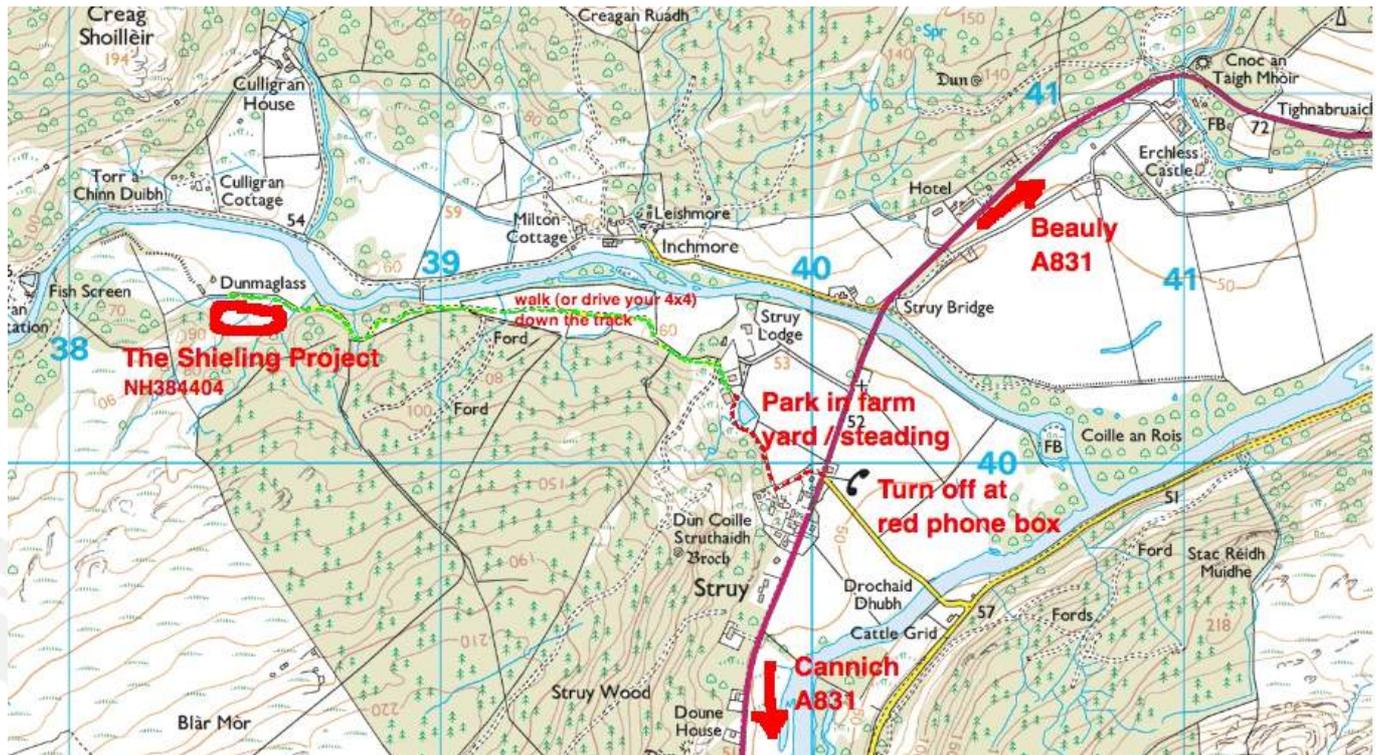


## The Shieling Project Residential Information

### *Timings and location*

Residentials usually run from Monday to Friday, your school will let you know the exact timings. Transport will be arranged by your school. If you are interested or in the case where you need to come and fetch your child – this map shows where we are based.



### *Outline Programme*

Wake up	7.30am
Breakfast	8am
Check-in and plan for the day	9am
Activities	10am
Lunch	12.30pm
Activities	1.30pm
Supervised free time	4pm
Dinner	7pm
Evening activities	8pm
Review the day	8.45pm
Quiet time (then to sleep)	9 to 9.30pm

*There are key parts of the day which will always be the same:*

**Meal times:** everyone will have a role to help during meals – they might be cooking (supervised), cleaning, or laying the table

**Looking after the animals:** everyone will help in some way – feeding, grooming, milking, cleaning up.

**Free time:** for some of the day we will be doing structured activities, at other times children will be able to find their own things to do around the site (with supervision). This unstructured time is very important. We have at least one adult staff per ten children

**Evening times:** after dinner we will have some activities, sometimes with visitors, including traditional crafts, story telling, music and ceilidh.

Our programme for the residential is flexible. We will co-ordinate with the school to do classroom work in preparation and find out what the interests of the group are to create a set of structured and adult-led activities around that. Some of the activities that we might undertake are:

**Making:** making baskets and objects from willow, making tools for the project including peat spades, making spoons, felting, dyeing with natural dyes, weaving, we might do some drawing painting or story writing too.

**Building:** using stone, wood and turf to build small structures around the project site. Children have been involved in building at the site from the start and this is always a big hit.

**Exploring:** getting out into the hills around the project to explore, learning about plants and animals and history. We will also gather some natural materials on our trips, we might make tea or jam, or use the plants for our dyeing.

If there are any problems during the night staff will be close by to help and support your child. Composting toilets and wash area are close by in the camp, with privacy and a high level of cleanliness (including soap and anti-bacterial wash). We will be washing our hands a lot! Especially with all the mud and animals!

## **Food**

Good healthy home cooked food is a big part of the project. Your child can be involved in all aspects from growing and processing it (animal and vegetable!) to planning and cooking meals. While we do raise our own animals for consumption, there is no pressure to eat meat, and discussions about the ethics of raising and eating meat are always had with groups. We aim to provide a simple and well balanced menu for the week. This will involve seasonal and wild foraged foods too.

**Breakfast:** Cereal and toast (we will bake some of our bread)

**Lunch:** Sandwiches and rolls, fruit, baked snacks like flapjacks, healthy crisps

**Dinner:** Classics like spaghetti bolognese, pizza, and hand made burgers

## ***Technology and Contact Policy***

The Shieling Project is about getting away from phones and computers for a while. Depending on the school policy, it might be possible for them to call during the week to tell how they are getting on, in this case you could send them with a phone. This will be kept by project staff and handed out during phone times in the evening. Generally we advise not to send your child with a phone, as the week is in part about developing resilience and independence from home. No other personal technology is allowed during the week, we will be doing Minecraft for real.

Shieling Project staff will take pictures, and ask participants to take pictures, which you can be sent if you wish. If you have any concerns or worries during the week please call Sam on 07584855846.