Dear Parents/Carers

**Primary 7 Abernethy Residential Trip 4th- 8th March 2024**

It seems such a long time since our September meeting about our Abernethy Adventure. A few wee bits of weekend homework, information, and reminders below but panic not…. the main thing to focus on this weekend is the ‘**Parental Consent Form-Adventurous Activities’**-attached as **‘Abernethy 24 Consent Form’.**

‘**Parental Consent Form-Adventurous Activities’**……Please complete the attached form including health details, dietary requirements and emergency contact details for the week we are at Abernethy.  The form can be returned by email to Fishermoss.sch@aberdeenshire.gov.uk and we would be grateful if this could be completed by **Monday 22nd January**.  Abernethy require this information well in advance of our visit. If you require a paper copy, please do not hesitate to contact the school office.

“The planned excursion will take place according to Aberdeenshire Council’s Excursion Policy and a copy of the policy is available for inspection at Fishermoss Primary School or on the Council Web Site.  The excursion has been risk assessed and every effort will be made to minimise risk.  Nonetheless a totally risk-free environment is unrealistic and in signing the parental consent form you are asked to acknowledge that a degree of residual risk remains.  It is not anticipated that risks will exceed those incurred in normal day to day living.”

**Medication……**If you wish school staff to administer medication of any sort including Calpol, pain relief, travel sickness tablets etc, or if you wish your child to carry their own medication, e.g. creams, inhalers, there are forms to be completed.  These can be found on the school website under ‘Information’ àHealth Care & Medicalàscroll down to ‘Administration of Medicines’.   These should be returned by**Monday 26th February.** Pupils should only carry inhalers and creams as all other types of medication must be handed to school staff.  Parents are to supply the medication they wish staff to administer, and this should be handed to a member of staff in the school hall, rather than the school office, when dropping off your child’s luggage on the morning of **Monday 4th March** before departure, for safe keeping. It is essential that the forms are completed and handed in to school the week before departure.

**Activity Information Details……**As shared at the Parent Information Meeting, all activities are beginner level and these will include Adventure Course, Archery, Bushcraft, Canoeing, Climbing Wall, Jacobs Ladder. Raft Building, Silver Maze and Zip Wire…. all of which are undertaken within the grounds of the Abernethy Outdoor Centre.  A description of the activities is attached for your information.  Pupils will also have the opportunity for a daily swim session in addition to use of the games room, sports hall and outdoor sports facilities. Pupils do not require any experience or training to undertake any of these activities.  That’s what makes it all such great fun and a wonderful experience!

**Staff Attending……**Miss Sangster, Mrs Shepherd, Mrs McRae and me!  Pupils will be informed of their School Group Leader the week before we leave, and pupils will be informed of their room allocation on arrival at the centre.

**Departure……**Pupils should come to school at the normal time on the morning of departure.  On arrival at school, pupils are to put their luggage in the school hall via the double blue doors in the staff carpark.  Pupils should keep their small bag containing their lunch with them.  They should return to the playground and come in on the bell as usual at 9am.  The coach will leave school at 9.30am.  We would be delighted if parents could wave us all off but please ensure we have space to access the bus to load pupils and luggage!

**Journey……**Monday 4th March-Coach from Fishermoss to Abernethy via Landmark Forest Adventure Park, Carrbridge.  Pupils come to school at the normal time on the morning of departure and the coach will leave at 9:30am.  Toilet stop/break at Huntly. Friday 8th March-Coach from Abernethy to Fishermoss via Landmark Forest Adventure Park, Carrbridge and toilet stop/break at Huntly.The coach is due back at school at around 3pm on the Friday and parents are encouraged to meet their children off the bus.  We will telephone the school if we are delayed.  Pupils will go into school until 3.20pm if no one is there to meet them off the bus.

**Accommodation address……**

ABERNETHY OUTDOOR CENTRE

NETHEYBRIDGE

INVERNESS-SHIRE

PH25 3ED

TEL:  01479 821279

[www.abernethy.org.uk](http://www.abernethy.org.uk/)

**Luggage & Kit List**…… Please see the attached. There is also a copy of this on our website……go to ‘Events’à’Abernethy’ à’Kit List’.  As mentioned at the meeting, nothing new should be bought for Abernethy…old clothes are best!  Old trainers that are ready for our Rag-Bag should be kept hold of for canoeing as they can do a ‘wear and chuck’.  Ski gloves will not be necessary.  If pupils do not have a waterproof jacket, or waterproof trousers, these items can be borrowed from the Abernethy Centre.  Please note the ‘Leave at Home’ items. Pupils can bring a holdall, case, or rucksack…. whichever they would normally take on holiday…. labelled with pupil’s name and school + one smaller rucksack/back-pack for their lunch on travel days and to use on walks. Plastic bags are useful to pack for taking home dirty clothes/laundry.

Pupils who suffer from travel sickness should have a suitable plastic bag, with no holes, and tissues with them.  Pupils will need a packed lunch for the outward journey. No glass containers please.Please ensure flasks/drink containers are inside a plastic bag and lids are closed properly.  Leaky flask=soggy sandwich=unhappy pupil.  Please remember to put the lunch in the bag they will carry with them on the bus as this avoids having to empty the boot at lunchtime.

**Pocket Money……**an absolute maximum of £20……for use at Landmark and the shop at Abernethy.  This will be looked after by school staff and issued when required. Please drop this off at school in single £1 coins in a small plastic bag with the pupil’s full name marked on the front, **the week before the trip.** Please avoid purses as they are bulky and envelopes as flimsy.

**Insurance……**The whole group will be insured by Aberdeenshire Council School Excursion Insurance Policy.  Please see the attached for information.

**Valuables……**Please refer to the attached information regarding insurance.  Any valuables taken e.g. watches, cameras etc will be the **pupils’ own responsibility**.  **Mobile phones should not be taken……**we want away from the perils of social media and pupils attempting to call each other through the night for ‘fun’.  However, if your child uses their phone for **photographs and listening to music** the **SIM card** must be removed and left at home.

**Return**……The coach is due back at school at around 3pm on Friday 8th March and parents are encouraged to meet their child off the bus.  We will telephone the school if we are delayed.  Pupils will go into school until 3.20pm if no one is there to meet them off the bus.

Pupils should keep practising making sandwiches and putting a duvet cover and pillowcase on their bed!  All bed linen is provided at the centre but we all put our own duvet cover and pillow case on to make up our beds….one of the many life skills they will enhance at Abernethy!  The snow this week will hopefully help them all see the value in wearing layers!

Once our Burns Assembly is over, I will have meetings with pupils over the coming weeks to help reassure, remind and respond to questions.

An exciting time for them all!

Kindest regards

**Margaret M. Ferguson**

**Head Teacher**

Fishermoss School

Berrymuir Road

Portlethen

Aberdeenshire

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Aberdeenshire Council Education and Children’s Services



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