



Residential November 2025

Our mission is to support and challenge young people to become the best they can be; developing their confidence, resilience and relationship skills.

2025 Residential: Woodrow High House: Buckinghamshire

- Use this link on website for lots more information
- [Outdoor Activities, Facilities Hire & Swimming | Woodrow High House](#)
- Tuesday 11th November to Friday 14th November
- Coach leaves from front entrance at roughly 9am (TBC)
- Arrive at Woodrow High House at 11.00am
- Activities start straightaway
- Friday 14th November: Coach collects at 1.00pm – back in school for normal collection time

Security and staffing

Safety comes first at Woodrow



Private grounds with one entrance



Coded access to house



All staff DBS checked
Instructors first aid trained



Instructor in house overnight
& manager on call 24/7



All staff wear ID badges

Who is going?

- Miss Boaks
- Miss Brennan
- Mr Yull
- Mrs Wahab
- Miss Rowland
- Mrs Turner
- Mrs Boffa/ Mrs Banks

Children will always have Hoo staff with them during all activities, free time and mealtimes.

Activity
High Ropes – Traverse Challenge (New for 2021!)
High Ropes – Crate Stack (New for 2021!)
High Ropes – All Aboard (New for 2021!)
High Ropes – Leap of Faith (New for 2021!)
High Ropes – Jacobs Ladder
Low Ropes

Archery
Nightline
Orienteering
Scavenger Hunt
Woodland Walk
Offsite Expedition (Extended double session)
Team Exercise
Pioneering

Mini Raft Build and Race
Bushcraft
Bushcraft (Extended double session)
Shelter Build
Challenge Course

Daily timetable

- 7.45 – 8.15: Breakfast
- 9.00 – 12.15: Activities
- 12.15 – 12.55: Lunch
- 1.45 – 5.00: Activities
- 5.30 – 6.15: Dinner
- 7.00 – 8.30: Evening activity

WEEKLY MENU

Sample

BREAKFAST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Mixed fruit water	Mixed fruit water
HOT ITEMS	Grilled bacon or Vegetarian sausage	Grilled Sausage Baked beans Vegetarian sausage Grilled tomatoes	Grilled Bacon or Vegetarian sausage	Grilled sausage Baked beans Vegetarian sausage Grilled tomatoes	Grilled sausages Baked beans Vegetarian sausages Grilled tomatoes	Build your own breakfast muffin: Grilled Bacon or Vegetarian sausage
DAILY SPECIAL	Belgium warm waffle American style pancake With toppings	Hash brown	Belgium warm waffle American style pancake with toppings	Hash brown	Hash brown	Grilled flat mushroom Hash brown Grilled tomatoes
DAILY BREAKFAST ITEMS	Cereal Bar Yoghurt Granola Toast Preserves	Cereal Bar Yoghurt Granola Toast Preserves	Cereal Bar Yoghurt Granola Toast Preserves	Cereal Bar Yoghurt Granola Toast Preserves	Cereal Bar Yoghurt Granola Toast Preserves	Cereal Bar Yoghurt Granola Toast Preserves
FRESH FRUIT	Sliced melons and pineapple Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced melons and pineapple Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced melons and pineapple Whole fruit selection

Sample

LUNCH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL 1	Pitta bread with Greek style chicken & Bell peppers and red onion Herby potato & mint yogurt dressing	BBQ chicken Stir fry vegetables Egg noodles	Beef burritos Green beans, sweetcorn & brown rice Grated cheese	Catch of the day French fries, baked beans, minted peas	Cajun chicken fillet burger in a burger bun French fries Sliced red onion Garlick mayo Sliced cheese	Roast chicken with roast potato, Yorkshire pudding, Savoy cabbage, carrots and gravy
MAIN MEAL 2	Pitta bead with grilled Halloumi & Bell peppers and red onion Herby potato & fresh mint yogurt dressing	Crispy baked Tofu Rice noodles Stir fry vegetables	Quorn mince and vegetable wrap Green beans, sweetcorn & brown rice Grated cheese	Fishless fingers Stuffed Portobello mushrooms with Mozzarella French fries, baked beans, minted peas	Handmade vegan burger in a burger bun French fries Sliced red onion Garlick mayo Sliced cheese	Feta and Spinach with roast potato, savoy cabbage, carrots and gravy
SALAD BAR (Tomato, cucumber, grated carrot, mixed leaves available daily)	Celery sticks, Greek salad	Fresh basil and garlic pasta salad, Summer slaw	Sweet chilli noodle salad, Mexican bean and peppers salad	Celery sticks, courgette & sweet chilli salad, summer slaw	Celery sticks, Coleslaw, Selection of hot and spicy sauces	Beetroot Feta salad Tomato Mozzarella
DESSERT 1	Fruit jelly pot	Summer berry mess pot	Summer fruit Cheesecake	Woodrow ice cream factory	Chocolate & raspberry Cheesecake	Apple and cinnamon sponge with cream
DESSERT 2	Whole fresh fruit and Fruit pots and yoghurt pots available during daily service					
HYDRATION	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Citrus burst water	Mixed fruit water

Sample

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN MEAL 1	Fresh basil and cherry tomato pasta with grated cheese	Burger Night Beef burger in American style burger bun	Local butcher jumbo sausage hot dog & caramelised onions	Pizza night: Woodfire Pepperoni , fresh roquette and mozzarella pizza	Pizza night: Woodfire Pepperoni , fresh roquette and mozzarella pizza	Italian street food pasta bar: Pasta with beef Bolognese sauce Garlic bread slice
MAIN MEAL 2	Three cheese pasta with sundried tomatoes and black olives	Burger Night Handmade vegan burger in in American style burger bun	Hot Dog with vegetarian Frankfurter & caramelised onions	Pizza night: Woodfire Margaritta and fresh roquette pizza Chefs' choice pizza of the night	Pizza night: Woodfire Margaritta and fresh roquette pizza Chefs' choice pizza of the night	Italian street food pasta bar: Pasta with three cheese sauce and cherry tomatoes, Garlic bread slice
ON THE SIDE	Green beans Garlic bread slice	French fries Sliced tomatoes and red onions Burger relish	Handmade lightly spiced potato wedges Grated cheese	Tortillas Corn on the cob with Cajun butter	Tortillas Corn on the cob with Cajun butter	Grated cheese Crispy fried onion Selection of hot and spicy sauces
SALAD BAR	Caesar salad Tomato, cucumber, grated carrot, mixed leaves	Traditional coleslaw Tomato, cucumber, grated carrot, mixed leaves, sliced onion	Summer slaw Tomato, cucumber, grated carrot, mixed leaves, summer slaw	Roquette, sundried tomato and olive salad Tomato, cucumber, grated carrot, mixed leaves	Roquette, sundried tomato and olive salad Tomato, cucumber, grated carrot, mixed leaves Traditional Coleslaw	Italian style fresh salad Fresh basil, tomato and Mozzarella salad
DESSERT	Fresh strawberry and Jam sponge Whole fresh fruit	Zesty lemon cake Whole fresh fruit	Raspberry and cholate cake Whole fresh fruit	Cherry flapjack Whole fresh fruit	Chocolate cookie Whole fresh fruit	Lemon and Mascarpone cake Whole fresh fruit

FRESH WHOLE FRUIT SELECTION

Key information

- Medication – drop in hall on morning of trip
- Food intolerances/ allergies – already shared with the site
- Snacks – can bring some – no nuts or fizzy drinks
- Tuck shop – can bring up to £10
- Electronics – no electronics

Residential Kit List

- We ask that guests bring the following with them to enable them to take part in the activities on offer:
- Small suitcase/ holdall that the child can carry when full.
- Packed Lunch: to bring on the coach for day 1
- Several pairs of comfortable trousers (not jeans) and shorts in the summer months;
- Warm clothing such as a tracksuit;
- long and short-sleeved t-shirts (which cover shoulders, some activities require full arm coverage);
- a couple of fleeces/jumpers (for the cooler evenings);
- Underwear (including a couple of spare pairs);
- Pyjamas;
- Waterproof coat and trousers (if weather is going to be wet);
- Swimwear (if you have booked the swimming pool or raft race);
- Sun hat/ cap;
- Sun cream (if your child does not have permission to use the school sun cream);

- 2 x towel (please note that we do not provide towels and do not have washing or drying facilities for drying towels or swimwear);
- Toiletries (please avoid aerosol products as these can set off the fire alarm);
- Indoor shoes (e.g. clean trainers or slippers);
- Outdoor shoes (e.g. trainers that can get wet/ muddy);
- Trainers with non-marking soles suitable for the sports hall;
- Drinks bottle;
- Day rucksack (to take on bus and large enough to contain a packed lunch, drinks bottle, and wet weather gear);
- A book to read or small travel games;
- Plastic bin bags/carrier bags for wet/muddy clothing;
- A few sweet treats for the evening (it will be hot, so we suggest no chocolate).

Please note:

- Children are likely to get wet/muddy depending on the weather, so we ask that they bring plenty of old warm clothes, try to avoid clothing they will not want to get wet/muddy;
- All belongings should be labelled clearly with your child's name.

**Pack slippers/
indoor shoes in
rucksack**

**Remember lunch
on the first day!**

**Lots and lots of
layers**

**More than one
pair of outdoor
shoes**

Contact Throughout The Trip

You to us

- During school hours – contact school office, they will contact group leader/adults
- Out of school hours – TBC – will be sent to you before we leave

Us to You

- Will use **contact numbers provided as part of information form.**

How will we keep you updated?

- Arbor - we have arrived, leaving etc.
- Facebook- pictures and messages

Information Forms

- Have been sent out via Arbor – please speak with the office if you have not yet received a copy
- Please ensure they are completed by the end of the term
- Complete for ANY medication we will (or may) need to administer
- We will take medicines from school- Calpol/Ibuprofen (child's dosage)
- Travel sickness pills to be taken for return need to be added to the form
- If in doubt- complete a form
- If in doubt- please ask for advice before the morning of the trip!
- Bring medicines on Tuesday 11th November to the hall