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March 2018

Dear Parents and Guardians

Bronze DofE Training and Practice Expeditions:
Fri 20 - Sun 22 April and Fri 27 - Sun 29 April 2018

The first of our training weekends is immediately after the Easter break, and the second a week later. Each student needs to attend one of the two weekends. All cricketers should be coming on the first trip, as the second trip will clash with a major fixture in which several teams will be fielded. Should your son need to go on a particular weekend owing to another commitment, please indicate this on the reply slip.

I hope the boys have filled you in on the general plan. It is as follows:

Weds/Thurs before the Easter: after school 3:30pm - 4:30pm meetings as usual.

- Briefing re: arrangements and safety.
- Tents and stoves, rucksacks and rollmats for borrowing will be sorted out at these meetings for those on the first trip.

Week commencing 16th April: no meetings afterschool, but a final briefing will take place earlier at lunchtime or in form time for those on the first trip.

Friday:

- By 8:30am boys bring their kit to school packed and ready to go – I will tell them where to leave their bags during the afterschool meetings.
- 3:45pm – boys change into DofE clothes, meet in school hall ready to depart.
- Walk in groups of 12 or so to Jobbers Wood, where we do some navigation and campcraft training and then camp overnight.

Saturday:

- Boys walk with staff in groups of 10 or 12, developing and practising their navigation skills and working as a group, as well as revising safety on roads etc.
- Return to Jobbers Wood, plan a route for Sunday and camp overnight.

Sunday:

- Dependent on progress on Saturday, boys walk with staff or in unaccompanied groups supervised remotely from Jobbers Wood to either Manuden or Patmore Heath (some groups will go to each) for about 12pm.
- The boys can be picked up from these locations once they are finished walking. Those who cannot be picked up from their finish point will be ferried back to school by minibus.

Tuesday morning after each trip: kit return. Kit MUST be returned clean and dry in person, with tents COMPLETE. After school meetings the week after the trips will be on.

The midday finish should allow those with any Sunday afternoon fixtures to complete the walk on Sunday and make it to their games - they can get up a little earlier if they are worried about being late. Any students who need to leave earlier, or first thing on the Sunday from Jobbers Wood because of another commitment should speak to me in person to make alternative arrangements.

Things the students will need to bring:

- Packed lunch for Saturday, snacks for both days (ingredients for breakfasts and dinners will be provided for the boys to cook - please indicate dietary requirements on the reply slip).
- Kit - see attached list, noting the things that can be borrowed from school.



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With regard to kit, the boys received a Cotswold Outdoor discount card with their DofE Welcome Pack when these arrive. In the meantime, a copy of this letter will likely be enough to get you 10% off. Many other outdoor stores exist, may be more reasonable, and will often give a similar discount to DofE participants if you ask nicely. If you are splashing out on new boots, it is important they have ankle support (a proper boot is preferable to a half-height boot or a shoe), but they need not be incredibly expensive all-singing, all-dancing boots. Many outdoor shops currently have sales on last season's stock, so bargains can be had, but it is important to try boots on before you buy and advice – and foot measuring – is often available in the shops. Some people get on very well with army surplus 'paratrooper' boots, which can be relatively inexpensive. If you are having trouble with the cost of boots and cannot find a suitable pair to borrow, please get in touch as I may be able to find a few pairs that boys can borrow. Some boys do get by with trainers, but these are far less comfortable in poor weather, and the risk of injury to the ankles is greatly increased, so this is not recommended.

The point of the trip

The purpose is to develop and then demonstrate the skills necessary to navigate and walk as a group safely, so that we can confidently allow the boys to plan and carry out their assessed expedition independently in June. It is vital that all the boys use this opportunity to take a full part in the navigation, to consider how they can work together and support each other in a walking group, and to show they can look after themselves and each other - including around the hazards of roads and stoves - by acting sensibly and thoughtfully. They should not consider it a race, or just a walk they have to complete for the sake of it.

As such, I will be deciding the walking groups for this weekend, and there may be some changes to them as the weekend progresses. The boys will have a say in the composition of their groups for the assessed expedition in June; this will be sorted out in the after school sessions that follow this first trip, so that the boys can plan their final expedition in their intended walking groups.

Valuables

The boys need not bring mobile phones, iPods and so on, and any they do bring will be their own responsibility. I firmly believe that such devices can detract from the experience of the expeditions, and the boys will not be permitted to listen to music on headphones or otherwise or play games whilst walking - for obvious safety, as well as social, reasons. While mobile phones have a useful role to play in the unlikely event of an emergency (for this reason, the groups will be allowed to carry a phone turned off for the final expedition), it is an important part of the experience that the boys feel somewhat removed from the outside world and self-reliant. I am also keen that they talk to their group members and staff on the trip in the first instance if they are having problems, rather than calling home, as staff on-site are in a better position to provide assistance.

The cost of this trip will be £12, to cover food, fuel for cooking and minibuses, copying of maps and so on. As a reminder, the Assessed Expedition is scheduled for the weekend of 8th to 10th June, and will be in the South Downs National Park, near Eastbourne. Being further afield, last year this trip cost £40 and the cost of this year's trip should be broadly in line with that figure.

Please complete and return the reply slip as soon as possible and by Thursday 15th March at the latest. Students and parents will be notified of final allocation to weekends by Monday 19th March. Please also make the payment of £12 via ParentPay at your earliest convenience.

Should you have any concerns or questions, please don't hesitate to contact me at school via email.

Yours faithfully



Bob Rawlinson-Mills

Deputy Head of Sixth Form and Bronze DofE Leader
robert.rawlinson@tbshs.org

THE BISHOP'S STORTFORD HIGH SCHOOL

FORM OV 7A PARENTAL CONSENT FORM



To be completed by Group Leader/Organiser

Visit:	Bronze D of E, Jobbers Wood	
Group Leader:	Mr R Rawlinson-Mills	
Date of Visit:	From: Fri 20 April/27 April	To: Sun 22 April/29 April 2017
Please tick to show your preference (if any) between the two trips. Please give a reason were appropriate.	<input type="checkbox"/>	My son is a cricketer so needs to go on the 20-22 April trip
	<input type="checkbox"/>	My son is not a cricketer but needs to go on the 20-22 April trip because...
	<input type="checkbox"/>	My son can go on either trip but we would prefer the 20-22 April one
	<input type="checkbox"/>	My son can go on either trip and we don't mind which
	<input type="checkbox"/>	My son can go on either trip but we would prefer the 27-29 April one
	<input type="checkbox"/>	My son needs to go on the 27-29 April trip because...

To be completed by the parent/adult responsible for a child/young person.

Child/Young Persons Full Name:
Date of Birth:
Does the above person: <ul style="list-style-type: none"> • Have a medical condition requiring medical treatment or medication? Y/N • Have an allergy to certain medications? Y/N Is he/she able to administer his/her own medication? Y/N Please give details of medical condition/treatments or allergies to medications below:
If your child uses an inhaler, then the leader of the visit should be given a clearly labelled spare in case of emergency or loss. (Similarly with any other medicines that he/she may need through out the visit).
Has he/she been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may become contagious or infectious? Y/N If yes, give details:
Does he/she have any special dietary requirements? Y/N If yes, give details:
I wish to draw the following to the Group Leader's attention (e.g. allergies, phobias, travel sickness, toileting difficulties, sleep walking, recent operations or treatments, other conditions which may affect fitness to participate in certain activities):
SWIMMING ABILITY If water based activities are planned, please detail the child/young persons swimming ability below: N/A

EMERGENCY CONTACT INFORMATION

		MAIN	ALTERNATIVE
Name:			
Relationship:			
Address:			
Telephone Numbers:	Day: Evening: Other:		Pupils own mobile if taken on trip:

FAMILY DOCTOR DETAILS

Name:
Address:
Telephone Numbers:
National Health Number:

DECLARATION: I have received and understood the details of the visit.

I agree that (full name of child/young person) _____:

- can participate in the visit and activities described;
- can be transported in the private vehicles of staff/volunteers supervising the visit;
- is in good health and fit to participate in the activities described;
- can receive medical treatment as necessary.

I undertake to inform the Group Leader as soon as possible of any change in medical circumstances.

I acknowledge the need for the person named above to behave responsibly and agree to the school's procedures in this respect.

Signed:	Name in Capitals:
Relationship	Date:
Address:	
Postcode:	
Telephone No:	

THIS FORM OR A COPY MUST BE TAKEN BY THE GROUP LEADER ON THE VISIT. A COPY SHOULD BE RETAINED BY THE EMERGENCY CONTACT.

The declaration on this form must be signed by someone with parental responsibility for the child.

Bronze DofE Kit List 2018

Guidance will be given in meetings and on the weekend on how to pack, adjust, and wear a rucksack. Essentially, things that need to be kept dry should be well-wrapped in separate substantial plastic bags (cheap black bin bags are often too easily torn). Heavier items should generally be lower down in the rucksack, nearer the back, and hence the centre of mass of the wearer. Things that will be needed in a hurry (such as waterproofs!) should be packed at the top of the bag. (NB: * denotes kit that can be borrowed from school.)

EQUIPMENT

- Full size rucksack*
- Boots (These should be sturdy with good ankle support and grip. Students might get by with sturdy trainers on the training weekend, but be aware this carries an increased risk of ankle injury as well as discomfort in the event of wet weather.)
- Waterproof Jacket
- Waterproof Trousers
- Sleeping bag (in a thick plastic bag or drybag)
- Carry mat*
- Torch (needs to be kept dry!)
- Plastic/metal mug and bowl, knife, fork and spoon

CLOTHING (to be packed in thick plastic bags (e.g. rubble bags) or drybags within the rucksack)

It is best to wear several layers of thinner clothing that allow adjustment during the day. Jeans and bulky hoodies make bad DofE clothing as they become very heavy when wet and dry very slowly. Sports kit – for running or games – often makes good walking kit too.

- Hat and gloves in case of cold
- Sun hat
- Long trousers
- (Shorts)
- T-Shirt or light shirt
- Warm long-sleeve jumper(s)/fleece/top(s) (two thinner ones are better than one thicker, bulkier item)
- Changes of socks and underwear
- Spare change of clothing (packed in its own plastic bag or drybag)

PERSONAL KIT

- Emergency rations e.g. Chocolate, nuts, jelly, glucose tablets etc (these should be uneaten at the end of the weekend!)
- Light wash kit including toothbrush and toothpaste
- Insect repellent
- Your own Basic First Aid Kit e.g. plasters, any personal medication, headache tablets, **pen, pencil and paper** in case of emergency
- Sun cream/block
- Vaseline (Top tip: apply to all areas of skin that may rub)
- Water bottle – 1.5 litres at least total

FOOD

- Snacks for while walking (e.g. cereal bars, malt loaf, biscuits, sweets – not chocolate as it may melt!)
- Packed lunch for Saturday (sandwiches tend to get squashed, so pittas are a DofE staple, or you might consider wraps and so on. I find Warburtons Sandwich Thins with peanut butter in are very nice and pretty indestructible.)

GROUP EQUIPMENT

- Tent*
- Trangia stove*
- Fuel in Sigg Bottle*
- Matches/Lighter* (keep dry!)
- Washing-up sponge*, detergent* (decanted into a smaller bottle), tea towel
- Carrier bags for rubbish

Sunday Pick-Up and contact information

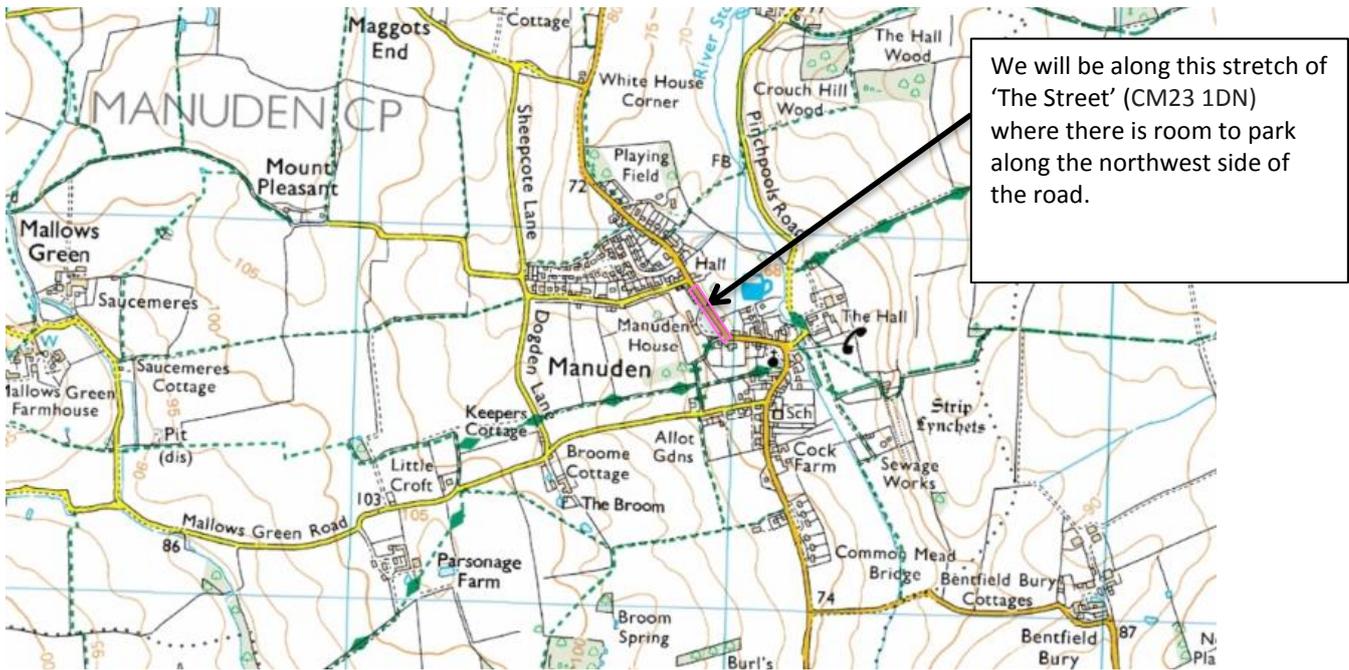
The school mobile number on which we can be reached for the weekend is **07505 840078**.

Here are maps with directions to the end points of our Sunday walks. The boys will be aiming to reach them at midday. They will be permitted to use phones to let you know if they are running late.

If you can arrange to share lifts that would reduce traffic at the end points, which would doubtless be appreciated by local residents.

If you prefer, your son may wait to be ferried back to school in the minibus – this will likely be nearer 1pm at school, but again, the boys will be permitted to contact you to let you know if this is any different.

Boys with surnames A to K will be finishing on Sunday in Manuden:



Boys with surnames L to Z will be finishing at the car park at Patmore Heath:

