

KINGSWELLS SCHOOL

Primary 7

Residential Trip to Loch Insh

Monday 27th – 31st August 2018

Our memories

Welcome to Erin Carnie, Katie Evans and Lea Webb



Loch Insh Watersports Activity Centre

The Loch Insh centre is located approximately 6 miles south of Aviemore. It is set around the beautiful Loch Insh and is also surrounded by spectacular forests and mountain scenery.



Activities on offer include:

- Skiing
- Canoeing
- Kayaking
- Sailing
- Raft-building
- Archery
- Mountain Biking
- Windsurfing
- Orienteering
- Paddle boarding
- Problem solving



Equipment required:

List available for you to collect tonight.

- Waterproof jacket
- Waterproof trousers
- Old trainers/wet shoes – for water activities
- 2 Towels – 1 for wet activities & 1 for washing
- Light trousers – which will dry quickly
- Walking boots / shoes
- Fleece or sweatshirt
- Enough socks, underwear, nightwear and t-shirts etc for the duration of the trip
- An outfit for the disco
- Insect repellent
- Toiletries

- **OLD CLOTHES**



TYPICAL DAILY ROUTINE

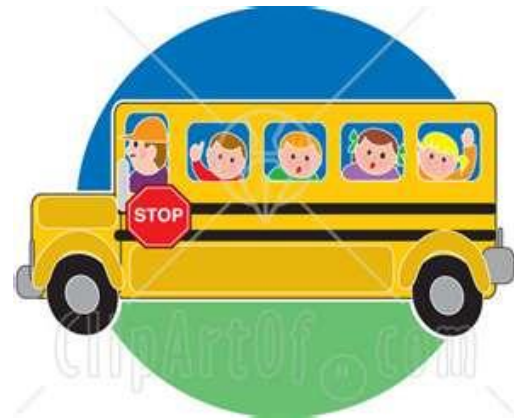
- 7.30am Up, washed & dressed
- 8.00am Breakfast in the restaurant & prepare packed lunch
- 9.30am Morning activity
- 12.00 noon Back to room & changed for picnic lunch
- 1.00pm Afternoon activity
- 3.30pm Back to room, change & have snack
- 4.00 – 5.00pm Leisure time, relax, watch TV, visit shop etc.
- 5.30pm Evening meal served in the restaurant or BBQ
- 6.30pm Evening activity
- 8.30pm Relax in the common room
- 9.30 – 10.00pm Ready for bed and lights out



The day of departure

- **8.30 a.m.** Arrive at school – report to staff, give medication to First Aider
- **9.00 a.m.** Depart Kingswells on coach
- **10.30 a.m.** Stop at Aberlour or Huntly for short break / snack
- **12.00 noon** Arrive at Loch Insh, have packed lunch and drop bags off in room
- **1.00 p.m.** Safety talk (fire safety), itinerary for week given and 1st activity

(all times are approximate)



Time to come home Last day ...

- **8.00 a.m.** Breakfast and pack up all belongings
- **9.30 a.m.** Morning activity
- **12 noon** Packed Lunch and then board bus for home
- **3.15 p.m.** Return to school (all times are approximate)



Parents will receive a groupcall when pupils are leaving Loch Insh and should be at school on time to collect their child at 3.15pm.

Please note a groupcall will not be sent when we arrive back at school.

The Finer Details

- Being with friends – accommodation
Activity groupings

Adult helpers – 2 teachers, 2 PSAs, 3 parents



- Facilities
 - Accommodation
 - Shop and spending money - £20
 - Playground areas



Cost of trip and Administration

- **Total cost = around £292 (full price £355.00)**
- **Deposit of £100 (payable by 25.05.18)**
- **Balance £192**
- **Full balance to be paid by 28th June 2018.**
- **‘Grow a fiver’ Enterprise project for pupils - all money should now be handed in. Total money off per child is £63.**
- **Funding may be available. It is also possible to pay the balance in instalments over a longer period. Please contact Mrs Millar/Mrs McNair to discuss.**
- **Medical forms should be completed and returned to school ASAP.**

EXPECTATIONS

- Good behaviour at all times
- Responsibilities – for safety and own belongings
- No mobile phones
- Everyone enjoys the visit!

