



Dear Parent/Carer

Duke of Edinburgh Award Scheme: Bronze Activity Weekend

This letter is to inform you about the activity weekend. We are going to an activity centre in Norwich called Whittingham Outdoor Centre, Whittingham Lane, Trowse, Norwich NR14 8TR (01603 632307). We will camp at Whittingham Broad Campsite, address as above, (07794 401591): please remember that these phone numbers should be used for emergencies only. Transport will be by bus, leaving school at 2.00 pm on Friday 23 March and returning on Sunday 25 March at approximately 4.30 pm.

Students will visit Whittingham Outdoor Centre during Saturday and will have the opportunity to do a selection of activities from climbing, paddle boarding, archery, bush craft and team challenges. When we return to the campsite on Saturday afternoon, students will follow a further programme of activities. On the Sunday, students will be required to follow a pre-planned route and practice their navigational skills. While at Whittingham, participants will also complete all of their camp-craft training. Participants should bring and use their full expedition kit.

PERSONAL KIT:

- large rucksack (approximately 55-65 litre capacity)
- strong, large plastic bags (to line your rucksack)
- sleeping mat and sleeping bag (in a waterproof bag)
- watch and torch (and spare battery)
- emergency food rations (NOT to be eaten until the end!)
- water bottle (to hold 1 to 2 litres)
- knife, fork, spoon, plate/bowl and mug (plastic)
- box of matches (sealed in a dry container or bag)
- wash kit (small) and towel (small)
- clothes to wear whilst walking including walking boots (broken in), walking trousers (warm; **NOT jeans**) and walking socks
- waterproof over-trousers and cagoule/coat (it must be waterproof and windproof)
- spare clothes and trainers for activity centre which may get wet/muddy
- hat and gloves

GROUP KIT (*items in bold will be provided by the school*):

- **tent**
- **stoves (& fuel) including cooking pots**
- scourers, washing up liquid and tea towels
- **maps (1:25 000)**
- **compass**
- plastic bags (for rubbish)
- first aid kit

FOOD (*Students will need to work as a group to bring sufficient food for the following meals*):

- Friday evening meal – e.g. quick cook pasta and sauce, couscous or rice (tins are not allowed)
- Saturday morning breakfast
- Packed lunch for Saturday
- Saturday evening meal (see Friday evening)
- Sunday breakfast
- Packed lunch for Sunday

Prohibited Items

(Students must not bring any of the following. If they do you will be called and asked to collect your son or daughter immediately):

- Cigarettes
- Alcohol
- Drugs

In addition, valuables (mobile phones, iPods etc.) are **not allowed** on any Duke of Edinburgh weekend so please ensure that your son/daughter leaves them at home. There will be a kit inspection before leaving school and any such items will be locked away for the weekend at the students' own risk. If a student is found with these items over the weekend, we may call his/her parents, as he/she will have ignored clear instructions.

Please note students will need to bring their spare change of clothes and lunch to Whittingham Outdoor Centre on the Saturday and during the practice walk on the Sunday and will therefore need to bring a day sack (school rucksack) for these items. During Sunday's walk students will be able to leave their large rucksacks at the campsite.

The emergency telephone number is 07917 552338. Insurance is covered by the Academy, details of which are available on request.

Payments

Thank you very much if you have already made the payments for the Duke of Edinburgh, Bronze Award. If not, please be reminded that full payment should be made by 28 February 2018.

The cost of the expeditions this year is £110. This sum covers all costs involved in the organisation of the expeditions including transport, accommodation, maps, equipment, fuel and admin costs. In the unlikely event that a weekend is cancelled, every effort will be made to offer a refund, although, owing to the nature of these activities it may not be possible. Please be aware that, once payments have been made to campsites, coach companies, activity providers etc. you will be expected to pay the whole amount of the trip, whether or not your child changes their mind about attending.

We reserve the right to not take any pupil whose behaviour is considered in any way antisocial or unsafe. The Academy is required to undertake a risk assessment for all trips and visits. We cannot allow any student to take part in an activity unless any risk involved is assessed as being low.

If you should have any questions, please do not hesitate to contact me via: bdickerson@longsands.cambs.sch.uk

Yours faithfully



Mr B Dickerson
D of E Co-ordinator