

20th January 2020

Dear Parent / Carer,

Your child is working towards achieving their Bronze, Silver or Gold Duke of Edinburgh's Award and as such has been invited by the school to attend a training day **on the school site from 8:45am - 3:10pm on Monday 3rd February 2020.**

The Pre-Expedition Training Day is designed to help inform and prepare the students for their practice expedition. It is part of the expectations of the award itself and is evidenced within the students eDofE profile. Any young person wishing to attend this year's expeditions must attend this training.

Get Outside the Classroom staff will work on a carousel with small groups of students, rotating around a series of workshops. During the course of the day they will take part in; *First Aid, Packing a Rucksack, Creating a Kit List, Pitching Tents, Food, Stove Use, Basic Navigation & eDofE.*

We have provided a *Participants Handbook*, which has been uploaded into the Documents section of the Lymm High School website under Enrichment/Duke of Edinburgh's Award. We would recommend both parents and students read the document before each expedition to ensure they are familiar with their content and expectations.

Students should come dressed to be outside on the field all day. Please check the weather forecast and dress appropriately including a **waterproof jacket** and **suitable footwear (e.g. trainers, walking shoes or walking boots)**. In addition, you should also bring with you a **mug** (not china!) and a **pen** all in a **small rucksack/bag**. During the stove session students will have the opportunity to make a hot chocolate, so please don't forget your mug!

We would hope that all students will leave the day feeling able to make sound informed decisions about what to bring (and maybe purchase), be familiar with some of the equipment they will use and more confident about the challenge ahead.

Students should **attend registration** as normal to get their registration mark and then make their way immediately to the Lower Hexagon in the Sixth Form block (Bronze/Year 9 students) or the Gym in PE (Gold/Year 12 students) to meet the staff from Get Outside the Classroom and begin their Training Day.

Please don't hesitate to get in touch via email if you have any questions before attending.

Many thanks for your support and we look forward to meeting the group next week.

Kind regards,

Mark Harnden