

# Hartismere School

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NSP/SL

Dear parents and carers

## FIRST AID TRAINING, THORPE WOODLANDS AND LOCAL WALK

I would like to give details of three dates that are upcoming.

Firstly, we have an external first aid trainer coming to school to deliver expedition first aid training as part of the school's expedition training. This will be happening on **Wednesday 13 March** and is included in the Duke of Edinburgh fee paid before Christmas. This training will finish at **6pm**. Participants must undertake first aid training as part of their expedition preparation.

Secondly, as part of the Award, we will be taking the participating students to Thorpe Woodlands Adventure Centre, Thetford, for a day of team building activities and orienteering on **Friday 15 March**. The purpose of this day is to provide the students with opportunities to work in unfamiliar groups with students who may not be their friends in challenging situations, and to practise their map reading and compass skills, all of which are facets of the expedition section of the Award. We will be leaving school at approximately 9am and returning at 3.30pm.

Thorpe Woodlands is not catered and as such, students will need to bring a packed lunch, as well as the following equipment:

- Sturdy, waterproof walking boots, approach shoes or wellington boots, NOT trainers for the activities.
- A change of shoes and socks.
- Waterproof jacket.
- Waterproof trousers.
- Lightweight trousers, ideally not jeans.
- Warm, layered clothing, such as several t-shirts and jumpers.

Lastly, **Saturday 27 April** is the local walk at school. This will start at **9:30am** from the sixth form car park and will finish at **4:30pm**. Throughout the day the pupils will be undertaking a walk between school, Thorndon and Occold. If time permits they will also be setting up a camp at school and will cook a meal using the Trangias that have been loaned out.

The pupils will be expected to bring their full expedition kit, which includes a rucksack, tent, sleeping bag, Trangia, walking boots, the clothes that they would expect to bring for a two day expedition, the food that they would expect to bring for a two day expedition (including emergency rations) and a first aid kit. A full kit list has been given to each pupil and there is a copy on the school website.



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Please check the weather forecast for this day and pack/dress accordingly, although it is expected that waterproofs are included as part of their standard kit. The meal that they will cook should be representative of the evening meal to be cooked while on expedition and typically takes the form of pasta with a sauce and meat/vegetable accompaniment. The pupils have received training on expedition cooking and menu ideas.

The parental permission and medical form returned with the enrolment letter before Christmas will be taken as permission for your child to attend these events. All costs are part of the enrolment fee that has been paid for the Award. Please ensure that if you have paid the enrolment fee by instalments that your payments are up to date - it is anticipated that 1 March is the final payment.

If you have any questions, please email me at [dofe@hartismere.com](mailto:dofe@hartismere.com).

Yours faithfully

Dr Sparshott