



March 2024

Dear Parents,

Headteacher - Patrick Earnshaw  
Deputy Headteacher - Mathew Downs

## Year 10 Duke of Edinburgh Award Silver Practice Expedition Friday 10<sup>th</sup> May 2024 - Sunday 12<sup>th</sup> May 2024

With the Duke of Edinburgh expedition fast approaching, I have detailed below an outline of the event. Your child should have started to complete the three parts of their Silver Duke of Edinburgh Award for volunteering, physical and skill. Some may have completed these and some will be aiming to complete in the coming months. Please encourage and support them, especially on the longer sections. Ideally, we have requested 2 sections to have been completed before the Assessed Expedition in June.

Your child will have been shown the basics of map reading and navigation, route planning, first aid and hygiene, camp craft and cooking through the training and Bronze award last year. If they did not take part in the Bronze award in Year 9, they can find all the training videos in the DofE internal website. [D of E - Home \(sharepoint.com\)](#) The practice expedition is the chance for these skills to be refreshed with the safety net of our Alternative Provider – Hampshire Outdoors.

### Drop off at Highcliffe School Friday 10<sup>th</sup> May: Students need to arrive at reception for 4pm IF THEY GO HOME.

Transport from school via school minibus/coach to our Friday camp in **Acres Down, Robins Bush Road, Lyndhurst, SO43 7GE. Saturday night will be in Braggers Wood Scout Camping & Activity Centre, Braggers Lane, Bransgore, BH23 8EF.** Students need to arrive in school **BY** 4pm Friday 10<sup>th</sup> May in their expedition gear, with all their kit, borrow if you can, rather than buy, including rucksack and 2 litres of water that we will top up throughout the weekend. If students do not have time to go home after school and get back for 4pm, students can bring their kit in to school on Friday and store it in school for the day and get changed after school.

**Pick up Sunday 12<sup>th</sup> May: Students to be collected around 3pm from Brock Hill carpark (just off Rhinefield Ornamental Drive).** There is only the one car park which might be busy, so car sharing may be advisable. Timing for the students may fluctuate and we will try to communicate if this is the case.

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
- Sleeping bag, 2 seasons should be enough in May but keep an eye on weather
- Two pairs of walking trouser/tracksuit bottoms/leggings (Thick walking, running, cycling, rowing ones not cheap see-through ones please). Shorts are probably not going to be appropriate, but the risks of sunburn/mosquitos/ticks are yours to manage
- At least 2 t-shirts and layers, a clean one, a warm hoody for the evening and a base layer plus something 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 washing up liquid if needed. (Can be part of group kit)
- Insect repellent, sunscreen, hat for sun and/or rain, beanie for evening
- Torch/head torch, plate, fork/spoon, mug, bowl
- Anything else you think you will need but nothing you don't!

- Optional items: Small ball or pack of cards, camera, camping pillow, nightwear, frisbee, evening entertainment - **NO ELECTRONICS - they will be confiscated if seen as per the school mobile phone policy**
- **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 there. First aid & food can be shared between the whole group. Keep the weight down as best you can!

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

Students need to bring food for the following meals.

- Friday evening meal
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- Therefore - 2 evening meals & 2 breakfasts that need to be “cooked”, 2 **cold** lunches
- Snacks for lunches such as cereal bars, fruit and nuts, brioche rolls
- Emergency rations just in case. Haribo, Jelly Babies or other sweets.

Due to restrictions we **CANNOT** use stoves within the New Forest outside of camp sites. We can use stoves for Friday evening meal, Saturday breakfast (make it a large meal), Saturday evening meal and Sunday breakfast (another big meal). Saturday and Sunday lunches will be on the go, so snack bars, brioche rolls, wraps, biscuits etc will be needed. Students could cook pasta in the morning and then add a sauce and pasta to a bag to eat cold for lunch for example. My advice would be to use camping food for Friday evening, Saturday breakfast, Saturday evening and Sunday breakfast, for lunches use wraps or rolls along with other snacks that are filling.

There may be shower facilities at the campsites, but we cannot be certain they will be available. Please make sure students have some biodegradable wipes for camp, deodorant and spare underwear and tops as needed. Students will be away from camp for 7-8 hours Saturday and Sunday so away from toilet facilities; for the girls especially, please prepare as best as they can. There will be some spare sanitary products if any are needed by students and any issues around this please come and see me. Some dog “poo bags” may be useful to put any toilet paper in rather than leaving it scattered in the undergrowth.

### **Mobile phones and contact**

Any mobile phones will have to be switched OFF, or have sim cards removed, 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 as per the school mobile phone policy. If being used as a camera they need to have SIM cards removed but the best option would be either an old phone or a digital camera - social media blackout for the weekend!

For any **EMERGENCIES** the first point of contact would be myself. 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**. Phone reception in the forest can be temperamental, therefore a text message may be better than a call.

Please complete the medical consent form and return to Student Support by **Tuesday 16<sup>th</sup> April 2024**.

Yours faithfully,



Mr Evans  
DofE Manager, Highcliffe School



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

TO BE RETURNED TO STUDENT SUPPORT BY TUESDAY 16<sup>TH</sup> APRIL 2024

PARENTAL CONSENT FORM (for children and young people under the age of 18)			
Event: Year 10 DofE Silver Practice Expedition		Date: Friday 10 <sup>th</sup> May – Sunday 12 <sup>th</sup> May 2024	
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: