

Decide location (Choose one)	
School garden	
Local park	
Beside a burn or pond	
School playing field	
Under a tree / shaded area	
Other:	
Decide how to get there (Choose one)	
Walk from the school	
Cycle using the school bike racks	
Scooter (non-electric)	
Car-share with 3–4 people per car	
“Park and walk” – get dropped a short distance away and walk the rest	
Use public transport (train or tram if available)	
Other:	
Other:	
Sustainable food choices that link to Scottish Gaelic culture and traditions (choose multiple)	
Bonnach Traidiseanta Bannock - A traditional Scottish flatbread made from oats or barley.	
Gruth Traidiseanta Crowdie - A soft fresh cheese enjoyed across Scotland for generations.	
Briosgaidean-coirce le Mil Fraoich Crisp oatcakes served with sweet Scottish heather honey.	
Dearcan Bruich le Mil Fraoich Berry Compote made with seasonal fruit and honey.	
Crannachan A classic Scottish dessert made with oats, honey, and berries.	
Gruth le Luibhean Crowdie Cheese with fresh herbs for extra flavour.	

Bonnaich le Dearcan Bannocks fresh served with seasonal Scottish berries	
Briosgaidean-coirce le Dearcan Fiadhaich Oatcakes topped with locally gathered wild berries.	
Gruth le Mil Fraoich Creamy crowdie sweetened with Scottish heather honey.	
Dearcan Bruich le Briosgaidean-coirce Berry Compote served with crisp Scottish oatcakes.	
Other:	
Other:	
Decide how it is packaged (Choose one)	
Reusable lunchbox	
Reusable beeswax wraps	
Compostable paper wrapping	
A cloth bundle ("furoshiki"-style)	
Other:	
Other:	
Traditional Scottish Music Choices (Choose one)	
Jigs – fast, bouncy dance tunes	
Reels – lively, quick, energetic	
Strathspeys – strong rhythm, very Scottish, uses the “Scotch snap”	
Waltzes – slower, 3-beat dance tunes	
Marches – steady, walking-pace tunes (pipe bands!)	
Slow airs – gentle, emotional melodies	
Bagpipe tunes – classic Highland pipes	
Waulking songs – traditional Gaelic work songs	
Puirt-à-beul – mouth music (rhythmic Gaelic singing)	
Other:	
Other:	

Choose a Gaelic phrase to include (Choose max 3)	
Thig crìoch air an t-saoghal, ach mairidh gaol is ceòl. - The world will end, but love and music will endure.	
Am fear a bhios fad air an aiseag, gheibh e thairis uaireigin - good things come to those who wait.	
Anail a Ghaidheil, air a mhullach! - The Gael's breathing place - on the summit!	
Abair ach beagan agus abair gu math e. - Say but little and say it well.	
A ghaoth ag iarraidh na'm port. - The wind seeking the harbours.	
Am fear is fliuche, rachadh e do'n tobair. - He who is wettest, let him go to the well.	
Adhaircean fada air a chrodh a bhios anns a cheò. - Long horns on the cattle that are seen through the mist.	
Am facal a thig a lfrinn -- Se a gheibh, ma 's e 's mo bheir. - The message from hell -- Give to the highest bidder.	
Air rèir do mheas ort fhèin 'S ann a mheasas càch thu. - According as thou esteemest thyself others will esteem thee.	
Am fear nach seall roimhe. Seallaidh e as a dheigh. - He who will not look before him Will look behind him.	
Cluinnidh am bodhar fuaim an airgead. - The deaf will hear the clink of money.	
Choose attendees (choose multiple)	
Your friend(s)	
Your partner	
Your sibling(s)	
Your parent(s)	
Your cousin(s)	
Your neighbour(s)	
Your grandparent(s)	
Your teacher(s)	
Your mentor(s)	
Other:	