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20th February 2018

Dear Parents & Carers,

Duke of Edinburgh Award

The year 11 Pupils have been working hard on their Duke of Edinburgh award this year, and are on track to complete the Silver level before they leave. They now need to complete the expedition section of the award, which aims to encourage young people to enjoy and engage with the countryside.

The practice expedition will begin on **Tuesday 27th March** leaving from school after lunch. We will return for **5pm** on **Thursday 29th March**. Pupils will need to be collected at 5pm.

Practice Expedition - Duke of Edinburgh Silver Award
27th – 29th March at Blackland Farm + St Ives campsite

We will travel by minibus to Blackland Farm in East Grinstead and practice key skills needed for the assessed expedition in June. The pupils will plan and navigate a route in teams of 6 or 7, as well as set up their tent, and cook a meal. The pupils will be supervised during the majority of the trip, and will be asked to complete short sections of the route with remote supervision.

We will spend the first night at Blackland Farm and the second night at St Ives campsite in tented accommodation. Pupils will need to bring a **sleeping bag**, good shoes for walking, lots of warm clothing and some waterproof clothing. Please try not to send new clothing as the expedition may involve pupils getting a bit dirty. Also, please ensure that all items brought by pupils are very clearly named. All food will be provided on the trip, however pupils are welcome to bring additional snacks and drinks to have during the walking.

We are asking for a contribution of £30 per pupil. This will help cover transport, food, and accommodation. **If sufficient funds are not received the trip will not be able to go ahead.** Attached are consent and medical information forms. Please complete and return these to me as soon as possible. These forms will help us to keep your child safe whilst we are away and pupils will not be allowed to participate without them being returned.

Should you have any questions, please contact me at sbrooks@carewacademy.org

The second assessed expedition will be **Monday 25th June – Wednesday 27th June 2018**.
A more detailed letter will be sent out closer to the trip.

Best wishes,

Stephen Brooks
Teacher and Duke of Edinburgh Award Manager
sbrooks@carewacademy.org

Equipment List

- A sleeping bag
- Sensible shoes for walking
- Old clothes, including warm jumpers, hat, gloves, and a scarf - pupils will definitely end up getting a bit mucky so don't bring anything new / precious. Ensure all belongings are clearly named.
- Wash kit - including a soap, toothbrush and toothpaste and brush/comb
- Towel
- Wellies
- Waterproofs – waterproof jacket and trousers if you have them!
- Personal medication (clearly named in a sealed container)
- Night clothes
- Hat (appropriate for the weather) and gloves
- Camera
- Torch
- Drinks Bottle
- Reading book
- Maximum of £5 Spending money (in a clearly-named wallet / purse)
- A packed lunch
- Snacks to eat during the walks

Pupils will be given a rucksack to transfer items needed for the walk on their arrival at the centre.

Medical Information

Activity Date: Tuesday 27.3.18 – Friday 29.3.18

Activity Location: Blackland farm, East Grinstead + St Ives campsite, East Sussex

Activity Type: Residential Visit/ Expedition

1. To be completed by the parent / guardian of participant

Child's Name: _____ Male Female

Home Address: _____

_____ Postcode: _____

Tel No: _____ Date of Birth: _____ Age: _____

2. Parent / Guardian Details (We will use these details to contact you in the event of an emergency)

Name: _____

Address (*if different to above*): _____

_____ Postcode: _____

Tel No (Home): _____ Tel No (Work / Mob): _____

3. Medical Information

Child's Doctor: _____

Address: _____

_____ Postcode: _____

Tel No: _____

4. Does your child have a disability that the instructors should be aware of?

Yes _____

No _____

If Yes, please provide details of the disability including any assistance which your child may require

5. Does your child suffer from any medical conditions?

Yes _____

No _____

If Yes, please specify the name of the medical condition(s) e.g. asthma, epilepsy etc

6. Does your child currently take any medication?

Yes _____

No _____

If Yes, please provide details of the medication (please write clearly)

Medication Name <i>(as it appears on the label)</i>	How much is to be taken? <i>(e.g. 1 spoonful, 2 puffs etc)</i>	How often is it to be taken? <i>(e.g. once every day)</i>	When is it to be taken? <i>(e.g. in the morning, in the evening etc)</i>

7. Can your child self-administer their required medication?

(This question must be answered if you answered Yes to Question 6)

Yes _____ No _____

If No, please provide details of how we can assist your child

8. Does your child have any dietary restrictions?

Yes _____ No _____

If Yes, please provide full details below

9. Is there any other relevant information about your child which you as the parent / guardian would like to make us aware of e.g. phobias, dietary requirements, bed wetting (for girls, managing their monthly menstrual cycle etc), specific sleeping arrangements?

PLEASE COMPLETE AND SIGN BELOW:

I agree to my son/daughter receiving medication as instructed and any urgent dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered by the medical authorities present. I will inform Carew Academy of any changes to any of the above information should any changes occur prior to the trip to High Ashurst Outdoor Education Centre.

Signed Date.....

Name Relationship to Child