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Dear Parents and Guardians

Bronze DofE Assessed Expedition, South Downs, 9th - 10th June 2018

After two very successful weekends developing and practising their skills at Jobbers Wood, the boys will be off to the South Downs to complete their Bronze Expeditions on Saturday 9th June.

We will be meeting at school at 5.45am on the morning of Saturday 9th, with the boys starting their expedition once we arrive in the South Downs. They will walk the route they have planned for Saturday and Sunday independently, camping overnight (accompanied by staff)

The itinerary will be as follows:

Saturday 8th - Sunday 9th:

- Meet at school at 5.45am for a 6am departure for Eastbourne by coach and minibus. Students will be driven directly to their various start points.
- In the groups they have chosen, boys walk the route they are planning, aiming to complete at least 6 hours of planned journeying each day, working together as a well-prepared, self-sufficient team. Staff will supervise remotely, seeing the boys through checkpoints and keeping track of their progress. The Saturday night will be spent at one of two campsites, with several staff camping at each site.
- The boys will aim to finish by 2pm on the Sunday and we will hope to return to TBSHS between 5pm and 6pm, though our return time will depend greatly on the boys' progress and on the weekend traffic (a more accurate ETA will be communicated by the boys once we are en route, and also tweeted from @tbshsdofe and @tbshsmaths).

Things the students will need to bring:

- Kit as for the earlier trip (list attached) packed into their rucksack, with all items that need to be dry packed in separate plastic bags within the rucksack.
- Food for all meals: Saturday lunch and dinner, Sunday breakfast and lunch, plus snacks. The boys should plan their meals together, so that perhaps each buys and carries food for one meal for a whole group, or half a group, and then costs are shared. The boys saw many different options on the training trips; some of these are included on the reverse of the kit list.
- **Water, breakfast/a snack for the journey, and their waterproofs in a separate carrier bag to take with them on the coach/minibus, as they will not have access to their big rucksacks until they reach their start point.**

Please note that rucksacks, roll mats and tents can be borrowed from school and will be issued during the week preceding the trip, along with stoves which will be supplied by school (students should not bring any stoves, fuel or fire-making equipment of their own).

The point of the trip

The purpose is to plan and carry out their journey independently, meeting the '20 Conditions' set by the Duke of Edinburgh's Award. Each group will choose an aim or purpose for their expedition and give a presentation back in school on their findings. The boys will need to take a full part in the navigation, work together and support each other as a team, and look after themselves and each other - including around the hazards of roads and stoves - by acting sensibly and thoughtfully. They should not consider the expedition a race; the important thing is to arrive at the time they plan to, not as soon as possible!



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UNESCO Associated Schools



Completing the Award

The boys should all be working on their other three 'Sections': Volunteering, Physical and Skills and have submitted 'Programme Planners' on eDofE so we can check they are planning suitable activities. They should be taking part in activities in two of the three areas for an average of an hour a week, spread over 3 months, and the other for six months. They should have asked a responsible adult (who cannot be a relative) to be their Assessor for each Section, and should be keeping a record of their participation. Once they have completed a section, they should ask their Assessor to write a short report on the form in the Welcome Pack - which must include start and end dates, some comments about their progress and the assessor's contact details – and upload a picture of it to eDofE. The forms are also available on the DofE page of the school website. Assessors can also upload reports directly to edofe.org/assessor if they prefer – the boys need to give the assessor their participant number, and tell them what level (Bronze) and Section they are signing for, along with the dates they have taken part.

Valuables

The boys need not bring mobile phones, iPods and so on, and any they do bring will be their own responsibility. These 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, 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. Staff are nearby, and so in a better position to provide assistance. We will ask the boys to give us their mobile numbers if they are bringing their phones with them.

As ever, we will expect the highest standards of behaviour from the boys. They will be by the coast, and at times walking near to cliffs, and will need to exercise appropriate caution and not venture near the edges. The boys will be camping at public campsites, so will need to behave sensibly and not disturb other campers. Any student who is behaving in such a way as to endanger themselves or others will be removed from the trip, and we are likely to ask you to arrange to collect them.

The cost of this trip will be £47, to cover minibus and coach transport, campsite fees, fuel, maps, and so on. **Please complete and return the OV7 reply slip to the box at Reception before half term**, and make the payment via ParentPay at your earliest convenience and by Tuesday 5th June.

Should you have any concerns or questions, or should the cost of the trip prove an issue, please don't hesitate to contact me at school via email.

Yours faithfully



Bob Rawlinson-Mills
Deputy Head of Sixth Form and DofE Coordinator
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, South Downs National Park ,nr Eastbourne	
Group Leader:	Mr R Rawlinson	
Date of Visit:	From: Saturday 9 th June	To: Sunday 10 th June 2018

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:	
• 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:	
<p>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).</p>	
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:	

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 Expedition Kit List 2018

Things that need to be kept dry should be well-wrapped in separate substantial plastic bags (e.g. rubble bags - cheap black bin bags are often too easily torn). Heavier items should generally be lower down in the rucksack, nearer the wearer's back, and hence their centre of mass. 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* (school ones are 65 litre capacity)
- 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, e.g. rubble 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 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 -2 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 Friday

GROUP EQUIPMENT

- **Food for all meals from Saturday breakfast/lunch to Sunday lunch**
- 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

Top Food tips:

- Plan to cook in 3s or more and each carry whole meals for the group rather than carrying your individual portions.
- Energy is most important – you need LOTS of carbs (3000-5000 calories a day)
- Go for dried food as much as possible – especially for meals later in the week as you will be carrying them all week! (porridge, pasta, couscous, rice etc are great)
- I would shop at Tesco or similar, rather than outdoor shops – the fancy dehydrated and vacuum packed food that outdoor shops sell can be nice, but is pretty expensive and not really any lighter than the alternative. (e.g. a boil-in-the-bag chilli or Bolognese is £5 in an outdoor shop compared to £2 in Tesco (see picture below))
- Weigh out portions beforehand in freezer/food bags (e.g. 300g pasta in a bag for 3 people for one meal) to cut down on packaging and extra food (you don't want to carry this!)

Suggested foodstuffs:

- **Porridge oats** (buy in a big bag and bag up yourself into meal-size amounts. The individual sachets you can buy are designed for microwaving, tend to be too small, and even the 'big bowl' ones are high on packaging and expensive. DON'T bring the ones that come in paper cups/bowls as these take up loads of space! You can put powdered milk in with the oats if you like creamy porridge, but it's fine made with water (300ml with 50g of oats) and sweetened with dried fruit, chocolate, jam or honey. Worth cooking a portion to see how much you get – you may want more!
- **Sandwich thins and wraps** are good for lunches – they come in packs with a good life on them, and are not easily squashed and destroyed like bread. Plus they are nicer to eat than the traditional DofE pitta (I personally don't think an untoasted pitta should ever be attempted). Peanut butter is high energy and long life as a filling. Equally, you might go for Nutella, squeezey cheese, paste, tuna...
- **Pasta** is great, couscous cooks super-quickly, but can get everywhere (giant couscous is fun and less messy), but be careful which rice you buy – some take ages to cook. It might be worth splashing out on boil-in-the-bag rice, as this is much less messy. Allow more than suggested on the packet, as you'll be hungry – 100g per person or more, but again you may want to try this out and see how much you get.
- **Matteson's Smoked Sausage** is available in the chilled section of supermarkets, but does not require refrigeration, and is ready to eat, so it's a great thing to take and slice up into pasta, or heat in the water while you cook pasta/rice etc.
- **Stir-in sauces** are good, and fairly light, but things like Beanfeast Vegetarian bolognese – which is dehydrated – are brilliantly light. Long-life fully hydrated meals are available, and very tasty, but are fairly expensive and very heavy!
- **Hot drinks** are lovely when you've been/are walking. Consider instant hot choc, cup-a-soup, etc. Robinson's now do tiny concentrated squash that quickly makes hot water tasty.



Yummy! And super-light. Serve with lots of pasta



No need for refrigeration



Tasty and pretty much indestructible



Makes water into squash!



About £2 from larger supermarkets and really nice (but heavier as not dehydrated). Rip open, stand in boiling water, then eat out of the bag.