

Information for parents and carers...



- Duty Manager on duty all night
- Instructors sleep at the site
- All instructors First Aid Trained
- RGS Staff First Aid Trained and present and on site for duration
- Text to confirm safe arrival will be sent
- DO NOT contact Woodrow High House yourself

Woodrow High House
Cherry Lane
Amersham
Bucks.
HP7 0QG
Tel: 01494 433531

www.woodrowhighhouse.org

Year 4 Residential
Woodrow High House
22nd-24th March 2017



Enjoying Learning

Ruislip Gardens Primary School

Activities

- Pioneering
- Rocket build
- Shelter build
- Low Ropes
- Nightline
- Archery
- Woodland Walk
- Bushcraft



Food

- Own packed lunch required for Day 1. Either bring from home or order via the office from the school kitchen.
- Dinner provided on Day 1 at Woodrow High House
- Day 2 : Breakfast, hot lunch and evening meal provided at venue
- Day 3- Breakfast and hot lunch provided before departure

Medication

- Please ensure all medication is handed in to Mrs Thompson prior to departure along with signed consent form
- You will have been given the chance to sign consent for paracetamol, Calpol, anti-histamine etc. for this trip
- Discuss any concerns with Mrs Thompson prior to departure

Packing List

Yes!

- ◇ Clearly labelled suitcase
- ◇ Clearly labelled rucksack with packed lunch for day of departure and a water bottle
- ◇ Comfortable trousers (not jeans)
- ◇ T shirts, shorts (weather dependent)
- ◇ Fleece or warm jumper
- ◇ Waterproof coat
- ◇ Underwear (include spares)
- ◇ Pyjamas
- ◇ Towels
- ◇ Toothbrush
- ◇ (trainers) and Wellington boots
- ◇ Own toiletries : shampoo, soap, toothpaste and brush, shower gel, roll on deodorant, hair brush and bands, 3x small packs of tissues
- ◇ Indoor shoes/slippers and outdoor shoes
- ◇ Several black plastic bags for dirty shoes and washing
- ◇ Favourite teddy

NO



- ◇ Mobile phones or gaming equipment
- ◇ Chewing gum or sweets
- ◇ Fizzy drinks
- ◇ Other snacks
- ◇ Bed linen is provided
- ◇ Money