

# Larbert High School

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**Falkirk Council**  
Children's Services

*Rector: Jon Reid*

Dear Parent/Carer,

With the S1 Residential trip to Lendrick Muir fast approaching we have taken the opportunity to provide you with some further information about the trip.

## **Residential Dates**

X Practical Set

**Mon 1<sup>st</sup> May – Wed 3<sup>rd</sup> May**

**Meet in the MAX at 8:40**

Y Practical Set

**Wed 3<sup>rd</sup> May – Fri 5<sup>th</sup> May**

**Meet in the staffroom at 8:40**

On their day of departure, all pupils should report to their meeting point for the beginning of the school day. Pupils will travel by bus to the Lendrick Muir Centre in Kinross. Pupils will then return to school by bus for approximately 3pm on their day of return.

## **Recommended Kit List**

The recommended kit list below has been provided by the Lendrick Muir Centre. Larbert High School staff have added items to the kit list which we feel will help ensure your child has the best experience possible.

**A packed lunch for Day 1** (all other meals are provided by the Centre)

**3 sets of outdoor clothing that can get muddy** (outdoor PE kit or old clothing)

**2 pairs of shoes** (1 indoor and 1 outdoor, trainers will be fine)

**Weatherproof / Waterproof jacket** (this is important as majority of activities take place outdoors)

**Casual clothing for indoor/evening time** (no need for fancy clothes)

**Large towel**

**Toiletries**

**Pyjamas** (onesies have become a popular novelty with our pupils in recent years)

*Please consider the amount of clothing required given that this is only a three day trip. Please also consider gloves, hats, additional layers etc. in case it is cold, and suntan lotion, shorts, hats, sunglasses etc. in case it is hot. All other equipment required by the pupils for activities will be provided by the Centre (this includes bedding).*

## **Activities**

During the S1 Residential pupils will be offered the opportunity to take part in a variety of activities. These activities include; high ropes, archery, low ropes, bungee trampoline, crazy golf, mountain biking and night line. The choices for these activities will be made when pupils arrive at Lendrick Muir. A full itinerary will be available upon request.

### Rooming Arrangements

Pupils have received a rooming form during assembly which should be completed and returned to reception by **Friday 24<sup>th</sup> March**. The task of rooming pupils can be a challenging one; however these forms help to ensure that pupils will be sharing a room with at least one person from their Practical Set that they know well. Pupils will find out their room when we arrive at the Centre.

### Medical Information and Dietary Requirements

It is important that we have the most up to date medical and dietary information for our pupils. We would kindly request that you complete the attached slip should your child's medical or dietary needs have changed since we received their full medical form for this trip in September. If there is **no change you do not** need to complete and return this slip.

### Photographs

Attached to this letter is a form provided by the Lendrick Muir Centre regarding the use of photographs taken by their staff. This form need only be returned if you **do not want** your child's photograph used for promotional purposes.

### S1 Residential T-Shirts

Included in the cost of this year's trip is an S1 Residential 2017 T-shirt and will be distributed to pupils in due course.

Finally, should you have any questions regarding the information provided in this letter then please do not hesitate to contact me by telephoning the School or using the @LHSresidentials Twitter account.

Kind Regards



Victoria Taylor

Lead Teacher

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## **Medical & Dietary Information - Update Slip**



*If your child's medical or dietary needs **have changed** since you completed the pink medical release form for the S1 Residential, issued in October 2016, then we would ask that you complete this slip to ensure we have the most current information. **These slips should be returned in a clearly marked, sealed envelope to Mrs Debbie McLay (School Office) before Friday 24<sup>th</sup> March 2017.***

Name \_\_\_\_\_

Practical & Form Class \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_