

STANDON BOWERS 2025

Wednesday 9th July – Friday 11th July



Wednesday 9th July


Children will arrive at school at normal time on Wednesday 9th July with their cases which can be left in the dining room until we leave. ALL STUDENTS WILL NEED A PACKED LUNCH FOR THE FIRST DAY.

On arrival at school, all monies and medication will be collected from children when they arrive.

Friday 11th July

We will return back to PMS between 2.30 and 3pm (dependant on traffic) on Friday 11th July. Perton children will be allowed to leave from the field or Gym after 3pm (Bilbrook, please speak to Mr Bakewell for more details on this.)

Pupil Groups and Accommodation

- Groups will be organised before hand and children will have an input into this. This also apples to the dorms.
 - All groups will be mixed gender and ability.
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Site Plan



CAMPING AREA



INDOOR CAVING



BUSHCRAFT AREA



HIGH ROPES



BMX TRACK



CLIMBING WALL



DORMITORIES



CONSERVATION AREA

Programme of events

SCHOOL:	Perton Group A- 47	DATES:	9th-11th July 25	NUMBER IN GROUP & TEAMS	94 total 44B 50G 6 teams of 7/8	YEAR/S:	6
SCHOOL STAFF:	8 total	COURSE & AIMS:	Explore and Inspire				
LEAD INSTRUCTOR:		CLASSROOM BASE:					

WEDNESDAY	Morning 10am – 12:30pm	Arrive and Introductions Settle in and Tour of Centre			
	Afternoon 1:45pm – 5pm	BMX Orienteering	Orienteering BMX	Blindfold Trail Archery	
	Evening 7:00pm – 8:30pm	Scavenger Hunt (School Staff)			

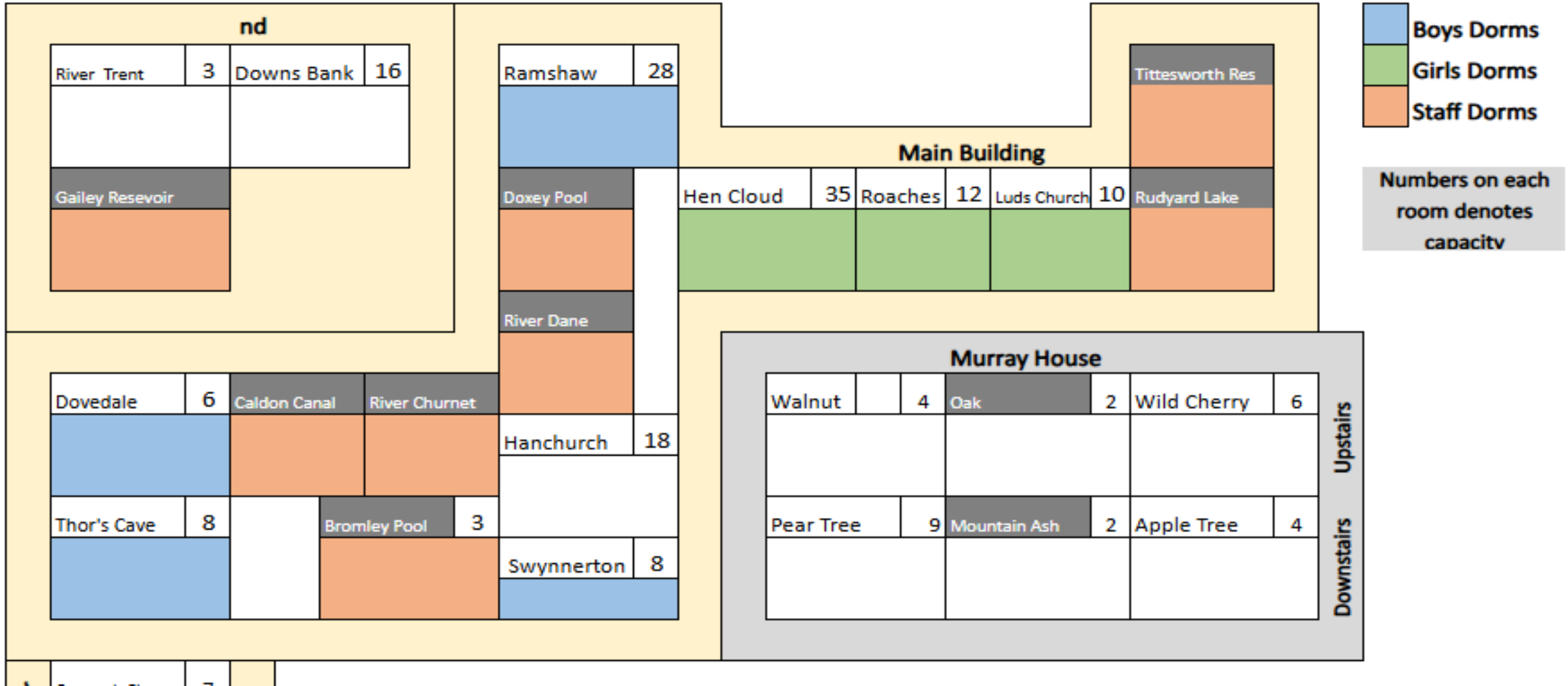
THURSDAY	Morning 9:30am – 12:30pm	Climbing Team Games	Team Games Climbing	High Ropes	
	Afternoon 1:45pm – 5pm	High Ropes	High Ropes	BMX Orienteering	
	Evening 7:00pm – 8:30pm	Photo Trail (School Staff)			

FRIDAY	Morning 9:15am	Meet Centre Instructor in accommodation Final room departure check			
	9:30am – 12:30pm	Archery Blindfold Trail	Blindfold Trail Archery	Climbing Team Games	
	Afternoon 1:15pm-1:30pm	Farewell Presentation Depart 1:30pm			

Name of school : Perton


Date of V

Standon Bowers Dorm Plan



Daily Routine

7:30: Wake up!
8:00 Breakfast
9:15 Morning inspection
9:30-12:30 Morning activities
12:30-1:45 Lunch and playtime
1:45-4:45 Afternoon activities
5:00 Dinner
6:00 Playtime
6:30-9:00 Evening session
9:00 Supper (hot chocolate and biscuits)
9:30 Bedtime
10:00 Lights out.

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Outdoor Education Menu

Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bacon & Egg with Hash Brown & Beans	Sausage with Potato Waffle & Spaghetti Hoops	Bacon & Egg with Hash Brown & Beans	Sausage with Potato Waffle & Spaghetti Hoops
	ALSO AVAILABLE: Fresh Fruit, Yoghurt, Cereals, Toast, Crumpets & Pancakes with Butter, Marmalade & Jam. Tea, Milk & Fruit Juice			

Lunch: Choice of Sandwiches, Crisps, Fresh Fruit, Cookie & Cold Drink

Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Pork or Veggie Sausages with Mash, Yorkie & Gravy	Classic Beef Burger or Veggie Burger with Potato Wedges	Chicken or Veggie Korma with Pilau Rice	Margherita Pizza with Fries & Beans
	Mac & Cheese with BBQ Chicken or BBQ Veg Topper	Chicken Nuggets with Potato Wedges	Fish Fingers with Chips	Spaghetti & Meatballs in Tomato Sauce with Garlic Bread
	Veg of the Day			
	Iced Sponge & Custard	Chocolate Mousse	Chocolate Shortbread & Custard	Ice Cream

Jacket Potatoes or Classic Tomato Pasta

Supper

Hot chocolate and biscuits

A salad bar, fresh fruit, jelly & mousse will be available daily.

Outdoor Education Egg Free Menu

Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bacon with Hash Brown & Beans	Sausage with Hash Brown & Spaghetti Hoops	Bacon with Hash Brown & Beans	Sausage with Hash Brown & Spaghetti Hoops
	ALSO AVAILABLE: Fresh Fruit, Yoghurt, Cereals, Toast, & Crumpets with Butter, Marmalade & Jam. Tea, Milk & Fruit Juice			

Lunch: Cheese, Ham, Tuna (no mayo) Sandwich, Crisps, Fresh Fruit, Shortbread/Flapjack & Cold Drink

Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Pork or Veggie Sausages with Mash & Gravy	Classic Beef Burger or Veggie Burger with Potato Wedges	Chicken or Veggie Korma with Pilau Rice	Margherita Pizza with Fries & Beans
	Mac & Cheese with BBQ Chicken or BBQ Veg Topper	Chicken Nuggets with Potato Wedges	Fish Fingers with Chips	Spaghetti & Meatballs in Tomato Sauce with Garlic Bread
	Veg of the Day			
	Jelly or Mousse	Chocolate Mousse	Chocolate Shortbread & Custard	Ice Cream
Jacket Potatoes or Classic Tomato Pasta				

Supper

Hot chocolate and biscuits

A salad bar, fresh fruit, jelly & mousse will be available daily.

Outdoor Education Gluten Free Menu

Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bacon & Egg with Hash Brown & Beans	Sausage with Hash Brown & Beans	Bacon & Egg with Hash Brown & Beans	Sausage with Hash Brown & Beans
	ALSO AVAILABLE: Fresh Fruit, Yoghurt, GF Cereals, GF Toast with Butter, Marmalade & Jam. Tea, Milk & Fruit Juice			

Lunch: Choice of GF Sandwich, Crisps, Fresh Fruit, GF Shortbread & Cold Drink

Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Pork or Veggie Sausages with Mash & Gravy	Classic Beef Burger in GF Bun with Potato Wedges	Chicken or Veggie Korma with Pilau Rice	
				GF Pasta & Meatballs in Tomato Sauce
	Veg of the Day			
	Jelly or Mousse	Chocolate Mousse	Jelly or Mousse	Ice Cream

Jacket Potatoes or Classic Tomato GF Pasta

Supper

Hot chocolate and biscuits

A salad bar, fresh fruit, jelly & mousse will be available daily.

Outdoor Education Milk Free Menu

Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bacon & Fried Egg with Hash Brown & Beans	Sausage with Hash Brown & Spaghetti Hoops	Bacon & Fried Egg with Hash Brown & Beans	Sausage with Hash Brown & Spaghetti Hoops
	ALSO AVAILABLE: Fresh Fruit, Cereals, Toast with Spread, Marmalade & Jam, Tea, Oat Milk & Fruit Juice			

Lunch: Ham, Tuna Mayo or Vegan Cheese Sandwich, Crisps, Fresh Fruit, Shortbread/Flapjack & Cold Drink

Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Pork or Veggie Sausages with Mash, Yorkie & Gravy	Classic Beef Burger or Veggie Burger with Potato Wedges	Chicken or Veggie Korma with Pilau Rice	Jacket Potato or Classic Tomato Pasta
		Chicken Nuggets with Potato Wedges	Fish Fingers with Chips	Spaghetti & Meatballs in Tomato Sauce
	Veg of the Day			
	Iced Sponge	Jelly	Chocolate Shortbread	Jelly

Jacket Potatoes or Classic Tomato Pasta

Supper

Hot drink and biscuits

A salad bar, fresh fruit, jelly will be available daily.

Outdoor Education Vegan Menu

Breakfast	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Veggie Sausage with Hash Brown & Beans	Veggie Sausage with Potato Waffle & Spaghetti Hoops	Veggie Sausage with Hash Brown & Beans	Veggie Sausage with Potato Waffle & Spaghetti Hoops
	ALSO AVAILABLE: Fresh Fruit, Cereals, Toast, with Spread, Marmalade & Jam, Tea, Oat Milk & Fruit Juice			

Lunch: Vegan Cheese Sandwich, Crisps, Fresh Fruit, Shortbread/Flapjack & Cold Drink

Dinner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Veggie Sausages with Mash & Gravy	Veggie Burger with Potato Wedges	Veggie Korma with Pilau Rice	Jacket Potato or Classic Tomato Pasta
	Veg of the Day			
	Jelly	Jelly	Chocolate Shortbread	Jelly

Jacket Potatoes or Classic Tomato Pasta


Supper

Hot drink
and biscuits


A salad bar, fresh fruit, jelly will be available daily.



Centre Rules

- ❑ No mobile phones, no phone access for students to call home.
 - ❑ Students are expected to behave themselves as they would in school.
 - ❑ Exceptional bad behaviour = Parents contacted.
 - ❑ Expected to keep Standon Bowers tidy and respect the equipment.
 - ❑ Students are not allowed to leave the grounds.
 - ❑ Pupils are expected to go to sleep!
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Medical Information

- ❑ Consent/medical forms to be returned ASAP.
 - ❑ Asthma inhalers: Student carries one, one handed in.
 - ❑ We take in-school medication with us as a back-up only.
 - ❑ Other medication should be handed in and named.
 - ❑ Special dietary requirements need to be clear on the form.
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Dormitory

Single duvet cover, single sheet and two pillowcases.
(Entrust will provide a duvet and two pillows)

Item

(Example) T Shirts

Underwear

Socks, including warm, full length long socks for walking

T-shirts

Trousers/tracksuit bottoms and shorts

Warm jumpers

Outdoor trainers x 2 pairs

Walking boots (if you have them)

Indoor footwear e.g. slippers or sliders

Wellingtons

Waterproof and warm outdoor coat

Nightwear

Hat, gloves, scarf

Sun hat, sunglasses, sun cream

Wash kit

Towel

Water bottle – 1 litre, leak proof is good

Torch

Packed Lunch for first day of the visit ***No food containing nuts please***

Pocket money for souvenirs

Plastic bags for wet and dirty clothes

Lip Salve

Medication if required. Labelled and given to the Visit Leader

Pens, pencils and a book to read

Other Information

- ❑ Everything needed is on the kit list.
- ❑ New clothes/equipment are unnecessary.
- ❑ Please name EVERYTHING!
- ❑ Pocket Money max £10. Coins/small change is best.
- ❑ Purses / wallets handed into staff before departure for safe keeping.
- ❑ No mobile phones/smart watches/handheld consoles etc.
- ❑ No food allowed in the dorms – any tuck will be stored in the classroom.
- ❑ Tuck and medication in clear sealed bags with name clearly marked on front.

Perton Middle School Emergency Telephone Number

A Synergy message will be sent with this on to you all
before we leave.

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Any questions.....

