

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	Pasta Bar Chicken in Tomato Basil Sauce Quorn Bolognese Sauce	Chicken and Peppers Wrap Baked Cumberland Sausages
Grilled Chicken Sausage Baked Beans Hash Brown	Grated Cheese Garlic Bread	Quorn Sausages
Vegetable Sausage	Mixed Salad	Boiled New Potatoes with Olive Oil & Parsley Gravy
Chilled Blackcurrant Or Orange Juice	Fruit Jelly	Garden Peas
	Salad Bar Fresh Fruit	Chocolate Sponge with Chocolate Sauce or Fresh Fruit
	Biscuits & Juice	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...



GROUP	1		2		3		4		Evening Activity	
	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
B	Team Exercise	b	Bushcraft	b	Nightline	b	Djembe Jam	b		b
C	Pioneering	c	Team Exercise	c	Archery	c	Bushcraft	c		c
D	Nightline	d	Low Ropes	d	Bushcraft	d	Archery	d		d

KIT LIST

- Packed Lunch for Wednesday
- 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 aerosol 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!

