

Standon Bowers

20th March-22nd March 2024
Wednesday- Friday
2 night residential



Key aims:

- To provide children with opportunities to engage in Outdoor Adventurous Activities (part of N.P.E. curriculum) in an exceptional centre with trained instructors.
- To encourage independence, problem solving skills and teamwork beyond a classroom-based learning environment.
- To enable children to take on new challenges, achieve goals and feel proud of successes.
- To create life-long memories.

A residential trip, plays an important part in their school journey, helping them to prepare for the next step.



Sleeping arrangements:

Girls and boys will be in separate dorms, possibly in separate buildings which we have used on a previous visit. One of which, has ground floor accommodation.

Members of staff sleep in private rooms close-by. Two members of Springfields' staff will be staying overnight.

Children take their own duvet covers and pillow-cases. They need to practise putting them on!



Eating

- ▶ Children select their meals from a menu for hot breakfast, sandwich lunch and hot tea. Plus, there is hot chocolate and biscuit in the evening. There are vegetarian options included and any dietary needs will be catered for.
- ▶ Food is not allowed in dorms so please do not send extra food for your child to eat.
- ▶ However...they are allowed a **SMALL** amount of tuck e.g. crisps, sweets... which should be in a named plastic bag. This will be kept in the classroom and there may be the occasional opportunity for them to eat some of these.



Outdoor Education Menu

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|---|----------------------------------|------------------------------------|
| <i>Breakfast</i> | Omelette with Sausage & Hash Brown | Scrambled Egg with Bacon & Potato Waffle | Omelette with Sausage & Spaghetti Hoops | Bacon with Hash Brown & Tomatoes | Scrambled Egg with Sausage & Beans |
| | ALSO AVAILABLE: Fresh Fruit, Yoghurt, Cereals, Toast, Teacakes, Crumpets & Pancakes with Butter, Marmalade & Jam. Tea, Milk & Fruit Juice | | | | |

Lunch: Choice of Sandwiches, Crisps, Fresh Fruit, Cookie & Cold Drink

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---------------|---|--|--|--|
| <i>Dinner</i> | Pork Sausages with Mash, Yorkie & Gravy | Pasta with Chicken Meatballs in Classic Tomato Sauce with Garlic Bread | Roast Turkey with Roasties & Gravy | Fish Fingers with Seasoned Potato Wedges |
| | Veggie Sausages with Mash, Yorkie & Gravy (v) | Classic Tomato Pasta with Garlic Bread (v) | Quorn Fillet with Roasties & Gravy (v) | Margherita Pizza with Seasoned Potato Wedges (v) |
| | Carrots & Peas | Peas & Sweetcorn | Carrots & Broccoli | Sweetcorn & Slaw |
| | Chocolate Brownie | Toffee Apple Sponge | Marble Sponge | Jam Sponge |

Supper
Hot chocolate and biscuits

A salad bar, fresh fruit, jelly & mousse will be available daily.

Jacket Potatoes with a choice of fillings



Activities

These will be arranged in liaison with the team from Standon Bowers. These are activities we have experienced before which are great for their age group:

| Year 4 Activities | | | |
|-------------------|----------------------------|-----------------|-----------|
| Archery | Team games | Bridge building | Low ropes |
| Bouldering | Ground maps - orienteering | Fire-making | |
| Caving | Blind-fold trail | Den building | |

The children also have free time to play and explore the grounds- enjoying their new surroundings. There is also a games room and souvenir shop!

A small amount of pocket money can be brought in a named purse or envelope and will be collected in for safe-keeping. £5 is plenty for souvenirs.



Kit

- ▶ A kit list will be sent home showing everything they'll need
- ▶ Old clothes - not new ones - ALL named please!
- ▶ Generally, pack a couple of extra bottoms, socks and a black bin bag in case they get wet!!!!
- ▶ Indoor and outdoor shoes - ALL named please! Muddy boots and wellies are not allowed inside!
- ▶ A waterproof coat- the rain won't stop play!
- ▶ Hat and gloves
- ▶ Toiletries and towel
- ▶ No technology is allowed
- ▶ Pack a book, a favourite teddy, torch, lip balm—these are essentials
- ▶ Your child has to be able to carry it all.



Medication

- ▶ Medication and consent forms will be sent home two weeks prior to our visit. They must be filled in fully, particularly with the type of medication required- name of it, dosage, timing etc.
- ▶ Springfields' staff (Mrs Aston and Mrs Bagnall) will administer any medication which your child may need. Medication must be handed to staff in packaging which has child's prescription name label on. Please give this to Mrs. Aston on the morning of the trip - do not pack it in their case.
- ▶ Illness- someone must be available to collect your child from the centre if they fall ill.



Costs, transport etc

- ▶ The cost is approximately £146 per child.
- ▶ PTFA fund the cost of the coach transport which helps to reduce costs.
- ▶ If you are in receipt of FSM, financial support is in place.
- ▶ If your child will not be sleeping at Standon Bowers, the cost of the trip will remain £146. Please inform us as early as possible if this is the case. Your child will be able to stay for the evening activity and be collected at 7.30p.m and return to us in the morning at 9.00 a.m.
- ▶ Similarly, if you decide that you do not want your child to participate, please inform us by the end of January. Children who do not participate will still be expected to attend school and will join another class for the duration of the trip.
- ▶ Staffing- two members of our staff (Mrs. Aston and Mrs. Bagnall) will be on site overnight and during the day. Standon Bowers staff lead all activities in the daytime. A member of their team will be on duty overnight too.



▶ Any questions?

Visit their website and have a look for yourself:

<https://www.entrust-ed.co.uk/services/our-centres>

