



# Plymouth High School for Girls

*"For life, not school, we learn"*

13<sup>th</sup> July 2020

## BRONZE DUKE OF EDINBURGH AWARD TRAINING/PRACTICE EXPEDITION AND QUALIFYING EXPEDITION.

Dear Parents,

These are the final arrangements for your daughters Bronze DofE Expedition's in September/October 2020. Please read them carefully with your daughter so that you are both fully aware of all the details involved.

### Group A – consists of 10A and 10K.

Their expedition dates are as follows;

- **Saturday 12<sup>th</sup>/Sunday 13<sup>th</sup> September 2020** – this is their **Training and Practice Expedition.**
- **Thursday 17<sup>th</sup>/Friday 18<sup>th</sup> September 2020** – this is their **Qualifying (assessed) Expedition**

### Group B – consists of 10L and 10T.

Their expedition dates are as follows;

- **Saturday 26<sup>th</sup>/Sunday 27<sup>th</sup> September 2020** – this is their **Training and Practice Expedition.**
- **Thursday 1<sup>st</sup>/Friday 2<sup>nd</sup> October 2020** – this is their **Qualifying (assessed) Expedition.**

### 1. TRAINING AND PRACTICE EXPEDITION

(10A/10K = Saturday 12<sup>th</sup>/Sunday 13<sup>th</sup> Sept and 10L/10T = Saturday 26<sup>th</sup>/Sunday 27<sup>th</sup> Sept)

As mentioned in previous correspondence about the expeditions, it will be the responsibility of parents to organize and share lifts to the start and finish of the training and practice expedition for the members of their daughter's expedition walking team (5-7 students per team). Each tutor group has been asked to organize their walking groups so your daughter can let you know which students/parents to liaise with to ensure that the whole team is dropped off and picked up on time and at the correct location.

**Start/Drop-off** (by 10a.m Saturday 12<sup>th</sup> Sept for 10A/10K or Saturday 26<sup>th</sup> Sept for 10L/10T).

Address as follows;

South Devon Camping,

Lower Terawhiti Farm,

South Milton,

Kingsbridge.

TQ7 3JT

Tel: 07545650868 or 07974405048

**Finish/Collect from** (between 2-3pm approximately – Sunday 13<sup>th</sup> Sept for 10A/10K and Sunday 27<sup>th</sup> Sept for 10L/10T – if necessary, we will try to get teams to phone parent's to give a more precise finish time on the day (subject to mobile reception) as finish times may well vary according to each team's start time, the weather and their walking speed.

Address as follows:

Aveton Gifford carpark/boat-park next to the roundabout off the A379.

Follow the A379 from Plymouth, through Modbury and down to Aveton Gifford roundabout on the A379 just before the Aveton Gifford Bridge over the River Avon. Turn right at the roundabout and immediately right again into the carpark/boat-park(free).

### **Itinerary.**

**Day 1** – Meet at South Devon Camping near South Milton by 10am. Instructors from JC Adventures will be training the students in pitching tents, stove and cooking safety, navigation knowledge and skills, route planning, first aid as well as other relevant skills. *Students need to bring their own toilet paper and 20p/£1 coin's for hot showers at this site.*

**Day 2** – Practice expedition walk from South Devon Camping site to Aveton Gifford carpark/boat-park.

**Please note that students/teams will be expected to plan their Bronze Qualifying Expedition route/route card between the end of the Training/Practice Expedition and the start of the Qualifying Expedition.**

## **2. QUALIFYING(ASSESSED)EXPEDITION**

**(10A/10K = Thursday 17<sup>th</sup>/Friday 18<sup>th</sup> Sept and 10L/10T = Thursday 1<sup>st</sup>/Friday 2<sup>nd</sup> Oct)**

This expedition is assessed and puts into practice what was learnt on the Training and Practice Expedition undertaken earlier in September. The start is at PHSG so your daughter can make her way to school as per her usual school day.

**Start/Drop-off** (by 8.30am Thursday 17<sup>th</sup> Sept for 10A/10K or Thursday 1<sup>st</sup> Oct for 10L/10T). Upon arrival at PHSG your daughter needs to go to the gym in the PE department for a kit check, expedition briefing and for a register to be taken prior to departure.

**Finish/Collect from** (between approximately 2-4pm – Friday 18<sup>th</sup> Sept for 10A/10K and Friday 2<sup>nd</sup> Oct for 10L/10T – if necessary, we will try to get teams to phone parents to give a more precise finish time on the day(subject to mobile reception) as finish times may well vary according to each teams start time, the weather, their walking speed as well as their arrival at Cremyll Quay to catch the ferry back to Stonehouse.

*Parents must email Mr Payne(gpayne@phsg.org) before the expedition to let him know if they are picking their daughter/team members up or whether they are giving permission for their daughter to make their own way home from the quay at Stonehouse (as we will not be walking groups back up to PHSG as groups will be finishing at different times) as this is the finish point for the expedition where students will be dismissed - not PHSG.*

Address as follows;

Cremyll Ferry,  
Admiral's Hard,  
Stonehouse,  
Plymouth.  
Tel: 01752 253153

### Itinerary

**Day 1** – Meet at PHSG gym by 8.30am to be registered, get into expedition teams, have a kit check and be briefed about the expedition. Supervised walk down through Plymouth to the Cremyll Ferry in Stonehouse and cross the River Tamar to Cremyll Quay in Cornwall. *All participants will need £2(two £1 coins) to pay for the return crossing on the Cremyll Ferry. They are also required to wear a face mask whilst on-board.* Team's set off one at a time to complete their planned Day 1 walk to Maker Heights campsite on the Rame Peninsula. Set up tents and cook evening meal and camp overnight.

**Day 2** – Breakfast, 'break' camp then complete planned Day 2 walk on the Rame Peninsula and finish back at Cremyll Quay. Complete debrief with Expedition Assessor's then return by ferry to Stonehouse, Plymouth. **This is the end of the expedition where students will be dismissed – students will not be walked back up to PHSG.** Students must then be either picked up by parents or if parents have given written/email permission, students may make their own way home from Stonehouse (*all parents must email Mr Payne at [gpayne@phsg.org](mailto:gpayne@phsg.org) before the expedition date to confirm whether they are picking students up or giving permission for them to make their own way home independently*).

### Kit/Equipment.

Please look at the JC Adventures Expedition Booklet sent to your daughter as well as the DofE Expedition Kit Guide at <https://www.dofe.org/shopping/dofe-expedition-kit-guide/> then begin to consider what equipment you may need to purchase. **Before you consider buying any of the equipment please;**

- Check what kit you may already have.
- See what you can borrow from other family member's or friend's, especially if they have been involved with DofE or Ten Tors.
- **Do not buy the following 'group' equipment – tent/stove/gas for stove or maps.** These are supplied by JC Adventures.
- If you need to buy any expedition items, consider doing so at Outdoor Stores which accept the DofE Discount Card which all participants have been sent in their Bronze Packs back in February.
- Discuss any kit questions or queries that you may have with me as I can advise you on the best course of action.

### Meal Planning.

A very important aspect of any expedition is food and drink! As such, each team and team member will be required to plan their exact dietary requirements for the duration of their expedition as follows;

- Day 1 will require a packed lunch and a cooked evening meal plus snacks and drinks.
- Day 2 will require a breakfast, packed lunch plus snacks and drinks.

In order to plan meals, drinks and snacks effectively it is very important that team members refer to the JC Adventures DofE Booklet – ‘Planning an Expedition Menu’ as well as the DofE website at <https://www.dofe.org/shopping/expedition-kit/expedition-food/>. These will give specific details and suggestions for effective meals, snacks and drinks. Please read through these resources and act upon the advice within them so that meals, snacks and drinks are a positive and motivating experience for team members.

### **Medication**

All students with medical conditions requiring medication of any description must have their medication with them for both expeditions. This includes items such as inhalers, epipens or medication that may be needed or needs to be taken during the expedition.

**Anyone without their medication will not be permitted to take part.**

### **Communication during the expedition.**

**Mobile phones** – are permitted due to safety reasons. However, as per DofE policy, phones **must remain switched off and packed away and must not be used for communication purposes unless there is an emergency situation.** Therefore, you should not expect to hear from your daughter during the expeditions as part of the ‘great outdoors’ experience is to just be with friends and to get away from the digital world.

### **Emergency contact for parents.**

- During school hours (8am-4pm) the emergency contact number is PHSG 01752 208308.
- Out of school hours (4pm-8am) the emergency contact number is 07808768004.

### **Bronze Expedition Parents Meeting**

This meeting will be on Monday 7th September between 5.15-5.45pm in the Newman Hall. There will be a short presentation by Mr Payne as well as James Clark from JC Adventures – the DofE Approved Activity Provider that PHSG are using to lead the expeditions. This will be followed by an opportunity to ask any questions that you may have about the Bronze Expedition or DofE in general. The meeting will last approximately half an hour. **We request that only one person attends from each family to minimize the number of people present and that a face mask is worn.**

I look forward to meeting you at the Bronze Expedition Parents Meeting on Monday 7th September and to welcoming your daughter into the amazing experience that is the DofE Expedition. In the meantime, please feel free to contact me if you have any questions about the training, practice or qualifying expeditions.

Best Wishes,

Mr Payne - DofE Manager/PHSG