



8th May 2024

Headteacher - Patrick Earnshaw  
Deputy Headteacher - Mathew Downs

Dear Parent,

## **Y9 Bronze Duke of Edinburgh training day and assessed expedition in the New Forest Friday 14<sup>th</sup> June – Sunday 16<sup>th</sup> June**

With the Duke of Edinburgh expedition fast approaching, I have detailed below an outline of the event. Students should try to complete the three parts of their Duke of Edinburgh Award for volunteering, physical and skill over the rest of the summer term. Please encourage and support them, especially on the longer sections.

Over the last few months students have been encouraged to take part in online Microsoft Teams training on the basics of map reading and navigation, route planning, first aid and hygiene, camp craft, food and nutrition. Students will have the opportunity to practice and use these skills on the practice day of the expedition so they can be confident as they approach the assessed expedition. They will plan their routes for the following two days of their assessed expedition on this day as well.

Below are the recordings of these sessions, so that students who missed them can watch and close gaps in their knowledge and understanding. It is very important that ALL students have watched all of these videos which are available on the school DofE sharepoint [D of E - Home \(sharepoint.com\)](https://www.highcliffe.school/SharePoint/DofE-Home).

Session 1 – First Aid and the countryside code

Session 2 – Basic map and navigation skills

Session 3 – Camping, kit and food

Session 4 – Planning your route

**Drop off at the campsite Friday 14<sup>th</sup> June between 8.15am and 9.00am. I will be at the campsite to greet students if you need to drop them there at 8.15am, if you need me to be available earlier this can be arranged. We are doing this to avoid having to hire coaches to transport the students a few miles into the forest and therefore keep costs down.**

Hampshire Outdoors expedition team will run the expedition from Friday morning at **Ferry Crofts Campsite (Beaulieu Road, Brockenhurst SO42 7YQ)**. **The students will be staying there for the first night, moving to Roundhill Campsite ([Roundhill Campsite Beaulieu Road, Brockenhurst SO42 7QL](https://www.highcliffe.school/SharePoint/Roundhill-Campsite-Beaulieu-Road-Brockenhurst-SO42-7QL))** for the second night of the expedition.

**Students need to be collected at around 3pm, Sunday 16<sup>th</sup> June from their finishing car park Blackwater carpark on Rhinefield Ornamental Drive.** Due to the large number of students, we may possibly need to stagger and spread groups out amongst another car parks nearby and this information will be delivered at a later date if necessary. Exact timing on the day may vary from group to group so we will make sure the students communicate with you. If necessary, there will be some flexibility for staff to bring them back to school in a minibus.

For the expedition students need to arrive in their expedition gear, with all their kit including rucksack with food for 3 days.

Kit list: -

- Boots or good walking shoes that protect your toes. **No running trainers/daps/Vans**
- Thick, proper walking socks. At least 2 pairs.
- Rucksack, at least 50L, ideally 60-70 depending on your size.
- Sleeping mat/roll mat to sleep on.
- Sleeping bag, 2 seasons should be enough in July but keep an eye on weather.
- Two pairs of walking trousers/ /tracksuit bottoms (not jogging bottoms) /leggings (Thick walking / running / cycling / rowing ones). Shorts if you prefer but beware of the risk of sunburn / mosquitos / ticks as the students will need to manage this.
- At least 2 t-shirts and layers, a warm hoody for the evening and a base layer to sleep in and clean underwear.
- **Waterproof jacket and trousers, this is a MUST no matter the weather.**
- Toiletries and other simple medicines you usually use. Plus, some plasters, blister plasters, bandages, tape.
- Tea towel, sponge and small amount of fairy liquid if needed. (Can all be part of group kit)
- Insect repellent, sunscreen, hat for sun and/or rain, beanie for evening.
- Torch/head torch, plate, fork/spoon/spork, mug, bowl.
- Anything else you think you will need but nothing you don't! BE RUTHLESS!
- Optional items: Small ball or pack of cards, camera, camping pillow, nightwear, Frisbee,
- **NO ELECTRONICS as these will be confiscated.**
- **TENTS, STOVES, FUEL, MAPS AND COMPASSES WILL BE PROVIDED BY HAMPSHIRE OUTDOORS**

This list is not exhaustive, the DofE website is useful but not everything is needed from the DofE list. Things like first aid, food, etc. can be shared between the whole group. Keep the weight down as best you can!

<https://www.dofe.org/shopping/expedition-kit/>

### **Food, hygiene and other information**

Students need to bring food for the following meals.

- Friday packed lunch and evening meal
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- Snacks for 3 days and emergency rations (not to be touched until they have finished)

Students may prefer to take boil in the bag, dehydrated food or ration packs. (See links below). This makes meal-times much simpler and easier as students cook for themselves rather than as a group. However, if students want to plan to come up with a group meal instead, they are more than welcome. The meeting 3 video above will be useful.

<https://www.millets.co.uk/tents-camping/cooking-eating/camping-food/>

<https://www.gooutdoors.co.uk/camping/eating-and-drinking/camping-food/>

Due to restrictions we **CANNOT** use stoves within the New Forest out of camp sites. Stoves will be used however for Friday evening meal, Saturday breakfast and evening meal as well as Sunday breakfast. Lunches will need to be on the go, simple wraps or rolls to fill you up along with other items such as snack bars, brioche rolls, wraps, biscuits. The students could cook pasta in the morning and then add a sauce and pasta to eat cold for lunch.

There are proper toilet facilities but probably no showers available at the camps, so please make sure they have some biodegradable wipes, deodorant and spare underwear as needed. Students will be walking for 6 hours Saturday and Sunday and away from toilet facilities; for the girls especially, please prepare as best as you can. There will be some spare sanitary products if any are needed by students and any issues around this please come and see me.

### **Mobile phones and contact**

Any mobile phones will need to be switched OFF and are only to be used in an emergency. Any phones seen without good reason will be taken by staff for the duration of the expedition. Taking photos during the expedition is allowed, but an old phone or digital camera should be used – **social media blackout for the duration of the trip!**

Hampshire Outdoors staff will be on hand all expedition and will meet students at checkpoints to make sure they are well and offer water top-ups during the day. For the assessed expedition on days 2 and 3, Hampshire Outdoors assessors will meet students at various points and at the campsites for their assessed Bronze DofE expedition.

The assessors and staff are there to support students to successfully pass their qualifying expedition. Students should not feel under pressure but should rather look to enjoy the experience as much as possible whilst listening to any guidance offered by staff or assessors. That said, they should not be scared of asking for help/advice about anything!

For any **EMERGENCIES** the first point of contact would be the school staff. We have a 'DofE trip' phone that is only used for DofE expeditions. Please use these rather than contacting students directly or the school – **07821 575058 or 07513 052290.**

Phone reception in the forest can be temperamental, therefore a text message maybe better than a call. Please complete the medical consent form and return to **Student Support by Monday 20<sup>th</sup> May 2024.**

Yours faithfully,



Mr Evans  
DofE Manager, Highcliffe School



STUDENT NAME ..... TUTOR .....

TO BE RETURNED TO STUDENT SUPPORT BY MONDAY 20<sup>th</sup> MAY 2024

PARENTAL CONSENT FORM (for children and young people under the age of 18)			
Event:		Date:	
Student Name:			
MEDICAL / EMERGENCY CONTACT INFORMATION			
PRIMARY EMERGENCY CONTACT DETAILS		ALTERNATIVE EMERGENCY CONTACT DETAILS	
Name of contact:		Name of contact:	
Contact telephone number:		Contact telephone number:	
Relationship to student:		Relationship to student:	
STUDENT'S MEDICAL INFORMATION			
Please provide detail of all medical conditions and illnesses and any treatments required to maintain health and are significant to this trip			
Asthma or bronchitis	YES / NO	Allergies to any known medication	YES / NO
Heart condition	YES / NO	Any other allergies, e.g. material, food, plasters	YES / NO
Fits, fainting or blackouts	YES / NO	Other illness or disability	YES / NO
Severe headaches	YES / NO	Travel sickness	YES / NO
Diabetes	YES / NO	Regular medication	YES / NO
Allergy Treatment - Anaphylaxis	YES / NO	Allergy Treatment - Histamine	YES / NO
If the answer to any of these questions is YES, please give details:			
DIETARY REQUIREMENTS			
<input type="checkbox"/> None		<input type="checkbox"/> Gluten Free	
<input type="checkbox"/> Vegetarian		<input type="checkbox"/> Other (including food allergies)	
<input type="checkbox"/> Vegan			
TRIP PAYMENT - All trip payments are to be made using WisePay			
I have paid using WisePay and my reference number is .....			
CONSENT DECLARATION			
I have received full details of the event, am satisfied with the arrangements and give consent for my child to take part in the proposed event.			YES / NO
I give consent for him/her to receive emergency medical treatment, including anaesthetic, as considered necessary by any medical doctor present, should the need arise. I have provided detail of all medical conditions and illnesses and any treatments required to maintain health. I give consent for the members of staff to act 'en loco parentis' for the duration of the trip.			YES / NO
I give consent for my child to be photographed during the event and for these photographs to be used in school media.			YES / NO
Any other information that may affect the safety of my child or any other persons and/or the organisation of the event has been provided to the organiser.			YES / NO
Signed:		Print Name:	Date: