



WOODROW 2026

Year 5 Residential Visit
Wednesday 13th January -
Friday 15th January

Woodrow High House

- In the tranquil setting of a 17th century manor house in 24 acres of grounds, Woodrow is an Outdoor Education Centre creating opportunities for personal and social development for more than 7,000 young people every year. It is part of London Youth, a charity that encourages young people 'be the best that they can be'.

Woodrow High House

- Cromwellian House in Amersham
- Rooms accommodate different size groups
- One other small group in residence
- Team building








Campaigning for
#Brilliant Residentials
Woodrow High House pledges to continue providing #BrilliantResidentials for young people all year round. We pledge to continue working with schools, youth groups, charities, faith groups and many more to create #MemorableExperiences through custom designed programmes. We pledge to continue helping young people to be the best they can be through #OutdoorEducation and #OutdoorFun

Brilliant Residentials

Woodrow High House
LONDON YOUTH

"Before going on the trip I hated school, but now I just love it. I love to learn about maths, literacy and science."
(Primary student focus group)

"The student teacher relationship built in a week on residential is similar to that of a relationship built over an entire year in a normal class situation."
(Teacher survey)

- ✓ The overnight stay and experience
- ✓ Building new relationships
- ✓ New ways of learning
- ✓ Different opportunities to experience success
- ✓ Improved relationships
- ✓ Improved engagement
- ✓ Improved behaviour
- ✓ Greater sense of belonging
- ✓ Raised aspirations
- ✓ Significantly boost SATs progress and attainment in the core subjects of English, Maths and Science.
- ✓ Significantly improve students' transition experiences, particularly between phases, and improve student progression at times of transition from one key stage to the next

Overall Results… 2811 questionnaires!

Children felt coming to Woodrow helped them…

- Trust their friends (87%)
- Try new things (87%)
- Not give up (82%)
- Listen (80%)



Young people visiting Woodrow are…

- Better in social situations
- Better able to lead during tasks
- Better at managing their time
- More able to control their emotions
- Better at using their initiative

… at the end of their visit than before

What The Children Thought… (50yp)

Woodrow High House
LONDON YOUTH

8.9/10 liked coming to Woodrow

8.3/10 liked the rooms at Woodrow

9.1/10 said Woodrow staff were nice and helpful

8.9/10 said they learned new things







Coming to Woodrow helped me be better at…(50yp)

Woodrow High House
LONDON YOUTH

8.6/10 said trying new things

8.3/10 said not giving up

8.3/10 said creating plans

8.9/10 said trusting my friends







Security & Staffing

Woodrow High House
LONDON YOUTH

- ✓ Grounds surrounded by private land
- ✓ Only one way on and off site
- ✓ Coded entrances to the House
- ✓ CCTV present outside on site
- ✓ All staff DBS checked
- ✓ Instructors all first aid/fire warden trained
- ✓ All staff wear ID badges at all times
- ✓ Duty Instructor sleeps in the house each evening
- ✓ Duty Manager also on call





Arrival

- Parents drop their children to Woodrow High House at 10am.
- Hand in money and medicines to Miss Knights.
- Name all luggage and belongings.
- Ensure children have **indoor shoes (slippers, clean trainers)**, **packed lunch** and **water bottle** in separate named rucksack.

Activities

- Scavenger Hunt
- Low Ropes Course
- Nightline
- Raft building and testing in the pool
- Swimming
- Wide games
- Challenge course
- Shelter building and testing
- Campfire songs and stories
- Pioneering
- Bushcraft
- Disco
- Quiz night
- Tuck shop - memento





Activities

Woodrow High House
LONDON YOUTH













Kit List

- Old, waterproof clothes
- Bin liner for dirty clothes
- Swimwear
- 2 towels
- Indoor shoes
- No electrical items
- Money - £3 only – memento
- Small game/book e.g. Top Trumps
- Small bag of sweets in wrappers to share





Your Average Woodrow Day & What to Bring…

Woodrow High House
LONDON YOUTH

GROUP		1		2		3		4		Evening Activity	
		9.15 - 10.45		11.00 - 12.30		14.00 - 15.30		15.45 - 17.15		19.30 - 21.00	
		Session		Session	Grp	Session	Grp	Session	Grp	Session	Grp
	A	Djembe Jam	a	Pioneering	a	Challenge course	a	Low Ropes	a	Manor Mystery	a
	B	Team Exercise	b	Bushcraft	b	Nightline	b	Djembe Jam	b		b
	C	Pioneering	c	Team Exercise	c	Archery	c	Bushcraft	c		c
	D	Nightline	d	Low Ropes	d	Bushcraft	d	Archery	d		d

- Comfortable clothes – tracksuits, leggings, fleeces etc. Guests are likely to get muddy and/or wet so we recommend bringing plenty of spare clothes.
- Waterproof Coat (and trousers if you have them)
- Outdoor and Indoor shoes (trainers & wellies are recommended for outdoors and clean trainers or slippers for indoors)
- Towel (x2 if swimming) & swimming costume.
- Toiletries (e.g. shower gel, toothbrush) and personal medication.
- Plastic bin bag/carrier bags for wet/muddy clothing.
- Suitcases should be small enough for the children to carry up the stairs by themselves.
- And don't forget your Teddy Bear…!

Medicines



- Forms
- Allergies
- Hand in named medicines at arrival with forms.

Dietary requirements

- Allergies
- Vegetarians
- Counter Service



Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cereal Bar	No planned menu	Cereal Bar Milk	Cereal Bar Milk Porridge	Cereal Bar Milk	Cereal Bar Milk Porridge	Cereal Bar Milk	Cereal Bar Milk
Healthy Yogurt & Toppings		Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves	Yoghurt Honey Granola Toast Preserves
Hot or Cold Protein Choice		Grilled Sausages Grilled Bacon Quorn Sausages	Continental Meat & Cheese platter	Grilled Sausages Grilled Bacon Quorn Sausages	Continental Meat & Cheese platter	Grilled Sausages Quorn Sausages	Grilled Bacon Quorn Sausages
Hot Vegetarian Choice/ Pastry		Baked Beans Grilled Tomatoes Mushrooms	Freshly Baked Croissants Pain au Chocolate	Baked Beans Grilled Tomatoes Mushrooms	Freshly Baked Croissants Pain au Chocolate	Baked Beans Grilled Tomatoes Mushrooms	Baked Beans Grilled Tomatoes Mushrooms
Eggs of the Day		Chef's Choice of Eggs	Chef's Choice of Eggs	Chef's Choice of Eggs	Chef's Choice of Eggs	Chef's Choice of Eggs	Chef's Choice of Eggs
Fresh Fruit		Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter

Week 1 Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, sweetcorn, sliced orange	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, mixed peppers, sliced watermelon	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, egg mayo salad, sliced grapefruit	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, roast veg couscous, sliced pineapple	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, rainbow coleslaw, sliced mixed fruit	Tomato, cucumber, mixed leaves, celery sticks, sliced onion, rainbow, coleslaw, sliced melon	Tomato, cucumber, mixed leaves, grated carrot, sliced onion, beetroot salad, sliced plums
Main Meal	Jacket Potato bar Tuna mayo	Chicken chow Mein	Sticky maple BBQ Glazed chicken thighs	Mediterranean Pork Meatballs with tomato sauce	Fish fingers with wholemeal bread	Slow cooked Cajun turkey soft tacos	Herby roast chicken with gravy
Vegetarian	Jacket potato bar Baked beans	Vegetable chow Mein	Sticky maple BBQ Halloumi skewers	Chickpea, Cumin & Spinach 'meat' balls Cooling cucumber raita	Moroccan spiced falafel with pitta bread	Spicy chickpea and pepper soft tacos	Herby braised Quorn fillet
Pasta/ Jacket Potato	Penne pasta in tomato sauce	Jacket potato's cheese	Gooey macaroni cheese	Courgette and carrot spaghetti	Pizza stuffed jacket potato's	Extended salad bar	Extended salad bar
On The Side	Extended salad bar	Stir fried greens Sweet chilli beans	Sweet potato and root veg mash Two ways sweetcorn	Garlic and coriander rice Roasted Mediterranean veg	Crispy potato chips Minted peas Baked beans	Tomato rice Warm pepper salsa Paprika corn on the cobs	Roast Potatoes, Yorkshire pudding, Green veg medley, Carrots
Dessert	Victoria sponge	Fruity flapjack bites	Pineapple Up Side Down Cake Vanilla custard	Rice Krispy squares	Sticky toffee cake Butterscotch sauce	Ice-cream Pots	Lemon curd meringue swirls

Week 1 Supper	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato thyme soup	Soup of the day	Minted pea soup	Soup of the day		Leek and potato soup	No planned menu
Salad Bar	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, sweetcorn, sliced orange	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, mixed peppers, sliced watermelon	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, egg mayo salad, sliced grapefruit	Tomato, cucumber, grated carrot, mixed leaves, celery sticks, roast veg couscous, sliced pineapple	Tomato, cucumber, grated carrot, mixed leaves, sliced onion, rainbow coleslaw, sliced mixed fruit	Tomato, cucumber, mixed leaves, celery sticks, sliced onion, rainbow, coleslaw, sliced melon	No planned menu
Main Meal	Cumberland Sausage with Caramelised Onion & Gravy	Vegetarian night: "Pizza Night" Margarita pizza Red pepper and roasted onion pizza 'Rainbow' pizza	Beef Bolognese penne pasta	Vegetarian Night: 'Mediterranean night' Roasted veg flatbread Aubergine & Lentil Moussaka	'Burger Night' Beef Burger	'Mexican night' Bean and veg chilli Pollo asada stew (smoky chicken stew)	No planned menu
	Quorn Sausages Peppers & Red Onion Tray Bake		Rich vegetable ragu penne bake		Vegetarian Burger		
Vegetarian	Parsley New Potato Mashed Carrots and Swede	Garlic bread slices Assorted Mediterranean salads	Garlic bread Roasted Italian Veg Sweetcorn	Herby New Potato Feta cheese, olives Greek salad	Potato Wedges Shredded Lettuce Tomato relish Sliced Cheese Sliced Tomato	Tomato coriander rice Toasted tortilla wraps Sweetcorn salsa Pickle red onions and radishes	
On The Side	Raspberry Ripple Cake Lemon curd sauce	Fruit salad jelly pots with vanilla cream swirl	Dark Chocolate Mousse	Classic fruit cake Creamy vanilla custard	Melon and Pineapple Slices	Fruit salad fools (Fruit puree and yoghurt)	

Groupings

- Room allocation
- 2 main groups for activities





Accommodation & Facilities

Woodrow High House
LONDON YOUTH

- Spacious rooms with bunks and single beds. Our smallest room sleeps 2 and our largest sleeps 10.
- All linen is provided – and you get to make your own beds! Extra bedding is available if needed.
- Single sex bedrooms and bathroom facilities.
- Your own lounge space for the entirety of your stay.
- Cellar with PlayStation, Table Football, Table Tennis, Disco and Tuck Shop!









Competitions

- Team games
- Quietest room
- Politest table
- Tidiest room



Collection

- Friday at 2pm from Woodrow



Questions

