

**BOWLES**  
ACHIEVEMENT THROUGH EXPERIENCE



**50** BOWLES  
**YEARS**  
A CHARITY  
SINCE 1964  
**EXPERIENCE  
AND ADVENTURE**

A purpose built residential centre

Built around a natural sandstone outcrop – one of the main rock climbing venues in South East

Activities to help build children's confidence, independence and awareness of personal strengths and abilities.

Widely recognised as one of the best outdoor centres in the South East

High quality outdoor educational experiences

Qualified, experienced and friendly instructors

Stringent code of safe practice for activities  
(AALS license and AHOEC Gold Standard)



# Staff

Joining us this year will be:

**We are going 18<sup>th</sup> – 20<sup>th</sup> November 2019**

Mr Fox

Miss Martinez

Mrs Holmes

Mrs Mitchell (School Medical Officer)

Mrs Smith

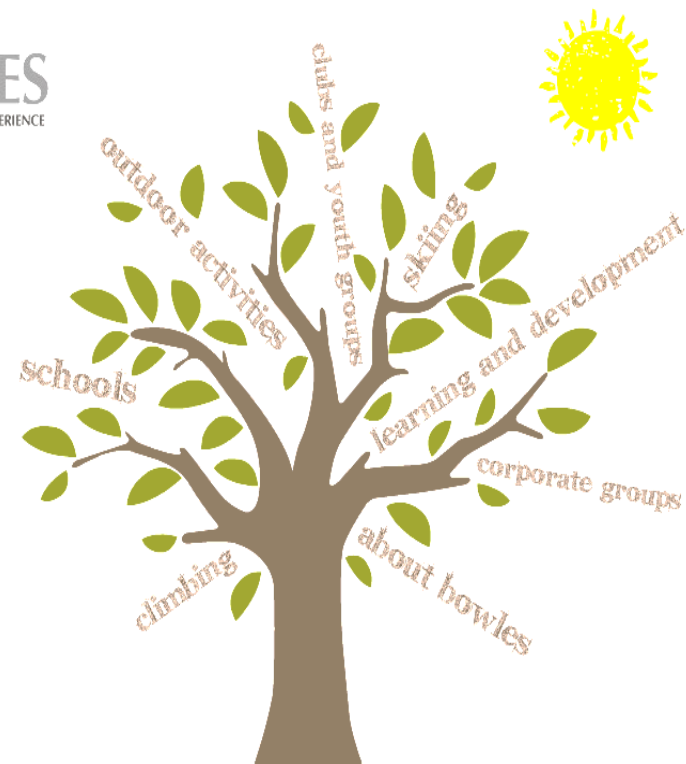
Mr Geddie

Mrs Phelan

Mrs Lister

Mr Alcock

ES  
EXPERIENCE



## On site at Bowles



- A centrally heated modern dormitory
- Two dry ski slopes
- Indoor heated swimming pool
- Several ropes courses
- Safety and wet weather equipment
- And its very own 130 million year old sandstone outcrop!





Tunnelling



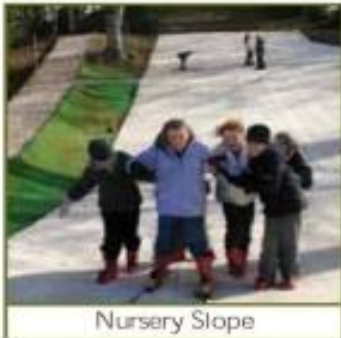
Low Ropes



The Dorm



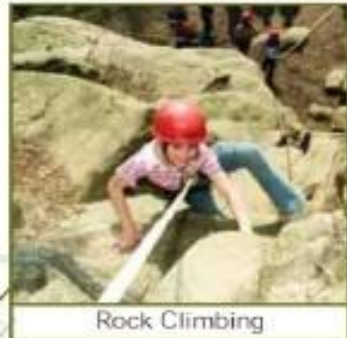
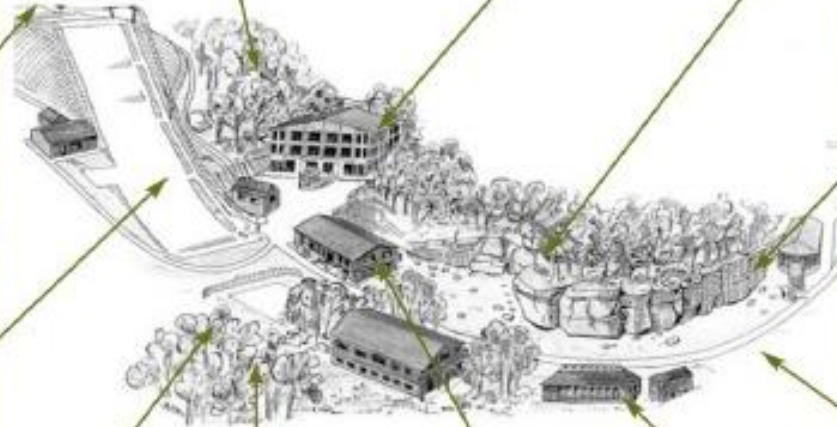
Abseiling



Nursery Slope



Main Ski Slope



Rock Climbing



Orienteering



Problem Solving



Trapeze



The Chalet



The Pool



## **Activities:**

- Rock climbing & bouldering
- Low ropes course
- Archery
- Raft building (indoor pool)
- Dry-slope skiing
- Night orienteering
- Teambuilding challenges

There will be three activities each day, with sessions structured to provide progression and success for all abilities – ensuring all children gain a solid grounding and instilling confidence and a true sense of achievement!





## **Instructors:**

- Fully qualified and have worked at the centre for several years
- Ethos at Bowles is to gently encourage children to challenge themselves and try new things
- Provide a safe, fun and memorable experience for your child to develop confidence and independence



## Dormitory Accommodation

- Modern, comfortable and centrally heated
- 6 beds per room
- Communal washing and toilet facilities
- Separate teachers' bedrooms and showers
- Clean linen and duvets provided
- \*\*Children to make up their own beds on arrival!



Bowles instructors live onsite and are on call through the night





## **Rooms and groups:**

- Children will be asked to choose 3 friends with whom they would like to share a room – we aim they will be with at least one of their named friends.
- For activity groups we will be mixing the children between classes and friendship groups as we find this encourages them to build new relationships and work together as a team.





## **Food:**

- Well-balanced and nutritious
- Cooked fresh and designed to please hungry adventurers
- All dietary requirements catered for **with advance notice**
- Fruit snacks and water available throughout the day
- Responsible for serving themselves (and clearing up!)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Fried Eggs	Bacon and Waffles	Croissant	Baked Beans Hash Browns	Pain au Choc
Chicken and Vegetable Casserole Rice	Macaroni Broccoli cheese Bake Salad Roll	Chicken Pie New Potatoes Peas Cauliflower	Sweet & Sour Pork Rice	Fish Fingers Chips Peas  Cod
Sultana Sponge Vanilla Sauce	Apple Crumble Custard	Yam	Cheese and Biscuits	Fresh Fruit
Vegetable casserole		Quorn Pie	Sweet & Sour Vegetables	Cheese and Potato Pie
Beef Burgers Chips Salad	Roast Pork Roast Potatoes Cabbage Carrots	Meatballs in Tomato Sauce Noodles	Roast Turkey Roast Potatoes Broccoli Sweet Corn	Chicken Leg Jacket Pot Salad
Vegetable Burgers	Vegetable Crumble	Butter Beans Provencal	Roasted Vegetables	Quiche
Yoghurts	Shortbread	Choc Sponge Choc Sauce	Fruit shortbread	Flapjack

## A 'typical' day

<b>Morning</b>	<b>8.15</b>	<b>Duty group lay tables for breakfast</b>
	<b>8.30</b>	<b>Breakfast</b>
	<b>9.00</b>	<b>Prepare for the day</b>
	<b>9.15-12.30</b>	<b>Activity Session</b>
<b>Afternoon</b>	<b>12.30</b>	<b>Lunch then free time</b>
	<b>1.40-5.00</b>	<b>Activity Session</b>
	<b>5.15</b>	<b>Free Time &amp; optional swim</b>
<b>Evening</b>	<b>6.15</b>	<b>Dinner then free time</b>
	<b>7.15-9.15</b>	<b>Activity Session</b>
	<b>9.45-10.00</b>	<b>Bed and lights out</b>





**Kit:**

- List provided in your packs
- Everything named!
- Nothing precious, things will get muddy!
- We will be outside in all weather, so warm and waterproof coats and clothing please
- Jeans are impractical as they are not warm when wet and take a long time to dry
- Packed in a (small!) suitcase – preferably with wheels as they need to carry it up the hill



## Learning Outside the Classroom

Bowles uses a fantastic range of activities to help young people to develop & grow



- Self Confidence
- Activity skills
- Perseverance



## Learning Outside the Classroom

Bowles uses a fantastic range of activities to help young people to develop & grow



- Teamwork
- Safety Awareness & Risk Management
- Problem-Solving



## Learning Outside the Classroom

Bowles uses a fantastic range of activities to help young people to develop & grow



- Maturity
- Taking Responsibility (for themselves and each other)
- Environmental Awareness







**Exceptional Experiences**



**Outstanding Outcomes**



# Behaviour Agreement

- As part of your pack, you will find our school behaviour agreement for Bowles.
- You and your child will both need to sign this.



Please read the following carefully and sign below

I can confirm that I am the person who has parental responsibility for \_\_\_\_\_

I agree to him/her taking part in this visit and have read the information sheet. I have read the information relating to the trip and my son/daughter is aware of the details. I believe that he/she is fit to take part in the activities or have provided details (below) of activities they are unable to participate in.

I have declared any relevant dietary requirements and medical details on the medical form.

I understand if my son/daughter's behaviour prior to the trip is inappropriate his/her place on the trip may be in jeopardy, and that monies are not refundable under these circumstances.

In addition, if staff consider the behaviour of my son/daughter to be unsatisfactory or could in any way jeopardise his/her own safety or that of others, he/she will be excluded from activities or in the extreme to be asked to return home early at my expense.

I understand that while the school staff in charge of the party will take all reasonable care of the pupils they cannot necessarily be held responsible for any loss, damage or injury suffered by my son/daughter which occurs as a result of the school trip.

- I understand that it is vital for all students to obey without question, the instructions of the school and activity staff. I have discussed the expectations above and the Code of Conduct with my child.

Parent signature:..... Date:.....

- I have discussed and agree to the expectations for behaviour and the Code of Conduct with my parent.

Child signature:..... Date:.....

# Final Tips!

- Pack a bag that is **NOT** bigger than your child!
- All items named
- Practice making up their bed
- Bring a torch for night time
- No money needed
- No electrical devices

# Twitter updates



- We will be updating the school Twitter account throughout the week
- If you want your child included in the photos, they must have Social Media consent
- Forms available to change consent if necessary

# Dates and times

- On **Monday 18<sup>th</sup> November** children should arrive at school at 8.00am. Coach leaves at 8.30am
- Luggage to be left in designated area of car park ready to load onto coaches
- Register in classrooms.
- No packed lunch needed – hot lunch at Bowles
- Returning **Wednesday 20<sup>th</sup> November** (leaving Bowles at 4.30pm). Approximately returning to Lindfield at 5.30pm

- Final balance payments are now overdue, so if you have not paid please do so ASAP!  
Payment by ParentMail is an option
- Paperwork to be returned to school before half term (Monday 21<sup>st</sup> October)
- Monday departures - medication to be handed to Mrs Mitchell, at the office, on Friday (15<sup>th</sup> Nov)

Questions?