



March 2019

Dear Parent/Guardian

Re: Gold D of E Practice Expedition

I would like to take this opportunity to write to you regarding the Gold Practice D of E Expedition.

The participants should have been working on their sections: Skills, Physical and Volunteering. However, whilst a number of students have worked very hard with this, others have not even uploaded their sections on the edofe system. Despite a number of meetings, students have been ignoring my request to get organised. Therefore, students have been given the deadline of **28th March 2019** to complete this.

Expedition information

The Practice expedition will take place in the Brecon Beacons. The expedition will now take place on the **24th April to the 27th April 2019**. Please note the expedition now finishes on the 27th April and not the 28th as previously stated.

Equipment

Your son/daughter should now be well versed in what equipment they need take on expedition. A kit list was issued during a meeting on the 20 March 2019. Should another copy be required, it can be found on the D of E website.

This expedition is the longest the participants will have undertaken so far. Therefore; they will need to work on the packing of the expedition rucksack: "Light is Right" will be a very useful mantra. Students must work on their own clothing and equipment as well as that of the team. Communication with others in the team will be essential – this is a vital skill that some of the groups found difficult during previous expeditions.

The most important part of carrying any equipment is that it is water tight. With the weather in March being increasingly unpredictable, I would highly recommend the use of a specifically designed **waterproof rucksack liner or garden sacks**, they should not bring black bin bags unless they are heavy duty. There's nothing worse than a wet sleeping bag!

Tents will be provided by BXM, however participants can bring their own ones if they wish, but they must check with myself Mrs O'Neill that the type and size is compatible with the requirements of the expedition.

Stoves are also given to groups, however participants must remember to bring their own **mess tins**.

Participants must have a **waterproof coat and bottoms** for this expedition. Please, if unsure, check with Mrs O'Neill. On a previous Gold expedition some of the student's coats were only showerproof and not be suitable for a four-day expedition.

Headmaster Mr R Bernard MA

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Mobile phones should not be used on the expedition. They can bring them to use on the minibus and to phone parents after the expedition, but during the expedition they will be sealed in a plastic sandwich bag and only available in an emergency.

Pre-expedition expectations

If your son/ daughter participates in sporting activities, they should cope well with the demands of an expedition, the challenges of steeper terrain and the carrying of a well packed rucksack. If new boots (**not walking trainers**) or rucksacks are to be used on expedition, they should be thoroughly broken in and well fitting. Although the participants have been fully advised, they may need you to encourage them that this will make the expedition a much more comfortable and ultimately more enjoyable.

Food is not included in the price. As with other expeditions students need to provide their own food and be self-sufficient for the duration of the 4-day expedition. Again during the Training Day this was addressed and ideas given to the groups. They need to work as a team on this aspect on the expedition.

Arrangements for Travel

Participants will need to meet at NSB swimming pool car park at **05:45** the morning of the **24th April 2019**. Participants should travel in the clothes that they will be walking in. Trainers can be worn on the minibus for the journey, but they will change into walking boots as soon as they get there. If they desire they can bring a change of clothing for the journey home but this must be packed into a small bag and this will be left along with their trainers on the minibus.

Participants should arrive back to NSB at **15:00** on **27th April 2019**, however this is dependent on students walking to their route plan and leaving camp on time! It will also be very much dependent on the traffic. Participants will telephone on approach to Northampton with an up to date ETA.

Emergency Contact

Due to the location of the expedition mobile contact is sometimes difficult. If you require assistance, please contact the school during office hours on 01604 230240. Out of hours contact should be through: Mr M Kneeshaw (Deputy Head) 07968530221 Please **DO NOT**, under any circumstances, use this number for general information or for non emergency communication. The school will then endeavour to contact me.

If you require any further information, please do not hesitate to contact me at the school.

Yours faithfully

Mrs T O'Neill
D of E Leader Manager

Please return reply slip to Mrs T O'Neill by Friday 28th March

WITH THE ATTACHED BXM MEDICAL CONSENT FORM

I/We* have received the letter regarding the April Gold Practice Expedition and wish my son/daughter to take part. Having read the information sheet, I agree to him/her taking part in the activities described.

Name of Student: _____

Signature of Parent/Carer: _____

Date: _____

