



Benmore Outdoor Centre

Information Meeting

Welcome



OUTDOOR LEARNING
BANGHOLM ♦ BENMORE ♦ LAGGANLIA

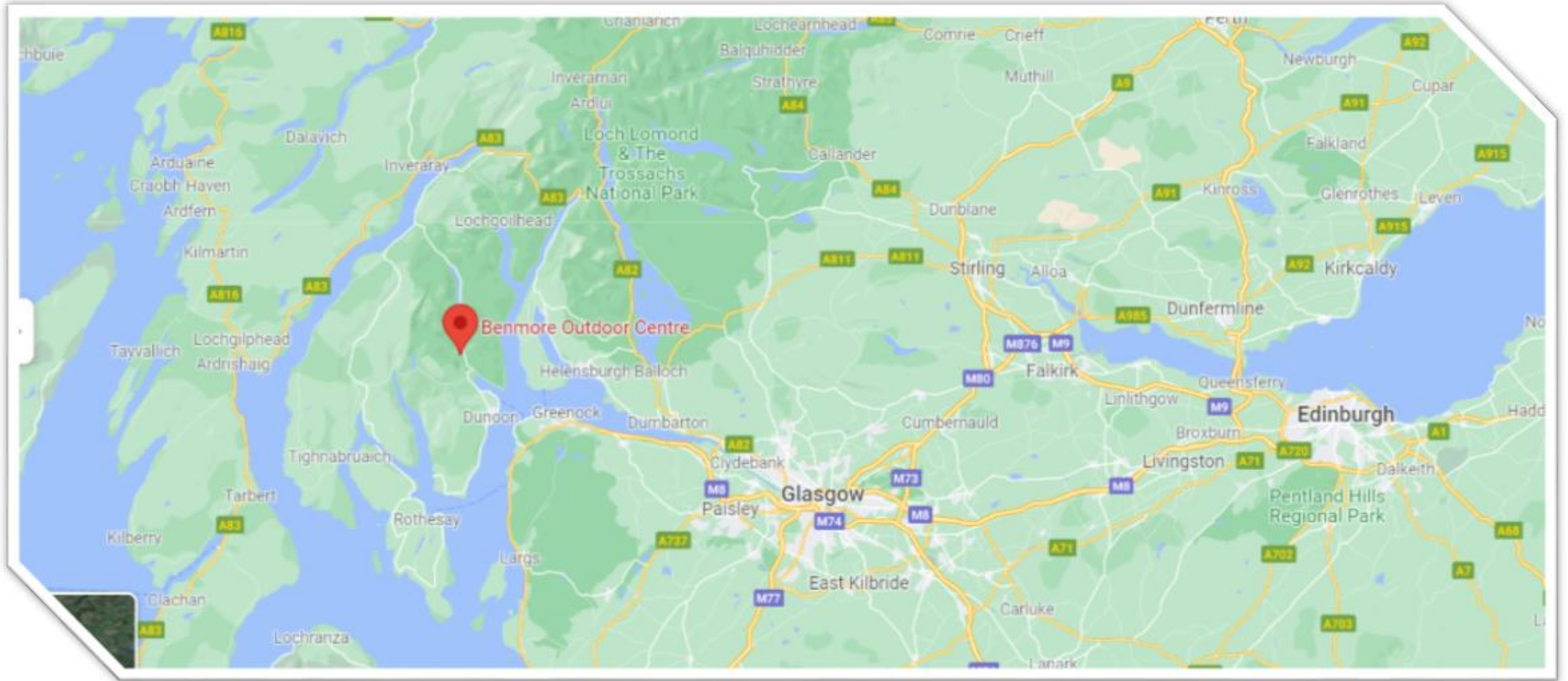


Edinburgh's Centres



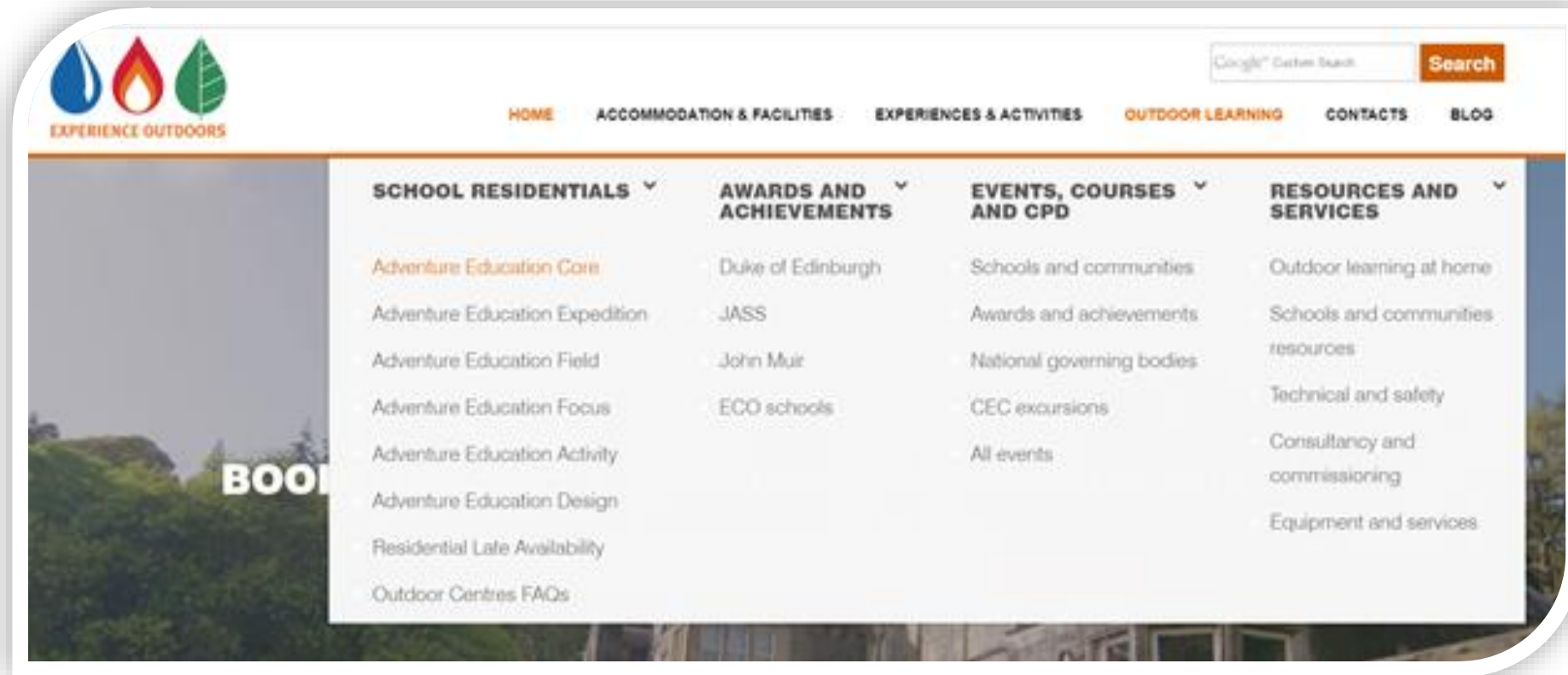
♦ EDINBURGH ♦
THE CITY OF EDINBURGH COUNCIL

Where is Benmore?





experienceoutdoors.org.uk





**Our best asset –
OUR STAFF**



- I will treat everyone with respect, consideration and kindness.
- I will be safe on the coach. I will wear my seatbelt and stay seated at all times.
- I will follow the Benmore Centre rules.
- I will take care of the Benmore Centre and all outdoor areas.
- I will be ready and on time.
- I will keep my dorm clean and tidy.
- I will always follow instructions to make sure I am safe and everyone else is safe.
- I will only use activity areas and equipment when there is a member of staff present.
- I will only bring my packed lunch for the journey. I will not bring sweets, snacks or other food/drinks in my luggage.
- I will return to my dorm in the evening and follow the agreed lights out and silence times.
- I will not bring electronic items including mobile phone, ipad, kindle, smart watch, fitbit.
- I will enjoy myself and have fun!



I agree to our Code of Conduct.

Pupil's signature: Date:

I have discussed the above with my child and confirm that I understand the possibility of collecting them from Benmore centre should it be required.

Parent/carer's signature:

Medication



- ❖ **Medicines must be in boxes and clearly labelled with the child's name.**
- ❖ **KIC Medical forms are available in the school office and must be returned asap (unless it's last minute prescribed medication).**
- ❖ **If you have any concerns about medication then please speak to a member of staff before the day of departure.**
- ❖ **Travel sickness medication – parents/carers can give this to their child on outward journey. Form to be completed if needed for return journey.**
- ❖ **Hand in medication to school office on Friday 27th September unless needed over weekend then come in at 8.30am on date of departure.**

Medication & Medical Treatment Recording
for Children, Education and Justice Services Excursions

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

KICroed

Section 1 June 2024 Version

You have indicated on the participant's KIC form that he/she will need to take medication or receive medical treatment while on an excursion/excursion programme. This form should be used for recording medication and medical treatment.

This form is used to collect key personal data about participants attending routine and extended excursions detailed below and organised by a school or other Council establishment throughout the year. This data will be used in accordance with our public task (arranging safe excursions), and will, if necessary, be shared with other organisations involved in delivering the excursions. In the unlikely event of an emergency, it will also be used to provide relevant information to emergency services, including the NHS. This form will be kept securely and only accessed by CEC authorised adults. It will normally be kept for three years in accordance with the Council's record retention rules. The Council has published a privacy notice, which includes information about your rights, at: <http://www.edinburgh.gov.uk/privacy>. More information about how personal data for excursions is handled can be requested via: excursions@edinburgh.gov.uk.

Please complete the medication table below giving the name of each medication as it is written on the pharmacy label. If you want the participant to be responsible for taking and carrying their own medication (secondary school-aged pupils and older only), please sign the box as indicated for each medicine. Please make sure the medicine that is given to your school/establishment is in the container in which it was dispensed, clearly labelled with the contents, dosage and participant's name in full. Any liquids should normally be given in an unopened bottle.

1.1 Name of Your School/Establishment:	Davidson's Mains Primary School
1.2 Dates:	30/09/2024 – 04/10/2024
1.3 Excursion(s) information:	Benmore Outdoor Centre

Important: please ensure you update your school/establishment as soon as possible with any changes to the key information.

Section 2 Participant Details

2.1 Surname:	2.2 Forename(s):	2.3 Date of Birth:
--------------	------------------	--------------------

Section 3 Medical Condition and Medical Treatment

Please provide details of your child/young person's medical condition and the treatment they will require:

3.1 Details of Medical Condition	3.2 Details of Medical Treatment
----------------------------------	----------------------------------

Section 4 Medication Details

	4.1 Name of Medication / Treatment (If a different dose is given at another time please complete a separate box for each dose)	4.2 Dose	4.3 Time(s) to be given	4.4 Quantity supplied to school/establishment or sign each line if participant is to be responsible for taking that medication
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

I accept responsibility for ensuring that the details I have supplied are correct.

I accept responsibility for ensuring that the medicine has not expired and that there will be enough medicine supplied to the school/establishment for my child/young person's needs.

Signed by parent / legal carer or participant (when self-consent applies):	Date:
Print name:	

Arrival Day



- **Depart school Monday morning**
- **Lunch ***PACKED LUNCH needed – eat on arrival at Benmore Centre*****
- **Approximate arrival Benmore 1pm**
- **Introduction 1:30pm**
- **Meet Instructors 1:45pm**
- **Instructors' site orientation with group 2pm, including local walk**
- **Visiting staff/Benmore staff induction meeting**
- **Make beds/unpack 4:30pm**
- **Cake and juice 5pm**
- **Evening meal 6pm**
- **Diary/review session 7pm**
- **Evening activity 7:30pm**
- **Bed 9pm**



A 'Typical Day'



- **Wake Up 8am**
- **Breakfast 8:30am**
- **Benmore staff meeting 9am**
- **Room inspections from 9am**
- **Meeting with instructor 9:20am**
- **Morning activities 9:20am – 12:30pm**

- **Lunch 12:30pm**
- **Afternoon activities 1:30 – 4:30**
- **Review of day 4:30 – 5pm**
- **Cake and Juice/free time 5pm – 5:30pm**
- **Dinner 6pm**
- **Diary/review time 7pm**
- **Evening activities 7:30pm**
- **Bed 9pm**

Activities



- Gorge Walking
- Mountain Biking
- Rock Climbing
- Abseiling
- High Ropes course
- Hill Walking/Forest walk
- Caving

- Canoeing
- Kayaking
- Duckies
- Orienteering
- Sailing
- Teambuilding
- Shore Scramble



Sample Day Menu

- **Breakfast:** Cereal, toast with preserves, fruit, yogurt and one hot choice per day.
- **Lunch:** Homemade soup, filled wholemeal or white roll (choose from tuna, ham, egg or cheese) salad, fruit and biscuits.
- **5pm Cake:** e.g. flapjack, sponge or crispy cake.
- **Dinner (2 courses):**
 - Fish, chips and peas.
 - Mac & cheese, garlic bread and vegetables.
 - Battered chicken breast chunks, separate curry sauce, rice and vegetables.
 - Cheese pizza, wedges and salad.



Our Accommodation











Intended Experiences & Outcomes

- **I value the opportunities I am given to make friends and be part of a group in a range of situations (HWB 2-14a).**
- **As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control (HWB 2-21a).**
- **I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them (HWB 2-02a).**



Growth Mindset

I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



Fixed Mindset

I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

What To Bring...



- Involve your child with the packing! They need to be able to carry their bag.
- At least three warm 'tops' (fleeces or woollen jumpers)
- At least three pairs of loose fitting warm trousers (track suit or jogging bottoms but not jeans)
- Casual clothing for evening use
- Underwear
- Shorts (summer)
- Socks (at least 3 thick pairs)
- Training shoes (2 pairs, the grubbier the better)
- Slippers or something to wear inside the Centre
- Gloves & hat
- Pair of wellies
- Pyjamas
- Water bottle
- Soap, towel, toothbrush
- Sun cream & Insect repellent
- Plastic bag for taking home any clothes that are still wet
- Torch
- Pocket money - £5 to £10 maximum
- **NO ELECTRONIC DEVICES – phones, tablets, kindles, fitbits etc. This is an opportunity for a few technology free days.**
- * **Practise making a bed it really helps!**

PLEASE NAME EVERYTHING



What Benmore will provide...

- ❖ **Walking boots & wellies**
- ❖ **Waterproofs**
- ❖ **Rucksacks (when required)**
- ❖ **Specialist equipment for fieldwork and activities (helmets, gloves, cycling jackets etc).**











Questions

- 1. Will there be communication each day from staff – Blog?**
- 2. Can individual adjustments be made for children with additional support needs?**
- 3. Is there a ‘what my day will look like’ that can be shared in advance to talk through with my child?**
- 4. What is the protocol if a child becomes distressed when on the residential?**
- 5. If a child becomes sick at the last minute, what is the protocol?**
- 6. How are sleep routines supported as my child struggles when she doesn’t have enough sleep?**
- 7. Do I need to tell the school if my child is vegetarian?**



Answers

1. **There will be a daily update on the Benmore 2024 blog. We will share the link to this with families via Groupcall before we go and QR codes will be available on the day of departure. All photos will be shared via Teams to allow access in a GDPR compliant way and to ensure we adhere to parental photo consent.**
2. **Individual adjustments can be made for children with ASN – if there's something specific your child needs please get in touch to discuss with us.**
3. **We have social stories for arrival day, typical day and visuals/lists for activities which can be shared in advance.**
4. **If a child is distressed we will try to reassure them as best we can. If we need to be in touch with home we will but generally we find we can support the children to settle.**
5. **If a child becomes sick at the last minute and cannot attend we have insurance in place where a claim can be made.**
6. **Although we are strict about the children settling to sleep and getting their much needed rest we will also be supportive and caring and the best possible corporate parents we can be.**
7. **Yes please tell us if your child is vegetarian as we can arrange alternative meals.**



Have a great time at Benmore!

