

# Year 4 Residential Visit

## Woodrow High House

Monday 1<sup>st</sup> July - Wednesday 3<sup>rd</sup> July 2024



Woodrow High House  
Cherry Lane  
Amersham  
Buckinghamshire  
HP7 0QG

[www.woodrowhighhouse.org](http://www.woodrowhighhouse.org)

## Woodrow High House

Woodrow High House is a stunning 17<sup>th</sup> century manor house, set in 26 acres of private gardens and grounds in Amersham, Buckinghamshire. Operated by the charity London Youth, Woodrow works alongside thousands of children and young people each year to help improve their lives by encouraging them to participate in activities they may not usually experience. The charity was founded in 1887 and continues to work tirelessly to offer young people high quality opportunities for learning and fun, encouraging them to build strong and trusting relationships with adults and their peers.

Activities available at the site include high and low ropes, Jacob's ladder, nightline, archery, orienteering, pioneering, bushcraft, shelter building, team building exercises and campfire making.



## Activities

During the residential, all children will take part in the following activities in groups. Members of Fairfields staff will be assigned to each group as well as an experienced, trained instructor. Activities will include:

- Scavenger hunt
- Bushcraft
- Parachute games
- Team building games
- Low ropes
- High ropes
- Shelter building
- Orienteering

## What will day 1 look like?

- Children to be dropped off at school from 8:15am onwards for an 8:45am departure time
- Arrive at Woodrow for around 10am
- Tour of Woodrow Highhouse and the grounds
- Activities begin after the tour
- Lunch - children to bring a packed lunch
- Afternoon activities
- Dinner - provided
- Evening games - Manor Mysteries
- Lights out by 9pm

## What will day 2 look like?

- Breakfast in accommodation - provided
- Activities start at 9:00am
- Lunch - provided
- Afternoon activities
- Dinner provided
- Evening activity - disco
- Lights out by 9pm

## What will day 3 look like?

- Breakfast in accommodation - provided
- Activities start at 9:00am
- Lunch - provided
- Afternoon activities
- Coach will depart at 2pm
- Arrive back to school for 3.30pm
- Collection from school



### Where will we stay?

Children will be staying in bedrooms inside Woodrow High House. Bedrooms are mainly dormitory style with a mixture of bunk and single beds. All bedding is provided. In each accommodation area, there are shared bathrooms for the children to use. Girls and boys will sleep in separate bedrooms and use separate bathrooms. Fairfield's staff will be carefully placed throughout the night and on hand should your child need anything.



### Food

On day 1 (Monday 1<sup>st</sup> July), children will need to bring a **packed lunch in a named, disposable bag**. Dinner on both nights is a hearty, warming dinner that children will choose on the day. Breakfast is a variety of hot and cold items including cereals, pastries and toast. Lunch is a variety of hot and cold choices. Alongside all main meals at lunch and dinner times, children will have the choice of a variety of sides, a salad bar and a desert. Fresh fruit is available as a healthy, on the go snack and water fountains are dotted across the site for children to fill up their water bottles. All dietary requirements are catered for and the site can provide alternatives for allergy and intolerance sufferers and cultural diets. If your child has any dietary requirements, please complete the attached form.

### Tuck shop

On the evening of the disco, children will have the opportunity to visit the tuck shop and purchase something, if they wish to do so. The tuck shop sells a variety of sweets, drinks and Woodrow souvenirs. Your child is invited to bring **no more than £5** (preferably coins) with them to spend in the tuck shop. **Please can all money be sent with your child in an envelope with your child's name and the amount of money written clearly on the front.** On the day of departure, all group leaders will collect your child's money envelopes and keep them safe until they are needed.

### Medical

Please complete the attached medical form to make us aware of any medication your child will require on our visit. Fairfield's staff attending are first aid trained and will be able to administer medication. If your child becomes unwell at all and requires medication (Calpol) on the visit we will make immediate contact with you to discuss next steps.

**All forms need to be returned to school no later than Friday 10<sup>th</sup> May 2024.**

### Equipment/Kit List

Please remember your child will be taking part in lots of adventurous activities so please do not send lots of nice new clothes. It is likely they will get muddy, dirty and possibly wet. Clothes should be above all warm, comfortable and practical. Experience has taught us that layering clothes works very well and that a warm jacket or coat is essential!

**Please ensure ALL items of clothing are clearly names. Luggage should be clearly labelled with your child's name.**

A pair of pyjamas
Waterproof jacket/coat
4 sweatshirts/jumpers/fleece tops
4 t-shirts/tops
Plenty of underwear/socks
4 pairs of tracksuit bottoms/leggings/shorts (if sunny)
Outdoor shoes or boots (trainers or walking boots are recommended)
Indoor shoes (clean trainers or slippers)
1 towel
Washbag including toothpaste, toothbrush, shampoo, shower gel and a hairbrush. Please avoid aerosol products as these can set off the fire alarm.
Drinking bottle
1 rucksack (to hold waterproofs, water bottle and packed lunch on day 1)
1 tube of suncream (weather dependent)
1 sun hat (weather dependent)
1 large bin bag for dirty/wet clothes
A change of clothes for the disco
A book to read
Torch
A cuddly toy
A disposable camera if your child wishes to take pictures

**No iPods, electronic games, cameras or mobile phones are allowed on this visit.**

**Residential Dietary Requirements form**

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Name of child:

**Dietary Requirements :**

**Allergies:**

What action is required if in contact/reaction occurs?

**Authorisation for medication**

(please only complete this form if your child requires daily medication)

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I authorise the First Aider at Fairfield's Primary School to dispense medication to my child as follows:

Name of child:.....

Class: Mars/Pax/Hercules (circle)

Name of medication:.....

Dosage:.....

Frequency:.....

Comments:.....

Signed:.....

Date:.....

Print:.....