



28 April 2023

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Dear Parent / Carer,

I am delighted to outline the final arrangements for the Duke of Edinburgh Silver practice and qualifying expeditions for year 10 & 6<sup>th</sup> form, including twilight training sessions.

As confirmed previously, the expeditions will take place on **Thursday 8 June to Saturday 10 June (Derbyshire Dales)** and **Friday 14 July to Sunday 16 July (Shropshire Hills)**. Further details specific to each expedition are provided in the paragraphs below.

### Expedition Twilight Training (Gymnasium)

Expedition training is a compulsory requirement of all participants, and will provide the essential camping, navigation, and first aid skills. **As a number of our silver pupils have completed bronze award – including all 6<sup>th</sup> formers whom are training during enrichment time, there is no requirement for them to attend these sessions.** Those students whom have not completed will be expected to attend these sessions run in conjunction with the bronze award pupils. All students **must** attend all expedition planning nights & kit collection.

Session Date - 2023	Content
3 <sup>rd</sup> May (NOT 27 <sup>th</sup> April)	Packing for your expedition
4 May	First aid skills
11 May	Setting up camp
18 May	Cooking on your expedition
25 May	<b>Practice expedition planning (15.20-17.30) – ALL SILVER PUPILS</b>
5 June	<b>Expedition meeting and kit collection – ALL SILVER PUPILS</b>
6 July	<b>Qualifying expedition planning (15.20-18.00) – ALL SILVER PUPILS</b>
13 July	<b>Expedition meeting and kit collection – ALL SILVER PUPILS</b>

### Practice Expedition Details

As a requirement of the silver award, our students will compete a 2 night and 2 day practice expedition on Thursday 8 June to Saturday 10 June to Barn Farm, Birchover, Matlock, DE4 2BL.

The planning night for this expedition will take place on 25 May and is essential for all silver participants. In this session students will need to organise their walking groups and complete two route cards for their practice walks. Students must also attend an expedition meeting and kit collection on Monday 5 June.

The expedition will depart after school, leaving at 15.30 and travel to our campsite in Derbyshire. Students should arrive at school on the Thursday morning and head to the gymnasium where they will leave their rucksacks for the day. Students may attend school in expedition clothing. There will be no walk on Thursday, the pupils will camp overnight and complete their first walk on Friday. Students will

stay at the same campsite on Friday evening, before completing their 2<sup>nd</sup> walk on Saturday. The group are expected to arrive back at school between 15.00-16.00pm on Saturday 10 June. All kit borrowed will need to be returned and signed back in before departing NLS.

A kit list is provided below for both the practice and the qualifying expedition. Students will need to consider carefully their food options as they will need to cook dinner on the Thursday evening, have breakfast, lunch and dinner on Friday, as well as breakfast and lunch on Saturday.

### **Qualifying Expedition Details**

The qualifying expedition for many is the highlight of the Duke of Edinburgh's Award. Students will be assessed on their ability to meet the 20 Conditions of DofE across the weekend, by accredited Expedition Assessors.

Students are assessed as a team, and thus if one person in a walking group fails to meet one of the twenty conditions – the whole team is liable to fail. A reminder that whilst out on expedition they are representing North Leamington School and should behave in a wholly responsible manner which is in keeping with the expectations of a student at our school & following the Countryside Code at all times.

During the qualifying expedition, our students will be walking in the Church Stretton area of the Shropshire Hills, staying at two different campsites:-

Friday – Hamperley Campsite, Marshbrook, Church Stretton, SY6 6PT

Saturday – Ley Hill Farm, Cardington, Church Stretton, SY6 7LA

### **Friday 14th July**

Students should arrive at school no later than 8.00am for their departure via minibus to their drop off location in the Shropshire Hills. Whilst out on expedition, students are expected to walk independently. Students will need to use their learned navigation skills and follow their planned route at all times. Staff will supervise groups across busy roads to ensure safety, and will meet up with the pupils regularly whilst they are out walking. Drinking water will be readily available to top up their water bottles regularly.

Part of the Duke of Edinburgh qualifying expedition, qualifying will need to complete several camp craft based tasks upon their arrival at camp.

This will include:-

- Setting up and setting down of a tent
- Cooking a substantial meal on a meth stove

### **Saturday 15th July**

Departing camp at 9.00am, walk to Cardington, Church Stretton, SY6 7LA.

### **Sunday 16<sup>th</sup> July**

Students are expected to be up by 6.00am on Sunday morning. Walks are scheduled to commence by 8.00am and completed by 2.00pm to ensure a timely return to NLS for approximately 16.00pm.

The walking groups will receive a short de-brief upon the completion of their day three walks. During the de-brief they will be asked for their reflections on their DofE experience and informed of the outcome of their qualifying expedition. Following this, they will be transferred back to North Leamington School. Before departing school, all borrowed equipment will need to be signed back in at the sports centre.

In September – all students will need to complete a group presentation based upon the aim of their expedition. The requirements of this will be outlined in the planning sessions.

### **School will provide the following kit for both expeditions:-**

65lt rucksack, tent (shared between 3), cooking stove & fuel, roll mat, first aid kit, map (1 per group) and compass

All other expedition kit, including sleeping bag, utensils, and food will need to be supplied by home

\*Pupils may use their own rucksack provided it is a minimum of 65lt and tent so long as it is 2-3 person\*

### **Dress and Equipment**

Students should be dressed and bring clothing for 2/3 days walking in the summer: with all kit and food they will need for 2/3 days, including a re-fillable water bottle. Students are reminded that they must be wearing walking boots, and have a waterproof top and bottoms accessible in their rucksack. Students must bring a packed lunch to eat on the Friday of the practice expedition and the Friday & Saturday of the qualifying expedition. Essential equipment is listed below:-

\*Walking boots, waterproofs, sleeping bag, a change of clothes for camp, trainers/flipflops, packed lunch, dinner x 2 to be cooked on a Trangia (e.g. dry pasta, boil-in-a-bag meal), breakfast x 2 (hot chocolate, porridge pot), water bottle, plastic bag for litter, utensils, medication, sun cream, sun hat, wristwatch, sweets & snacks\*

### **Behaviour**

Whilst we want our expeditions to be memorable, this should not come at the expense of disruption of members of the public and potentially other school parties whom will be accessing the campsites at the same time. We will be expecting respectful and appropriate behaviour at all times whilst at camp; also ensuring no litter is left behind. No student should be entering any tent which is not theirs at any time, and pupils will be expected to be in their tents by 9.30pm and lights out by 10.00pm. The expedition is a tiring process and pupils will need to be well rested.

### **Medication**

Any student taking medication is responsible for remembering to bring those items. Asthma sufferers especially are reminded to bring their inhalers, and those requiring epipens must ensure they are present.

### **Mobile Phones**

Mobile phone usage on the assessed expedition is **prohibited** whilst out walking. Each group is permitted one emergency phone, which is to be placed in the carrier's rucksack and should remain switched on with the volume up in case staff need to make quick contact with a group. All other mobile phones should be left at home.

## Emergencies

I will be the main point of contact for parents and carers whilst out on expedition. My emergency contact number will be **07918 335226**.

In the unlikely event of extreme weather conditions, a decision will be made by myself to prematurely end the expedition; the pupils will be returned to school.

**Pupils are reminded that to access the expeditions – they must have completed two out of their 3 units (SKILL, VOLUNTEERING, PHYSICAL) and have evidence that they are working towards the third.**

If at any point you need to speak with myself regarding any aspect of the contents of this letter, please do not hesitate to contact [jbarrett@northleamington.co.uk](mailto:jbarrett@northleamington.co.uk).

Yours faithfully,



**Mr James Barrett**

DofE and The Prince's Trust Coordinator

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