



**Year 4**  
**Woodrow Residential**  
**Wednesday 17<sup>th</sup> – Thursday 18<sup>th</sup> April**



# **Dietary/Medical Needs**

- **Ensure all completed forms are returned by Friday 22<sup>nd</sup> March 2024, the very latest.**
- **Any medication that is required must be handed to the office prior to the event, Monday 15<sup>th</sup> April, the very latest.**
- **Do not let your children take their own medication to Woodrow, and do not allow them to administer any medication themselves. All medication administered whilst at Woodrow, must be recorded by an adult.**
- **All medication must be in the original packaging, named and have the original instructions included. Hand written notes will not be accepted.**
- **Medication that is already kept on site, such as inhalers, will go along to Woodrow, it will not be necessary to provide the school with extra medication.**
- **Standard medication such as Calpol and Piriton is supplied by the school, to be used on an ad hoc basis. You do not need to provide your own, unless there is a specific reason, which you are welcome to discuss with me**
- **Some medication or needs can be sensitive, I am available to support you, should you feel your child has any worries or concerns. All conversations are confidential, as are the administering of medication and supporting sensitive needs, by the teachers whilst at Woodrow.**





LY London Youth

<https://www.youtube.com/watch?v=628svmJ90Do>





# Additional benefits

of residential trips

87%

of young people felt that coming to Woodrow helped them to *try new things*.

82%

of young people felt their trip to Woodrow taught them *not to give up*.

91%

of youth professionals felt their young people could better handle challenges after visiting Woodrow.

98%

of youth professionals felt that their visit to Woodrow helped their young people feel more confident.



# Itinerary



## Woodrow High House & Leisure Centre

4.6 ★★★★★ (61) ⓘ  
Outdoor activity organiser

Overview

Reviews

About



Directions



Save



Nearby



Send to phone



Share

Cherry Ln, Woodrow, Amersham HP7 0QG



**Wednesday 17<sup>th</sup>**

**Arrival – 10am**

Car sharing where possible!

**Thursday 18<sup>th</sup>**

**Departure – 2pm**

**Please drop/collect our children to Woodrow House**



# A typical day at Woodrow...

**7:45 - 9:00**

Breakfast! It's time to fuel your body up for an exciting day of outdoor adventures.

**9:15 - 12:30**

Now you will set out on your first two activity sessions, each lasting roughly an hour and a half. Don't forget your water bottle and waterproofs.

**12:30 - 14:00**

It's lunchtime! Leave your muddy boots at the door and take a few moments to rest and refuel over your delicious lunch.

**14:00 - 17:15**

Now it's time for your next two exciting activity sessions.

**17:30 - 19:00**

It's time for dinner. You will be hungry after such a busy day, so dig in!

**19:30 - 21:00**

Now it is time for your evening entertainment. This could be a campfire with our instructors, or a quiz or game run by your teachers.



# Activities

Scavenger Hunt

Bushcraft

High Ropes – Jacob's Ladder

Campfire

Team Exercise

Pioneering





# Residential Kit-List

## ESSENTIAL CLOTHING

- Clothing suitable for the weather
- Underwear and socks
- Pyjamas
- Waterproof coat and trousers
- Swimwear (if swimming has been booked)
- Indoor and outdoor shoes suitable for the weather

## OPTIONAL EXTRAS

- A book to read or travel games
- Disposable camera
- A small torch

## FOR CAMPING GROUPS

- Tents
- Sleeping equipment (roll-mats, sleeping bags, etc)
- Cooking equipment

## ESSENTIAL ITEMS

- Packed lunch (for AM arrivals)
- Water bottle
- Small rucksack
- A towel (two if swimming)
- Toiletries (no aerosols)
- Personal medication
- Bin liner for wet or muddy clothes

**NO MONEY  
NO ELECTRONICS**

**Top tip:**  
Make sure every  
item is clearly  
named

**Top tip:**  
A full kit list will  
be provided to  
your leaders

**Top tip:**  
Don't bring  
anything you  
wouldn't want  
getting lost or  
damaged.



# Bedrooms

- **Friend requests**
- **Bunk beds**





# Security and staffing

Safety comes first at Woodrow



Private grounds with one entrance



Coded access to house



All staff DBS checked  
Instructors first aid trained



Instructor in house overnight & manager on call 24/7



All staff wear ID badges



# Meals

**Please bring your child with a packed lunch.**

**We will also bring packed lunches from school – sandwiches pre ordered.**

**Woodrow can provide alternatives for allergy and intolerance sufferers, cultural diets, food phobias etc.**

**Please do not pack snacks and treats.**





# Example Menu



## Breakfast:

Choice of cereals or yoghurt & toppings

A hot or cold protein choice (sausages, cold meat & cheese or pastries)

Eggs of the day

Fresh fruit

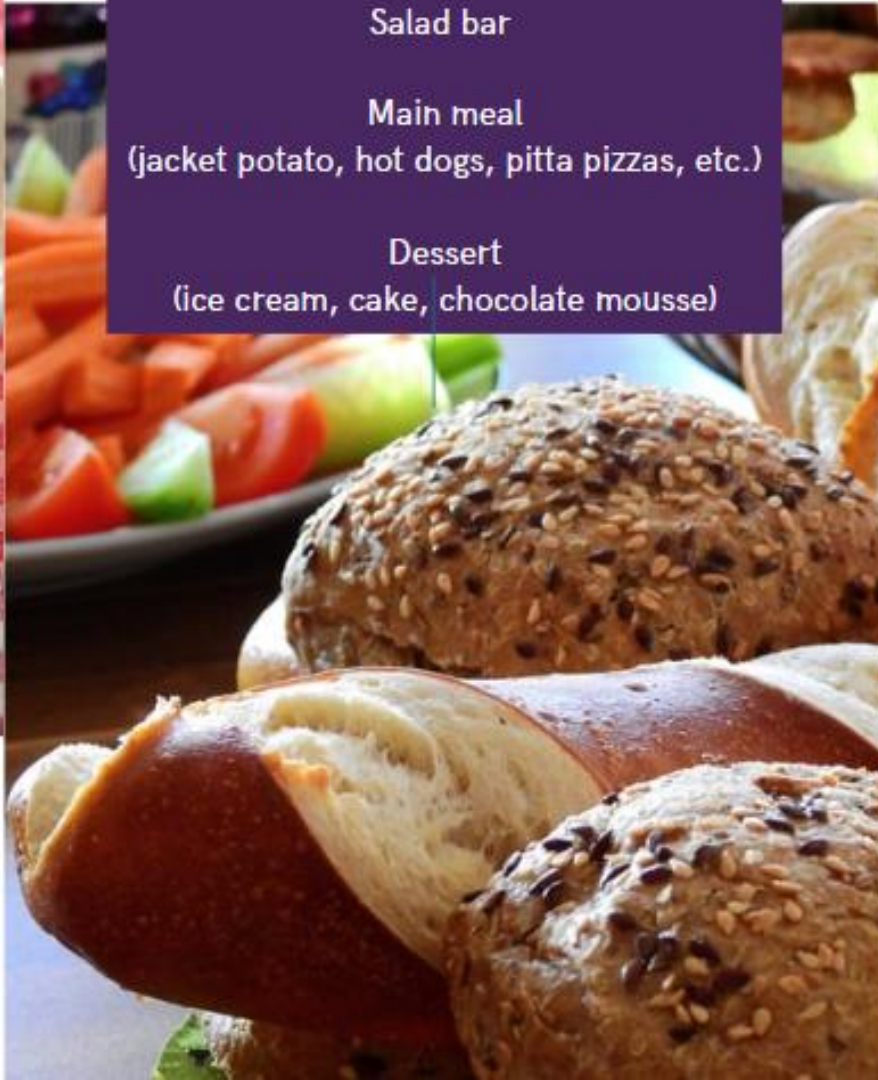


## Lunch

Salad bar

Main meal  
(jacket potato, hot dogs, pitta pizzas, etc.)

Dessert  
(ice cream, cake, chocolate mousse)



## Dinner

Salad bar

Main meal  
(veggie lasagne, burgers, sausages, etc. with sides)

Dessert  
(fruit salad, brownie, bread and butter pudding, etc.)



# Virtual Tour

<https://woodrowhighhouse.org/information-zone/visitor-guide/>

An aerial photograph of a large, white, multi-story building with a grey roof, identified as Woodrow High House. The building is surrounded by lush green trees and a well-maintained lawn. In the background, there are rolling green hills under a clear sky. The text is overlaid on the image in a large, blue, sans-serif font.



Book Now

Donate

Search

About Us

Outdoor Learning Centre

Leisure Centre

Activities

Our Impact

Information Zone

Support Us

Our blog

How to book

How to find us

Visitor guide

Useful downloads

Availability

Are you ready for your next  
adventure?

Residential trips. Day visits. Camping

Book Now





- [E-Brochure](#)
- [School Outreach Activity List \(Skills and Learning\)](#)
- [Residential & Day Visit Activity List \(Skills and Learning\)](#)
- [Residential Activity List \(Self Led Evening Activities\)](#)
- [Learning Objectives for Sessions Map](#)
- [Risk Management Summary](#)
- [LOTC Certificate](#)
- [IOL Certificate](#)
- [Adventuremark Certificate](#)
- [Woodrow High House Map of Grounds](#)
- [Food menu 2024](#) (\*please note this is a sample menu only)
- [Bedroom List](#) (\*please note, your group will be allocated bedrooms based on group size and availability, please contact us to discuss your rooming allocation)
- [Residential Kit List](#)
- [Wild Woodrow Adventure Camps – Terms and Conditions 2023](#)





# FAQs

## **THIS IS MY CHILD'S FIRST TRIP AWAY FROM HOME AND I /THEY ARE NERVOUS. WHAT SHOULD I DO?**

Many young people are apprehensive about spending a few nights away from home. We tend to find that these nerves dissipate very quickly when the young people realise how much fun they will have at Woodrow with their friends.

## **MY CHILD IS A FUSSY EATER, WHAT SHOULD I DO?**

There are plenty of choices available at mealtimes. Whilst we can cater for dietary requirements and allergies, we think a residential is a great chance for picky eaters to try some new food!

## **WHAT SHOULD MY CHILD DO IF THEY WAKE UP IN THE NIGHT?**

Leaders rooms are distributed amongst the young people's rooms, so they are the first port of call if a young person needs assistance in the night. If it is an emergency, the leader can then go to our Duty Instructor who sleeps in the house overnight.

## **WHAT IF MY CHILD WETS THE BED?**

We have plenty of spare bed linen. If your child wets the bed they should notify their teacher or our staff, who can help get them sorted. If your child does wet the bed, please send them with spare pyjamas.