

## Sample timetable Choices and Changes

### KS3/KS4 Retreat Day 2024

*Stand at the crossroads and look; ask for the ancient paths,  
ask where the good way is, and walk in it, and you will find rest for your souls.  
Jeremiah 6.16*

DATE	Contact:	Up to 100 students + 6 TBC staff
Time	Activities	
9.30	Arrive by coach and drop off at the coach park. Please confirm coach numbers and brief coach company - <i>Directions – postcode is GU5 0LR, but have a look at these instructions - <a href="https://www.wintershall.org.uk/contact-us">https://www.wintershall.org.uk/contact-us</a></i>  Walk to Rehearsal Barn (or Lake Chapel) with WE team.	
9.45	Welcome to Wintershall and introduction to the theme <b>Choices and Changes</b> SPLIT INTO 4 GROUPS -School staff member with each group and Education Guide.	
10.15	<b>Activities</b> to include: <ul style="list-style-type: none"> <li>• Drama – Challenging decision making</li> <li>• Walk – mindful wood walking – respect for others and for the world around us</li> <li>• Friendships/relations – bracelet making</li> <li>• Animals – challenge yourself, learn something new</li> <li>• Art – Called by name – but how? Collaborative art piece.</li> <li>• Positive Postcards – build each other up</li> </ul>	
	Each activity will include input from Wintershall, followed by response or wonder time in smaller groups. Staff are encourage to join these conversations, using the accompanying Teacher Guide.	
12.30	<b>LUNCH (45 mins) In Holly Barn Hall and outside seating area</b>	
1.15pm	Postcard activity in tutor or house groups - Growth Mindset messages	
1.45	Prepare for final reflection led by School	
2pm	Final reflection using collaborative art piece as focal	
2.20	Walk down hill to the coach park.	
2.30	Coaches leave	

**Prices** As with everything we offer at Wintershall Education, price should not be a barrier to your school trip, so if cost is an issue, please do let us know.

There is minimum charge of £550 for the day for up to 30 students, with larger groups charged at about £10 per head. Please contact us to discuss additional activities – you know what your students need to make this day as special as possible, so we want to hear from you! *Costs includes all art resources, and response time booklets.* [schools@wintershall.org.uk](mailto:schools@wintershall.org.uk)