





Welcome!
We will start
at 6pm. Please
turn cameras
and mics off.



# BOWLES INFORMATION PART 2

## Covered today:

- Dates for Bowles
  - Staff attending
    - Timings
- Activity program
  - What to bring
    - FAQ's
- Other questions

## Payment deadline 31st Jan



### **DATES**

## Monday 10th - Wednesday 12th February

## Staff attending

Mrs Reynolds -Trip Lead



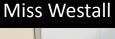
Miss Childs



Mr Wilkinson



Mrs Wallace - Trip Lead Paediatric First Aider





Mrs Lopez



Mrs Shayler (Miss Warren)



Mrs Murdoch



Mrs Ogle



Mrs Griessel **Paediatric First** Aider





- Arrive at school at usual time with bag
- Parents please sign in medicines to Mrs Griessel on the playground.
- Say goodbye!
- Depart Sandcross @ 10am
- Arrive at 11am
- •Take bags up the hill to the astro
- •When everyone is ready we go to rooms to make beds!

Wednesday - arrive back at Sandcross @ 5-5:30pm

# **Dormitory Accommodation**

Rooms of 2-7 children Spare rooms available Staff rooms inbetween both 'wings' Staff members on duty Block locked overnight



# **Typical Day**

Time	Event
08.30	Breakfast
09.15	Activity
12.30	Lunch
13.00	Free time
13.45	Activity
17.00	Free time
6.15	Dinner
7.15	Activity
8:30	Wind down and bed



# Activities at Bowles

- Skiing
- Rock climbing
- Low Ropes
- Bouldering
- •Kayaking
- Archery
- Bushcraft
- Team building
- Campfire



## **Meal times**



- Three healthy, hot, home cooked meals a day
- Free fruit available



#### Food

#### What if I don't like it?

- Try new things
- Be brave
- Fruit for snacks
- Biscuits
- Tell an adult



#### What do we do?

- Sit quietly
- Chat with those at our table
- Remember to say please and thank you
- Clean up after ourselves listen to the adults who will tell you what to do





## Free time

All weather pitch
Games room
Common room
Woods

#### What to bring

Small holdall/bag which will put in coach

#### **Outside:**

X2 long trousers

X2 long sleeved jumpers

X2 tops (1 must be long)

Waterproofs

Underwear

Trainers – muddy

Thick long socks for skiing

Gloves (not thick ski gloves!)

Swimming gear

Hat

NAMED!!!!

Small Teddy/Cuddly

#### Other

Day bag

Towel

Toiletries (NO aerosols)

Pencil case

Plastic bags

No electrical equipment!
No sweets

Inside:

PJs

Shoes (for indoor wear)

Shoes that are difficult to tie are a nuisance.





Don't send expensive clothing!



No sweeties or phones/ipads/electronics please!

## Staffing and groups

- Room groups of up to 7 (friendship)
- Day groups of up to 12 (mixed)
- One Sandcross member per group
- One Bowles instructor per group

## How to help prepare your child

Help them practise getting dressed independently Involve them in packing Practise putting on their own sheets Choose a cuddly toy to take A diary to write or draw feelings Something that smells familiar Books/quiet activities for early risers

### FAQ's

What if my child is poorly on the trip?
What if my child doesn't want to take part?
What if the weather is bad?
My child is a poor sleeper - I am worried they will keep everyone awake.
What if my child wakes in the night?

What if my child doesn't like the food?

## Any questions?

