WOODROW HIGH HOUSE



Wednesday 6th – Friday 8th November 2019

Cost: £150

WHAT OUR PARENTS SAY (SURVEY 2017)

Trips like this build confidence and independence.

A great opportunity to learn about themselves and their peers.

My child would benefit by increasing her confidence and emotional well-being.

Support in them becoming more independent, leading into Y6 and beyond is vital.

Experience will promote independence and teamwork.

A fun way for them to learn and bond with their peers.

Good preparation for Y6 Field Week.

A fabulous opportunity.

Boost independence, confidence and strengthen friendships.

Woodrow High House



 In the tranquil setting of a 17th century manor house in 24 acres of grounds, Woodrow is an Outdoor Education centre creating opportunities for personal and social development for more than 7,000 young people every year. We are part of London Youth, a charity that encourages young people 'be the best that they can be'.



Accommodation & Facilities



- Spacious rooms with bunks and single beds. Our smallest room sleeps 2 and our largest sleeps 10.
- All linen is provided and you get to make your own beds! Extra bedding is available if needed.
- Single sex bedrooms and bathroom facilities.
- Your own lounge space for the entirety of your stay.
- Cellar with PlayStation, Table Football, Table Tennis, Disco and Tuck Shop!











Food



Toast &
Preserves,
Yogurt with
Honey, Cereal,
Grapefruit in
Syrup,
Fresh Fruit

Grilled Chicken Sausage Baked Beans Hash Brown

> Vegetable Sausage

Chilled Blackcurrant Or Orange Juice Pasta Bar Chicken in Tomato Basil Sauce

Quorn Bolognese Sauce

Grated Cheese Garlic Bread

Mixed Salad

Fruit Jelly

Salad Bar Fresh Fruit

Biscuits & Juice

Chicken and Peppers Wrap

Baked Cumberland Sausages

Quorn Sausages

Boiled New Potatoes with Olive Oil & Parsley Gravy

Garden Peas

Chocolate Sponge with Chocolate Sauce or Fresh Fruit Black Currant or

Orange Juice

 Please bring a packed lunch on the first day, food served by Woodrow will commence from the first evening meal.

- · Three hot meals per day
- Squash and water are available throughout the day. Please bring a water bottle to re-fill.
- We cater for all notified dietary requirements.



Activities



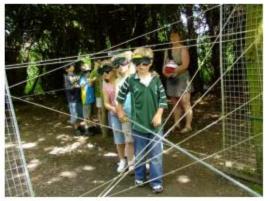












Security & Staffing



- ✓ Grounds surrounded by private land
- ✓ Only one way on and off site
- ✓ Coded entrances to the House
- ✓ CCTV present outside on site
- √ All staff DBS checked
- ✓ Instructors all first aid/fire warden trained
- ✓ All staff wear ID badges at all times
- Duty Instructor sleeps in the house each evening
- ✓ Duty Manager also on call





Your Average Woodrow Day & What to Bring...



		1		2		3		4		Evening Activity	
GROUP		9.15 - 10.45		11.00 - 12.30		14.00 - 15.30		15.45 - 17.15		19.30 - 21.00	
		Session		Session	Grp	Session	Grp	Session	Grp	Session	Grp
	A	Djembe Jam	a	Pioneering	a	Challenge course	a	Low Ropes	a	Manor Mystery	a
	В	Team Exercise	b	Bushcraft	b	Nightline	b	Djembe Jam	Ь		ь
	С	Pioneering	С	Team Exercise	С	Archery	С	Bushcraft	С		С
	D	Nightline	d	Low Ropes	d	Bushcraft	d	Archery	d		d

KIT LIST

- Packed LunchforWednesday
- Day rucksack/bag (to take on bus and large enough to contain a packed lunch, drinks bottle, and wet weather shoes and coat)
- Two or three pairs of comfortable trousers (combats or tracksuit bottoms preferably not jeans as they are uncomfortable if they become wet)
- Warm clothing such as a tracksuit, long and short-sleeved t-shirts and a couple of fleeces/jumpers
- Underwear
- Pyjamas
- Warm waterproof coat and trousers
- Hat, gloves, scarf (weather dependent)
- Towel (please note that we do not provide towels and do not have washing or drying facilities for drying towels or swimwear)
- Toiletries (please avoid aeros of products as these can set off the fire alarm)
- Personal medication
- Drinks bottle
- Torch and batteries
- A book to read or small travel games no electronics
- Plastic bin bags/carrier bags for wet/muddy clothing N.B. children are likely to get wet/muddy (depending on the weather of course)

Shoes/Footwear

The children ideally need three pieces of footwear 1) old trainers for use outdoors 2) trainers, pumps or slippers for indoor use only and 3) boots or wellies for really wet weather (Woodrow has old wooden floors they like to preserve – and also there is potential splinter risk).

- No money is required
- No sweets in children's bags please
- We will not be swimming
- No phones
- Staff will take plenty of photos so no cameras required

CUDDLY TOY! A familiar friend from home is essential!

