

Outdoor Education Residential



Adults from school: Miss Barrett, Mr Pugh, Mrs
Godley and Miss Tanner.

Monday 24th March - Friday 28th March 2025

Activities at Bowles

Climbing	Low ropes
Skiing/snowboarding	Zipwire
High Ropes	Leap of Faith
Offsite Kayaking	Jacobs Ladder
Canoeing	Orienteering
Scrambling/Weaselling	Pool kayaking
Bushcraft skills	Pool Rafting
Campfires	Teambuilding
Earthwalks and Night walks	Abseiling
	Archery



All activities are thoroughly risk assessed and governed by strict safety rules and procedures:

Adventurous Activities Licensing Authority certifies that the centre is operating safely.

All instructors are activity and first aid qualified.

Details of our Risk management can be found on the website.



Council for
Learning Outside the Classroom

Bowles Quality

Home from home

8 hours of adventurous
activities each

Amazing activities and
equipment

Every industry accreditation
for safety held

Peace of mind for parents

*Amazing, motivated,
experienced and qualified
instructors*





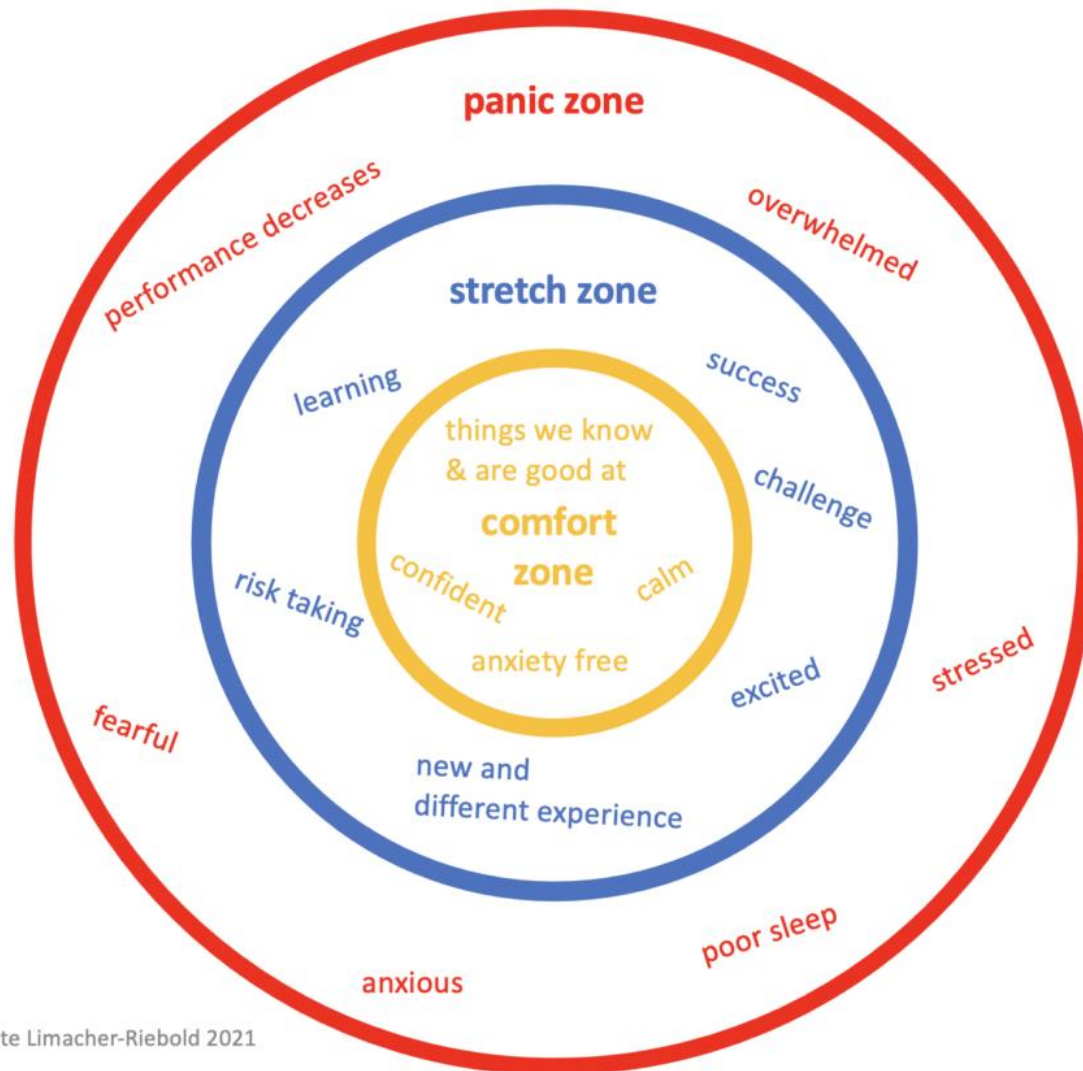
The Bowles Team

- Bowles instructors are professionals in their field
- Each has progressed through National Governing Body Awards, coaching courses and in-house training
- Many have a teaching or educational background
- We share the belief that the outdoors provides a healthy and enriching environment for children to develop.

Bowles Education

- Make new friends
- Empathy and social skills
- Different opportunities for success
- Overcome fears and challenges
- Responsibility and a sense of belonging
- Trust between students and students/staff
- Increased motivation and attainment back at school
- Increased confidence, resilience
- Communication and team working







Bowles Code of Conduct



Name _____

- I will listen to and follow instructions given by all adults showing respect (Bramber staff and Bowles staff). **This will keep me safe.**
- I will make sure that my group leader knows where I am at all times.
- I will be respectful around the building and not run to get to places: especially through the corridors and up the stairs.
- I will ensure my friend(s) can sleep so I will be quiet in my room.
- I will take responsibility for my room and my belongings making sure they are kept tidy and organised throughout the trip.
- In the dining room, I will remember to be polite to the people who serve me.
- I will help to clear up any mess on my table after eating.
- I will stay calm in the dining hall and show my best manners.
- I will respect the people and property at Bowles.

If my behaviour makes others or myself unsafe, my parents / carers will be informed immediately. I may have to be collected from Bowles and miss the rest of the visit.

Signed _____ Date _____

I have read through this with my child and they fully understand what they have signed.

Signed by parent / carer _____

*A lifelong love of learning;
a love of life*

Our Values

Belonging
Resilience
Achievement
Make discoveries
Be brave and ambitious
Enjoy learning
Respectful and responsible



Departure and Return

Departure:

We will be leaving school at approximately 9.30am so children do not need to arrive at school any earlier than the usual time. The children will go straight to the school hall to drop off luggage and then to their classroom until the coach arrives.

We aim to be at Bowles for 10.30-11am

Return to school on Friday :

Our departure time from Bowles is 4.00pm so we hope to arrive back at school by 6pm. Throughout the return journey, we will keep you posted by text and inform you if we will be arriving any earlier/later than our scheduled time.



Groups and Rooms

We will not be telling the children until they arrive who they will be sharing a room with or who will be in their activity group.

We will have three activity groups. At least one adult from school with each group. There will be approximately ten children per group.



Medication

If your child needs to take medication whilst we are away, please label the medicine clearly with your child's name and the dose needed and give it to a member of staff when you drop your child off. There will be an allocated adult to collect medication; children should not have medicine of any kind in their luggage.

If you have signed the permission form to administer paracetamol, we will also text you to say this has happened.

Phones

Children will not bring mobile phones or any electronic devices.. The children are kept very busy right up to bed time. They will not have time to use devices!

We hope to update the website with photos throughout the trip - however the internet is poor!



Medical Attention

School Staff and Bowles Staff are first aid trained. If we have to take a child to hospital, we will contact parents/carers and they will need to meet us at hospital. School staff will then return to Bowles to supervise children.

Food

For health and safety reasons, please do not pack food in children's luggage.

Tuck Shop

Children on need £1 for the tuck shop. They look after this money. It is not collected by staff.



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
9.15	Wind down and bed





Dormitory Accommodation

- 124 beds over two floors
- 7 beds per room
- Separate teachers' bedrooms and showers
- Securely locked overnight

**Bowles instructors live onsite
and are on call through the
night**



Dormitory Accommodation

- All bedding is provided
- There is a large drying room for towels and coats etc
- There are a couple of plug sockets in the room.



Meal times



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



Free time

Kit List

A kit list will be provided this evening.

PLEASE NAME EVERYTHING!

Key items!

- Swimming kit and extra towel.
- Long sleeves, long socks and trousers for skiing.
- Gloves for skiing.
- Avoid jeans for activities
- Case or holdall on wheels!



Swimming

As well as kayaking and raft building in the pool, the children will have one 'free time' swimming session whilst they are there.

The pool will be supervised by a life-guard during this time.

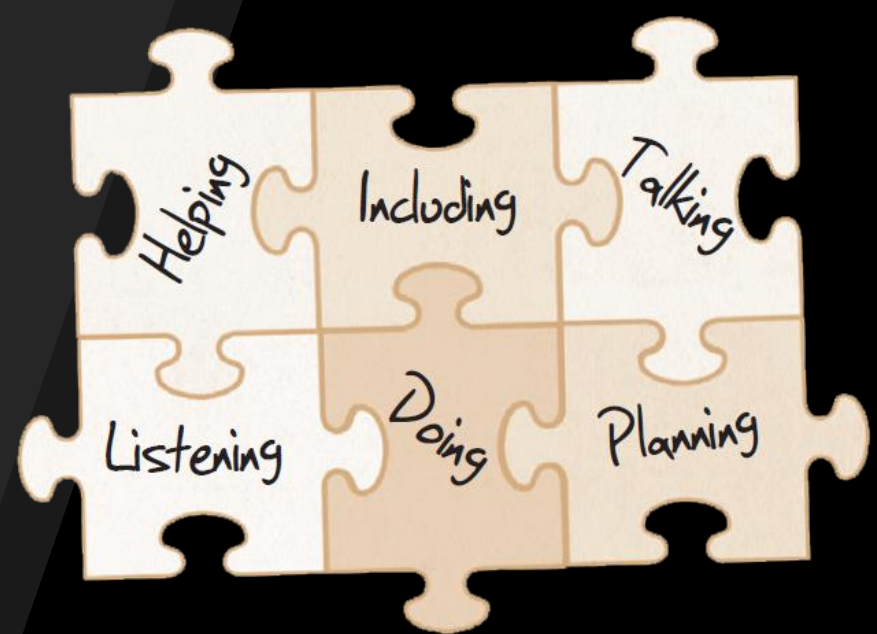
We will also be using this session to assess the children's swimming ability against the National Curriculum requirements if they did not meet them during their Year 4 swimming lessons.

If your child is not a strong swimmer,
please let us know before we leave.

Please make sure that a swimming kit is provided.



Learning Journal



SKIING I

Bowles has two ski slopes, a main slope and a nursery slope. If you are a beginner you will start near the bottom no matter which slope you are on. Learning to ski can be hard work and requires a positive 'can do' mindset. If you listen really well to your instructor, you can make brilliant progress while you're at Bowles.

YOU WILL NEED

- A long-sleeved top even in summer, and no shorts! ☐
- Gloves. ☐ *These are ESSENTIAL!*
- A waterproof if it's raining, a water bottle, sunscreen and a hat if it's hot. ☐

EXPLORER SKIER AWARD

To achieve this award you will have demonstrated the following:

- A static 360 degree turn on the flat
- Straight running - with good balance, posture and symmetry
- Straight running and balancing - while stopping up and down/doing bunny hops/side stepping/performing heel, shoulders, knees and toes
- A 'herring bone'
- Correct and safe use of the ski lift, knowing when and how to get off
- Safe use of the emergency stop button
- Safe skiing - looking up and down the slope before starting to ski
- Slope hanging - holding your position while skis are facing downhill

**STAMP
HERE**

ARCHERY I

This is your chance to learn a new skill. This might look like you're just standing there, but it's not. It's a lot of hard work and requires a positive 'can do' mindset. If you listen really well to your instructor, you can make brilliant progress while you're at Bowles.

1. What was your highest score in an archery? (An and = 3 errors)

2. How in archery target did you have many points each session is worth.

3. Who is your friend learning the most at archery?

4. Why do you think they improved so much?

WHOSE POO?

Can you tell which animal this is just around the woods by their poo?

Birds: There's a lot of bird poo in the woods. It's usually small and round. It's usually brown and it's usually on the ground. It's usually in the grass. It's usually in the trees. It's usually in the bushes. It's usually in the flowers. It's usually in the leaves. It's usually in the twigs. It's usually in the branches. It's usually in the roots. It's usually in the soil. It's usually in the air. It's usually in the water. It's usually in the fire. It's usually in the earth. It's usually in the sky. It's usually in the sun. It's usually in the moon. It's usually in the stars. It's usually in the planets. It's usually in the galaxies. It's usually in the universe. It's usually in everything.

Kittens: There's a lot of kitten poo in the woods. It's usually small and round. It's usually brown and it's usually on the ground. It's usually in the grass. It's usually in the trees. It's usually in the bushes. It's usually in the flowers. It's usually in the leaves. It's usually in the twigs. It's usually in the branches. It's usually in the roots. It's usually in the soil. It's usually in the air. It's usually in the water. It's usually in the fire. It's usually in the earth. It's usually in the sky. It's usually in the sun. It's usually in the moon. It's usually in the stars. It's usually in the planets. It's usually in the galaxies. It's usually in the universe. It's usually in everything.

Bees: There's a lot of bee poo in the woods. It's usually small and round. It's usually brown and it's usually on the ground. It's usually in the grass. It's usually in the trees. It's usually in the bushes. It's usually in the flowers. It's usually in the leaves. It's usually in the twigs. It's usually in the branches. It's usually in the roots. It's usually in the soil. It's usually in the air. It's usually in the water. It's usually in the fire. It's usually in the earth. It's usually in the sky. It's usually in the sun. It's usually in the moon. It's usually in the stars. It's usually in the planets. It's usually in the galaxies. It's usually in the universe. It's usually in everything.

Boys: There's a lot of boy poo in the woods. It's usually small and round. It's usually brown and it's usually on the ground. It's usually in the grass. It's usually in the trees. It's usually in the bushes. It's usually in the flowers. It's usually in the leaves. It's usually in the twigs. It's usually in the branches. It's usually in the roots. It's usually in the soil. It's usually in the air. It's usually in the water. It's usually in the fire. It's usually in the earth. It's usually in the sky. It's usually in the sun. It's usually in the moon. It's usually in the stars. It's usually in the planets. It's usually in the galaxies. It's usually in the universe. It's usually in everything.

AFTER BOWLES

Life is an adventure and every day of the skills and experiences from your visit to Bowles will stay with you for the rest of your life.

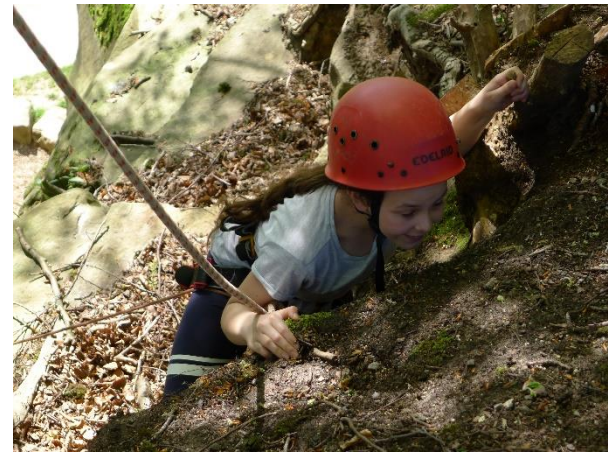
That is what it's all about!

- You'll be a better person.
- You'll be a better friend.
- You'll be a better citizen.
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- You'll be a better friend.
- You'll be a better citizen.
- You'll be a better person.
- You'll be a better friend.
- You'll be a better citizen.



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Questions?

