



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



Miss Westall



Mrs Lopez



Mrs Murdoch



Mr Wilkinson  
Paediatric First Aider



Mrs Shayler (Miss  
Warren)



Mrs Ogle



Mrs Wallace - Trip Lead  
Paediatric First Aider



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

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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





Safety!  
Listen carefully to the Bowles  
instructors and your teachers.  
Follow Sandcross behaviour policy



## Free time

All weather pitch

Games room

Common room

Woods



## What to bring

Small holdall/bag which will be 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  
Small Teddy/Cuddly

**NAMED!!!!**



### **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!**





# 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?

