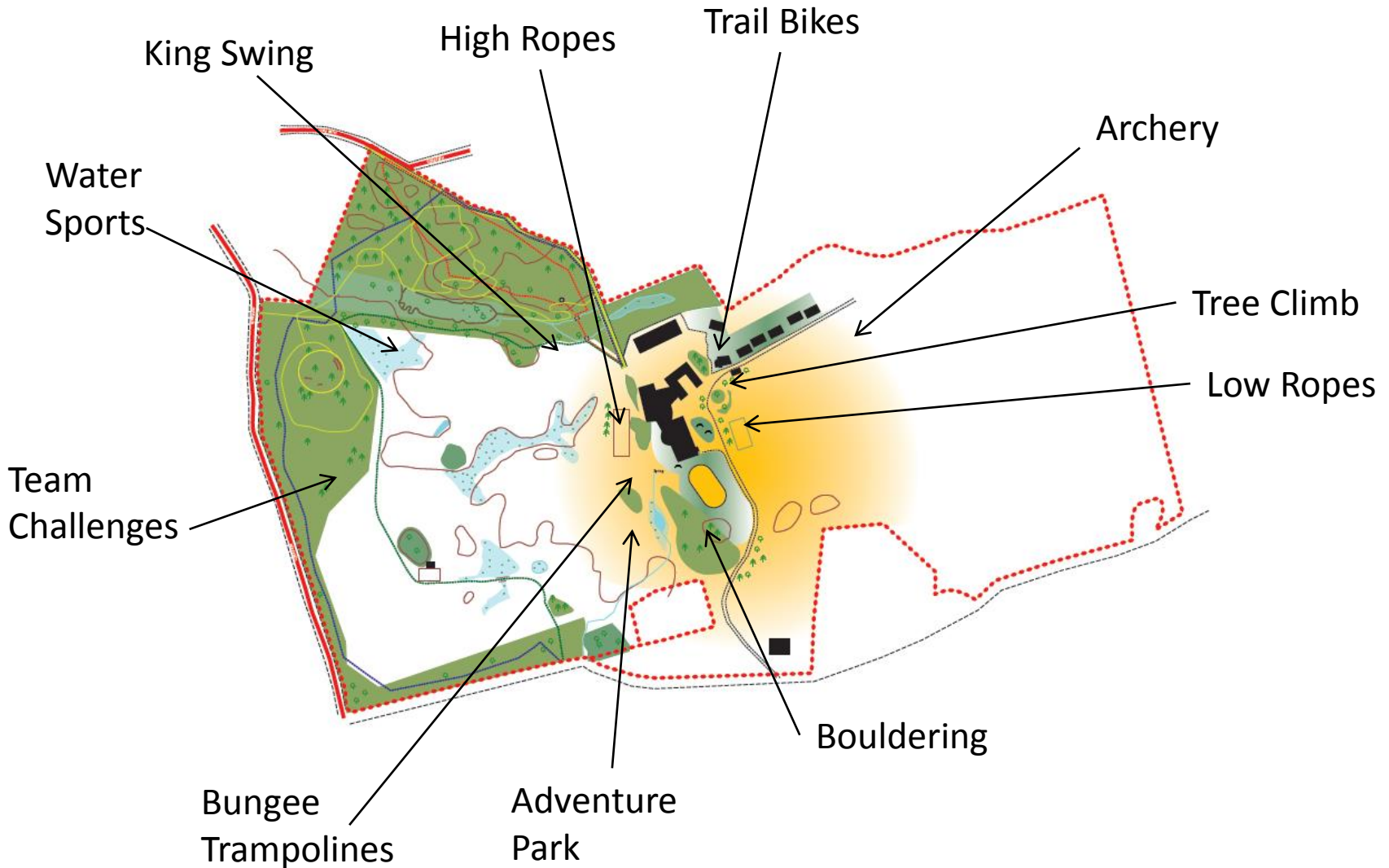
7:15pm Evening Activity

8:30pm Supper

9:00pm Bed Time



Map of Activities



The Kota

New in 2017
and used for
campfires,
bushcraft and
other activities



Free Time

- Adventure park
- Astro-turf pitch
- Football pitch
- Sports hall
- Beach volley ball

(Easter holidays – October holidays)

- Indoor games

Accommodation

- Centre can accommodate up to 150 people
- Splits into 3 self-contained units
- Bedrooms are dormitory style (2-8 beds)
- Mix of bunks and single beds
- Make own beds on arrival
- Toilets and showers near bedrooms

It is extremely helpful if you ensure that children can make their own bed, including putting on a duvet cover and a fitted sheet. Please advise us of incontinence so that it can be dealt with if necessary. Beds can be changed quickly and discreetly, but only if the children are given the confidence to tell a member of staff

Food and Allergies

- We ask for relevant dietary information before the group arrive
- Allergen information posters displayed in each dining room



We can provide you with information about 14 allergenic ingredients (see the allergens on the left) used in the foods that we provide.

Need food allergen information?

Food allergens cannot be removed by cooking. That's why it's essential to check and ask for allergen information, to make sure the food you eat is safe for you.

Food allergens can be life threatening. If you have a food allergy, the only way you can manage it is to avoid the foods that make you ill.

Please speak the cook in charge if you need information about the allergens in your food.

You can find out more at www.food.gov.uk/allergy

 Celery	 Molluscs
 Cereals containing gluten	 Mustard
 Crustaceans	 Nuts
 Eggs	 Peanuts
 Fish	 Sesame seeds
 Lupin	 Soya
 Milk	 Sulphur dioxide

If your child is on medication of any kind, please let us know in good time, we will send an additional form home for you to complete. Medication should be brought on Tuesday morning and handed to a member of the trip staff. If your child uses an inhaler, please provide a spare, in case one is damaged or lost.

Ensure that all medication is in an envelope or bag and states clearly the name, dosage and frequency and whether your child can self-administer. If your child takes a travel sickness pill, please provide one for the return journey!

What if my child needs medication...

- Complete EE2 medical form-return to school.
- Extra form given to those requiring medication- return to school.
- Medication handed in to school office on or before day of departure- labelled clearly with child's name.
- Medication will be administered by trained first aider at camp.

Curriculum for Excellence

- We work within the Curriculum for Excellence
- Programme tailored to your school
- Activities chosen by the school

Sample Programme

	Monday	Tuesday	Wednesday	
			Bags and Bedding	
08:30		Breakfast	Breakfast	08:30
09:30		Low Ropes King Swing Archery Leap of Faith	Team Challenges & Great Egg Drop	09:30
11:00	Arrive LM 11:00 Settle in and Site Orientation	Survival Game		11:00
12:30	Lunch	Lunch	Lunch	12:30
13:30	Archery Nightline Leap of Faith King Swing	Low Ropes King Swing Nightline	Farewell Fun Depart LM 14:00	13:30
15:00	King Swing Archery Nightline Low Ropes	Nightline Leap of Faith Low Ropes Archery		15:00
16:30	Time for Reflection	Time for Reflection		16:30
17:00	Free Time	Free Time		17:00
17:30	Dinner	Dinner		17:30
18:30	Free Time	Free Time		18:30
19:30	Inflatables	Cheesy Disco		19:30
20:30	Supper	Supper		20:30

Sample Kit List will come home in plenty of time.

2/3 pairs of trousers (*denim jeans are not suitable*)

2/3 long sleeved tops

4 t-shirts

3 warm jumpers

4 pairs of socks

5 sets of underwear

1 pair of shorts

Warm nightwear

Waterproof jacket

Waterproof trousers

Hat & gloves

Wash kit

Large towel

Training shoes for indoor use
(*not slippers*)

pair tough outdoor shoes/boots (*wellies suitable as one pair*)

Water bottle

Slippers

Small backpack

Children will not have access to a public phone while away and **must not bring mobile phones either**. Remember that no news is good news, and that if there is a real need to contact you, we will certainly do that. If you require further information during the week, please contact the school in the first instance and only phone the centre in an emergency or to pass on information which is essential and can't wait till Friday.

Behaviour Expectations

Our expectations and standards are very high.

Pupils will work with staff from the Centre and from other schools.
Respect for all is essential.

Any indiscipline will be firmly dealt with and can involve removal from activities, re-allocating dorm or in extreme cases, we will require the child to be collected and taken home.

This is essential for the safety of all, but also to preserve the residential as a rich, positive experience for all.

How do we pay for Camp?

- £40 deposit paid to school office by 14 November 2017
- Payment card given. – iPay Impact available
- Pay in instalments of own choosing.
- Final payments made by 23rd March 2018
- Total cost of camp: £140

*If you are having difficulty financing
This, please speak to a member of the
management team and we will discuss
options with you.*



**We look forward to welcoming
you soon!**

Questions?

More info:

www.classroomoutdoors.org.uk