

Lagganlia 2019

2nd -6th December 2019



Staff at camp

- Ms Turek and Miss Jones
(P7 Class Teachers)
- Mrs Murrell (Pupil Support Assistant)
- Miss Phillips (P5 Class Teacher)

Departing Schedule

- Children should arrive at school by **8.55** am at the latest.
- We will assemble in the gym hall with all luggage.
- All bags should be **clearly labelled** with the child's name.
- **Pupils must be able to carry their own luggage!**
- Mrs Murrell will be collecting all medication and will be available to speak to parents regarding this.

- The coach will leave sharp at **10am** on Monday. Parents are welcome to wait or return to wave us off.
- Pupils will need a packed lunch for the journey (not just snacks).
No fizzy drink or sweets please.
- We plan to leave at **10am** on the Friday and **return by 1pm**.

We will phone the school for a more accurate time once we have left. This will be texted to parents.

A typical day at Lagganlia

- 8am- Breakfast will be served
- Room inspection
- 8.30am pick up packed lunch from a choice of food provided. Clear away breakfast dishes.
- 9.15am **morning activity**
- Lunch (between 12-1pm)
- Afternoon activity until around 4pm
(Children have a little bit of free time between activities)
- 5.00-6pm evening meal (A small group will be asked to set tables ready for dinner)
- Twilight activity (+ cake etc baked at Lagganlia)
- Children will be asked to be in rooms **at 9pm, in beds by 9.30 and lights out by 10pm.**

Structure of the day

- Get up
- Get dressed
- Make bed
- Breakfast 8am
- Tidy away
- Pick up packed lunch
- Chores
- Dorm inspection
- Meeting with instructor
- Activity 9.15am
- Lunch 12-1pm
- Get ready for activity 2
- Activity until 4pm
- Free time/ shower!
- Dinner 5-6pm
- Diaries / tuck shop/organise clothes for tomorrow
- Evening activity/ cake
- Bed time!!

Activities

- The children will be divided into 4 activity groups.
- Typical activities include: mountain biking, gorge walk, rope course, forest walk, orienteering, kayaking, climbing, problem solving
- The activities aim to develop team work and independent thinking skills.



Sleeping Arrangements



- The children sleep in bunk beds within dorms.
- There will be separate girls and boys dorms
- Each dorm has a bathroom
- Adults' rooms will be interspersed.

What does your child need?

- Please refer to the separate kit list provided- please pack **SPARES- lots of socks, spare gloves, hats...**
- Please be aware that most activities will involve getting wet and muddy- old clothes would be best
- No football kits please
- Please send only one 'disco/party' outfit
- The children will need to be able to carry their own bag



Health and Safety

- Lagganlia has full public liability insurance
- Please note this does not cover personal belongings.
- Please... **NO** mobile phones, smart watches, iPads and other electronic devices, expensive cameras, jewellery

Contact with Home

- Please can all pupils hand in a **stamped addressed envelope** (or more if appropriate) to their class teacher by the Friday before they leave.

This is to enable all children to write a quick letter home on the first night.



Contact with Home

- There will be no access to telephones for pupils. We will send a text update about arrival and departure.
- We will update the school twitter account. This can be viewed through Twitter **@stockbridge_ps**
- You can also view the Twitter feed through the school website.

Pocket Money

- Tuck shop- guest essentials, postcards, souvenirs
- £10 limit (coins please)
- All pocket money should be in an easily recognisable, named wallet or purse and given to the class teacher
- Any child found to have additional money on them will be asked to hand it to an adult for safe keeping.



Food

- Unless parents have indicated a food allergy or special dietary need, pupils will be expected to eat the food provided.
- There is always plenty of choice.



First Aid/Medication

- All pupils have handed in KIC centre forms. It is essential that should any changes of phone number etc. occur, school is informed prior to the camp.
- Staff at Lagganlia are first aid trained.
- Any medication should be handed to Mrs Murrell on the Monday morning.

This should be clearly labelled and instructions about the dosage and frequency completed on the relevant form.

First Aid/Medication

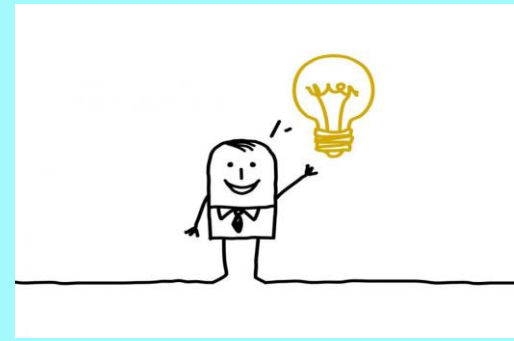
- Parents will be contacted to give written consent should any pupil need medical attention in the form of medication (even a headache tablet) other than indicated on the pupil information.
- If your child suffers from travel sickness and you wish to give them medication, please ensure that they take it **prior to coming to school on the Monday** and medication for the return journey is given to Mrs Murrell. Again this should be clearly labelled.

Expectations

- **Good conduct agreement** will be created and signed by all pupils, parents and staff.
- In the unlikely event of any incident of **misconduct**, parents will be informed and expected to collect their child from the centre.



Top Tips



- Children should practise making up a bed (without fitted sheets if possible) and tying shoelaces properly (boots)
- Children should pack their own bag - that way they know where everything is.
- Children could practise storytelling but NO ghost stories!

Any further
questions?