

April 5 2019

Dear Parent / Carer,

Duke of Edinburgh- Expedition practice and assessment itinerary

We have finalised plans for this years D of E expedition. This includes some training days on the river and practice camps as follows:

Training & Practice 1

Wednesday 1st May Arrive at school as usual.

Paddle training at Hurley on river in canoes.
Overnight camp at private woods in Marlow.

Thursday 2nd May Return to school, debrief, travel home as usual.

Training & Practice 2

Wednesday 8th May Arrive at school as usual.

Paddle training at Hurley on river in canoes.
Overnight camp at Hurley.

Thursday 2nd May Return to school, debrief, travel home as usual.

Assessed expedition

Monday 21st May Arrive at school as usual.

Assessed canoe paddle on river Thames from Henley
to Hurley

Assessed overnight camp at Hurley.

Tuesday 22nd May Assessed canoe paddle from Hurley to Cookham.

Return to school in time for usual transport home.

Students will need to bring food with them for their trips including a packed lunch for the first day, food to cook for their evening meal, breakfast (day 2) and lunch for day 2. Further details will be sent the week before the camp.

Students will need to bring some kit with them, tents and waterproof trousers and jackets will be supplied.

Kit List (Please pack in a backpack or small holdall)

Please keep everything as lightweight as possible, the students will need to carry their own bags, micro fleeces etc are lighter than hoodies. We will be near the river and it could rain so we would advice that everything is packed into dry sacks or secured bin liners to keep kit dry.

At least 2 changes of clothing including underwear
Hoodie or fleece (the temperature will drop at night)
Coat / lightweight jacket
Pyjamas
Towel
Toiletries:- flannel, shower gel, shampoo, toothbrush, toothpaste, deodorant (small travel ones are best and lighter to carry)
Trainers, wellies and old pair of shoes which can get wet during sailing (surf shoes are ideal)
Sleeping bag
Pillow
Sleeping/roll mat
Torch and spare batteries – essential as we are on a camp site where there are no lights (head torches are great).
Sun hat / peaked caps are best as they also help keep rain off the face.
Sun lotion (small)
Mosquito repellent (small), we are camping riverside so they may need this in the evenings.
Small anti-bacterial hand gel
Tissues
Small pan that can be used on a gas camping stove.
Small cool bag with frozen ice blocks to keep food cool.
Wooden spoon
Plastic plate, plastic bowl, plastic knife, fork and spoon
Plastic water bottles (at least 2 litres)
Drinks they may require (small squirty squash, hot chocolate sachets etc)

Snacks that don't need to be kept cool

A small (travel size) washing up liquid & scourer (students can liase and share)

A small can or spray oil for cooking food. (students can liase and share)

Sachets of sugar or sauce they may want for their meals (optional)

If you need any support with any of these items please contact myself or Claire.

Trip Rules for students

Rules for pupils - School rules apply at all times.

- Follow instructions of staff and site staff at all times
- **No Mobile phones** can be taken, if a student does not adhere to the rule, parents will be called to collect them. It is a D of E rule that participants can not take phones on expedition. Please leave them at home, if you bring them they will be locked in a cupboard at school until our return. If this rule is broken students will not participate in any further camping expeditions and therefore will not be assessed.
- Pupils will only have access to their tents.
- Pupils must stay with group in designated areas at all times.
- Pupils are not permitted to chew gum.
- Personal music players are permitted at appropriate times if headphones are used.
(mobile phones can not be used as personal music players)
- Pupils must not enter a bathroom that is occupied. 2 Staff will support any student needing assistance with personal care to uphold Safeguarding guidelines.

Pupils who do not follow the rules are at risk of being sent home early which will result in parents picking them up from the venue. We ask that you discuss this with your son/daughter so that they understand the importance of following the rules.

If a parent needs to contact their son/daughter in an emergency, this can be done quickly with a call to the school during the day time, Staff from Manor Green will call staff on the trip straight away. In the evening you can contact the D of E or trip manager on a number which will be sent out prior to each camp.

If your son/daughter has any medication they take outside the normal school hours, please can you complete the information on the reply slip and forward an email or call myself or Claire asap, we will send medication letters home to you to complete and return prior to the first camp with details of when and how to send medication in.

If you have any other concerns, comments or suggestions, please do not hesitate to contact myself or Claire at school.

Please can you return the reply slip by Wednesday 24th April.

We're all very excited by the trips, and look forward to the students having a really enjoyable time.

Yours sincerely,

Sharon Astle
DofE Manager
Sharon.astle@manorgreenschool.co.uk
Claire.walters@manorgreenschool.co.uk

Claire Walters
DofE Leader

I give permission for my son/daughter

..... (name) to participate in the Duke of Edinburgh expedition training and camps.

My son/daughter has medication that will need to be administered during the camp. Please list all medications so forms can be sent home for signatures.

1.
2.
3.

Signed Print name:

