



Plymouth High School for Girls

"For life, not school, we learn"

3rd September 2020

Dear Year 10 Parents of DofE students,

The DofE Expedition Parent Meeting planned for Monday 7th September in the Newman Hall has been cancelled. This is due to restrictions/risk assessments agreed with Plymouth City Council over the summer recess with regards to Covid-19 and the reopening of schools.

If any parents have any questions about the forthcoming expeditions, please do not hesitate to contact me via email or phone. In the meantime, I have attached another copy of the expedition arrangements letter which was sent to parents and students back in July as this should answer most if not all the questions parents may have.

Thank you for your support and understanding,

Mr Payne - DofE Manager/PHSG

URGENT UPDATE – PLEASE READ

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

Dear Parents,

Following updated guidance from the UK Government, the **'overnight' camping** aspect of the Bronze Expeditions planned for the Autumn Term will **not now be permitted**. As such, **please do not purchase** equipment that would have been needed for this aspect of the expeditions ie **sleeping bags and sleeping mats** (if you have already done so you should be able to return these items or you can keep them for the Silver Expedition's in 2021).

All aspects of the training/practice and qualifying expeditions will still go ahead – this will include campcraft ie pitching tents/cooking meals etc but will not include sleeping overnight in tents. Because of this, **students will be required to return home at the end of day 1 and return the next morning to do their day 2 activities**. As mentioned in previous correspondence, **parents will be responsible for sharing/arranging lifts for their daughter's team to the revised start and finish points at the beginning and end of both day 1 and day 2** which are outlined below.

Because campsites are not now being used, there will be a **change in the location of all walks and therefore the start and finish points** as outlined below. There will also be a reduction in the cost down to £89 -refunds will be made on ParentPay accordingly.

Group A – consists of 10A and 10K.

Their expedition dates are as follows;

© **Saturday 12th/Sunday 13th September 2020** – this is their **Training and Practice Expedition**.

© **Thursday 17th/Friday 18th September 2020** – this is their **Qualifying (assessed) Expedition**

Group B – consists of 10L and 10T.

Their expedition dates are as follows;

© **Saturday 26th/Sunday 27th September 2020** – this is their **Training and Practice Expedition**.

© **Thursday 1st/Friday 2nd October 2020** – this is their **Qualifying (assessed) Expedition**.

1. TRAINING AND PRACTICE EXPEDITION

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

As mentioned above, it will be the **responsibility of parents to organize and share lifts to the start and finish of day 1 as well as the start and finish of day 2 for the members of their daughter's expedition walking team** (5-7 students per team). Each tutor group was asked to organize their walking groups back in February 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 at the beginning and end of both day 1 and day 2. These teams

may have changed a little by September so I will ask the girls to confirm teams on the 3rd/4th September after which I would suggest making final lift arrangements with the other parents in your daughter's expedition team.

Day 1 - Start/Drop-off (by 9.30am Saturday 12th Sept for **10A/10K** or Saturday 26th Sept for **10L/10T**) at PHSG.

Day 1 - Finish/Collect (between 3-4pm – Saturday 12th Sept for **10A/10K** and Saturday 26th Sept for **10L/10T** at PHSG

Itinerary – Day 1

Meet at PHSG to be registered and go through kit/medicine checks. Instructors from JC Adventures will then be training the students in route planning, map work and navigation skills. We will then travel by school minibus (**face masks must be worn by everyone**) to the Plym Valley near Marsh Mills where we will walk in expedition groups up the disused railway/riverside path towards Bickleigh. At various stages on the walk, instructors will be covering topics such as team Expedition Aim's, First Aid, Emergency Procedures, Leadership, Environmental issues etc. The return journey will include a campcraft site/activity where students will pitch expedition group tents and cook a hot meal and make a hot drink safely on a camping stove (please ensure that you bring a plate/mug/cutlery for this - 'boil in the bag' meals are preferred please). We will then walk back to the beginning of the valley and return to school by school minibus (**face masks must be worn**). **Please ensure that students are either picked up or have made arrangements to travel home independently. Students return home to sleep overnight ready to return the next morning for day 2 of their Training/Practice expedition.**

Day 2 - Start/Drop-off (by 9am Sunday 13th Sept for **10A/10K** or Sunday 27th Sept for **10L/10T**) at;

Jennycliff Car Park,
Staddon Lane,
Plymouth
PL9 9SW

Day 2 – Finish/Collect (between 3-4pm Sunday 13th Sept for **10A/10K** or Sunday 27th Sept for **10L/10T**) at;

Wembury Beach Car Park,
Wembury.
PL9 OHP

Itinerary – Day 2(breakfast at starting point of walk not at home please).

Meet at Jennycliff Car Park to be registered and have a kit/medicine check. Students will then prepare their breakfast using stoves used on day 1(a hot breakfast such as an 'Oat so Simple' porridge pot or similar is ideal as only hot water is needed/spare hot water can then be used for a hot drink). Following breakfast, teams will go over their route and aim for the day then set off along the South West Coast Path to walk to Wembury. Teams will continue to be trained as they journey towards Wembury eg First Aid, Leadership et al and subject to

timings, may be given inland walking routes to further practice their navigation skills. At the end of the walk, teams will be debriefed by their instructors, given the task of planning their Qualifying Expedition route/route card and 'team aim' both of which will be required ready for day 1 of their Qualifying Expedition later the following week. **Please ensure that your daughter and her team have arrangements in place to share lifts home from Wembury by designated parents of girls in their team. Please note that the Wembury Beach Car Park is expensive (free if you are a National Trust member) so parents may want to consider parking temporarily in Wembury and then walking down to the car park to collect their daughter/teammates.**

Please note that students/teams can begin to plan what their teams 'aim' will be for the Qualifying Expedition before we return in September. It is up to them to decide what their aim will be – some good examples are; producing a video blog of moral at different parts of the expedition, a promotional video of the expedition, making a DofE song using an existing song, making a photo gallery/story/power-point of the expedition, producing poem's based on aspects of the expedition such as camping, a focus on the flora/fauna on the expedition et al – it is up to them but must be planned ready for the expedition so that it can be carried out.

2. QUALIFYING(ASSESSED)EXPEDITION

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

This expedition is assessed and puts into practice what was learnt on the Training and Practice Expedition undertaken earlier in September. Assessor's will meet the teams at various times and locations throughout the expedition and will focus on seeing that the '20 conditions' of DofE Expeditions are being followed by the teams – please see <https://www.dofe.org/wp-content/uploads/2019/08/20-Conditions-of-the-Expedition-section-2019-1.pdf>. Please note, condition 6 does not apply at present due to Covid-19 and condition 20 only applies to Silver and Gold DofE not Bronze.

Day 1 - Start/Drop-off (by 9.15am Thursday 17th Sept for **10A/10K** or Thursday 1st Oct for **10L/10T** - I will be at this location from 8.15am for any parents who need to drop-off earlier in order to get to work that morning) at;

Otter Garden Centre carpark,
Chittleburn Hill,
Brixton,
Plymouth
PL8 2BH

Day 1 – Finish/Collect (between 3-4pm Thursday 17th Sept for **10A/10K** or Thursday 1st Oct for **10L/10T**) at;

Playground/Park (next to the A3121 and River Erme)
1, Erme Park,
Ermington,
Ivybridge
PL21 9NN

Itinerary – Day 1

Meet at Otter Garden Centre to be registered, go through kit/medicine checks. Meet and be briefed by Expedition Assessor's with specific reference to the '20 conditions' for DofE Expeditions that all participants should be aware of and be prepared to answer questions on. Groups will be set off one at a time and will walk the route that they have planned from Otter Garden Centre to Ermington, south of Ivybridge. Teams will be expected to carry out their chosen expedition aim as part of this walk and will complete the day by pitching tents at Ermington Playground/Park and cooking a meal. **Please ensure that your daughter and her team have arrangements in place to share lifts home from Ermington by designated parents of girls in their team. Please note that the playground/park is right next to a residential area so please be considerate when parking. Students return home to sleep overnight ready to return the next morning for day 2 of their Qualifying Expedition.**

Day 2 – Start/Drop-off (by 9am Friday 18th Sept for 10A/10K or Friday 2nd Oct for 10L/10T – I will be at this location from 8am for any parents who need to drop-off earlier in order to get to work that morning) at;
Mothecombe Beach Car Park/Schoolhouse Restaurant,
Mothecombe
PL8 1LB

Day 2 – Finish/Collect (between 3-4pm Friday 18th Sept for 10A/10K or Friday 2nd Oct for 10L/10T) at;
Noss Mayo Tidal Car Park,
Noss Creek,
Foundry Lane,
Plymouth
PL8 1EB

Day 2 – Itinerary (breakfast at starting point of walk not at home please).

Meet at Mothecombe Beach Car Park/Schoolhouse Restaurant to be registered, have a kit/medicine check and be met by their Expedition Assessor's. Students will then prepare their breakfast as per day 2 of their training/practice expedition. Following breakfast, teams will go over their route and aim for the day and then be set off one team at a time to walk their planned route for day 2 from Mothecombe, along the South West Coast Path to Noss Mayo. Teams will be expected to continue to work on their teams aim so that it is completed by the end of the walk. At the end of the walk, each team will be briefed by their Expedition Assessor about how the expedition has gone, again, making reference to the '20 conditions' for DofE Expeditions. They will then inform teams that they have successfully completed their Bronze Qualifying Expedition(hopefully!). Following completion of the expedition, Expedition Assessor's will write Assessor's reports about each team which will appear on each students edofe Expedition Section. **Please ensure that your daughter and her team have arrangements in place to share lifts home from Noss Mayo by designated parents of girls in their team. Please note that the car park is tidal and as such, parking may be**

limited depending on tide times. There is another car park a short distance from the tidal car park at the Tennis Court Car Park, Hannaford Road, Noss Mayo, PL8 1EH.

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.
- ⊗ **Do not buy 'overnight' camping equipment – sleeping bags/sleeping mats etc as no overnight camping is now permitted due to Covid-19 guidance by the UK Government** (if you have already done so you should be able to return these items or keep them for the Silver Expeditions in 2021).
- ⊗ If you need to buy any expedition items, consider doing so at Outdoor Stores such as Go Outdoors 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 ('Boil in the bag' meal preferably) 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. Because students do not now have access to washing up facilities at campsites, it would be helpful if they could use 'boil in the bag' meals for their cooked meal at the end of day 1 so that stoves are clean for day 2 breakfast usage.

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 any medication that may be needed or needs to be taken during the expedition.

Anyone without their medication will not be permitted to take part – this will be checked at the beginning of each day.

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 (unless their use has been agreed with myself if needed for the teams aim on the Qualifying Expedition).** 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. Other electronic devices are not permitted unless they are needed to allow teams to complete their expedition aim on the Qualifying Expedition – any teams that need to use such electronic devices (mobile phone/camera etc) must have this agreed with myself before the Qualifying expedition.

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 myself 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.**

May I thank everyone for their patience and understanding with regards to the changes that have had to be made to the Bronze Expedition due to UK Government guidance related to Covid-19. I am hopeful that we will be able to include the overnight camping experience at a later date as the girls go on to do their Silver DofE Expeditions in 2021.

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. **Please 'encourage' your daughter to continue with and complete her Volunteering, Physical and Skills activity sections over the next few months** by looking at their edofe activity sections and the various emails I have sent in recent months to help guide her to achieving the award. In the meantime, please feel free to contact me if you have any questions about the expeditions or the activity sections mentioned above.

Kind regards,

Mr Payne - DofE Manager/PHSG