

Year 10 Bronze Award

May 2023



Practice Expedition Feedback

Overall we were really pleased with the achievements, behaviour and resilience of the students on their first ever expedition. This is always the most challenging expedition in terms of preparation and the physical demand that students may not be used to. There are a few issues that we would like to address before the Assessed Expedition takes place:

- Most students packed their rucksack well and they were the appropriate mass. Students (not parents) should pack their own rucksack and keep the mass to a minimum (it should be no more than a $\frac{1}{4}$ of their own body mass - use bathroom scales to check).
- The assessed expedition could be very hot and students lose a lot of fluid in the heat and with physical exertion. They need to be carrying and drinking at least 2 litres of water per day, then more at the campsite that evening to avoid dehydration, nausea and headaches.
- Roll mats/Thermarests can be fastened on the outside of their rucksack but must be in a black bin liner (even if it says the bag is waterproof). Nothing else should be on the outside of their rucksack.
- All students in an expedition group must work together to support each other at all times. This means sharing kit equally and walking together closely as a group at all times.
- Students are not permitted to bring a mobile phone on expedition (apart from the one member of each group designated to have one for emergencies). Under no circumstances should students use a mobile phone to contact parents directly without communicating with us first - we are responsible for students on the trip and need to assess the situation first and ensure parents do not unduly worry or are misinformed.
- A significant number of students were absent from school on Monday. Whilst we understand that this first expedition might be a 'shock to the system', DofE Expeditions are an extra-curricular activity and we cannot let this interfere with students' statutory education. We would ask for parental support in ensuring that students attend school following an expedition. Students will not pass the Assessed Expedition if they do not attend school the following day, unless there is intervention required from a medical professional (for example, an injury requiring medical attention from a GP or hospital).

Use of eDofE

There are a significant number of students that have not enrolled on eDofE or submitted activities for initial approval. This officially means they are not insured or authorized by us to begin activities (even if they have already started them). All students must urgently submit all of their activities for initial approval otherwise we may decide to not take them on the Assessed Expedition. There are however, 4 students who have completed all the sections of the award and following the expedition in June, their award will be complete and they can enrol on Silver straight after this. **Please encourage your son/daughter to keep their eDofE account up to date - it is the only way we can track what they are doing!**

Bronze Assessed Expedition Planning

The planning of the Assessed Expedition will take place after school from 3:10pm until 5pm in B2.5 on the dates below. Please let your son/daughter know about this. This is compulsory so if there is a significant reason why a student cannot attend, please email our DofE email - this may mean moving the whole group's planning to the other day and we would like to avoid this.

Groups 1-7 - Wednesday 10th May

Groups 8-13 - Thursday 11th May

Bronze Assessed Expedition - Saturday 10th - Sunday 11th June

Students will be required to arrive at school no later than 8am on Saturday 10th June, entering the green gate (Parents are not permitted to come in with them) and gathering in the atrium with their group for kit checks.

We will travel to the expedition area by coach, camp for one night and return to school at approximately 5:30pm on Sunday 11th June - we should be able to send a message to parents when we are 45 minutes away. Please wait for this message before setting out as you will not be able to access the school site in advance.

If any emergency contact details or medical needs change in advance of the expedition please email our DofE email address below.

The campsite we will be staying at on both nights is Shipston Enterprise Centre CV36 4DQ (If unable to contact us on our mobile phones please use this number 07507 226267)

In case of emergency, parents can contact staff via the DofE mobile phones:

07506 705597 or 07928 159529

Mr Withey & Miss Wilson

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