

# P6 BENMORE CAMP

Tuesday 17<sup>th</sup> - Friday 20<sup>th</sup> April

<http://benmorecentre.co.uk>



# Purpose of Tonight

- To give you a flavour of what camp will be like for your child
- See the types of activities to be undertaken
- Resolve any queries/concerns



# When Do We Go?

- Leave school on Tuesday 17<sup>th</sup> April at 9.15am

- Travel by bus



- Stop off for lunch at Luss (there and back)

- Returning to school on Friday 20<sup>th</sup> April at 12.15pm approx

- Will tweet/text when we reach Hermiston Gait

# BENMORE



# Staff

- Mrs Cameron (Head Teacher)
- Miss Denholm (P6 Class Teacher)
- Miss Hopkirk (P1A Class Teacher)
- Mrs Capaldi (Learning Assistant)



# Let's watch some clips

<http://benmorecentre.co.uk/courses/activities-list-videos/on-the-edge-activities>

<http://benmorecentre.co.uk/courses/activities-list-videos/on-foot-activities>

<http://benmorecentre.co.uk/courses/activities-list-videos/on-water-activities>

<http://benmorecentre.co.uk/courses/activities-list-videos/on-wheels-activities>



# Daily Routine Example

- Breakfast
- Activities
- Lunch
- Activities
- Evening Meal
- Activity/Team Challenge/Disco
- Bedtime 9pm/Lights off 9.30pm



# Activities

- Canoeing
- Caving
- Climbing
- Abseiling
- Problem Solving



- Biking
- Rope Course
- Gorge Walking
- Night Walks
- Hill walking





# Kit List



- Kit list is enclosed
- Lots of warm, old clothes
- Labelled
- No jeans!!!
  
- Centre do provide waterproofs, boots, rucksacks and specialist equipment etc
- Drying room
- Black bags for wet clothes
  
- No electrics or electronics or valuables





## What shall I bring to Benmore?

Whatever the weather, a lot of time will be spent away from the Centre on the hills, lochs, and rivers, at different times of year, in different weathers – so plenty of warm, old clothing is absolutely essential. We recommend:

### Clothing

- 5 warm, thick jumpers/fleeces, sweatshirts
- 8 warm T-shirts
- 6 pr trousers – old, loose fitting or ‘stretchy’ – e.g. jogging bottoms, trackies ( not jeans)
- 10 pr thick socks
- Trainers (an old pair you’re happy to get wet)
- Wellington Boots (if you have any)
- Underwear
- Swimming Costume (Winter *and* Summer!)
- Shorts and sun hat (Summer only)
- Gloves, woolly hat, and scarf (even in Summer)
- Thick tights or long johns (if you have them) in Winter

### Other Items

Change of clothes/shoes for the evening and your arrival/departure (No Stiletto Heels, please!)

Cool clothes for Thursday night Disco

Nightwear

2 Towels (medium size)

Toiletries – soap, toothbrush, toothpaste etc. (No aerosols please as they can set off the fire alarms)

Sun cream/sun block, midge net (if you have one) and insect repellent (May – September)

Torch

Disposable camera

Any medicine you may have to take (preferably labelled with a note from your parents or doctor)

Name tags on all your clothing.

### What Benmore will provide:

Waterproofs

Boots

Rucksacks (when required)

Specialist equipment for fieldwork and activities

*(Students possessing their own items of specialist equipment -climbing gear, wetsuit, etc.- are encouraged to bring them.)*

Staff will have cameras so no need to bring a camera but children can bring a disposable camera if they wish



# Accommodation

- Dormitories for 6-10 children
- En suite facilities
- Bunk beds
- Bedding not required



# Food at Camp



- All food is served in the dining room
- Breakfast: cereal, toast, cooked breakfast, fruit and yoghurt
- Lunch: Soup, sandwiches and fruit
- Dinner: Selection of hot food, fruit and dessert
- Diluting juice/water
- Allergies and food requirements catered for



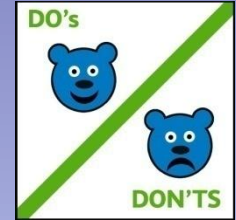
# Benmore Code of Conduct

- Make bed and keep room tidy
- Help in dining room
- Follow instructions given
- Keep yourself and everyone else safe
- Challenge yourself
- Be a good team member
- Take responsibility for your own property
- Be helpful to others
- Respect other peoples privacy and property
- Be a good ambassador for your school





# Do's and the Don'ts



- Bring plenty of warm clothes/socks
- Bring a book
- Bring a black bag (2) to put wet/dirty clothes in
- Bring a waterproof jacket
- Bring electronic equipment
- Bring any food
- Bring hair-dryers or straighteners
- Bring aerosols/sprays
- Bring valuables
- Bring mobile phones

# Keeping in Touch

- If there is a situation where you need to get in touch with your child then please contact the school in the first instance (Mrs Stevenson)
- If we need to get in touch with you we will use the emergency contact details provided by you
- We will update our Twitter feed as often as possible - please follow us @CornbankPS





# Medicines

- Will be administered by our school staff
- Details of medication required will be given to staff members



# Packs

Each pack includes:

- Parent Consent Forms
- Benmore Information Form and Kit List
- Medical Information Forms  
(self administer e.g. inhaler, epipen  
etc/teacher administered e.g. calpol, travel  
sickness etc)



All forms to be returned with medication asap

Thank  
You

Thank you for listening

Any questions???

