

Ref: 091/17

2nd October 2017

Dear Parent/Carer

Re: Duke of Edinburgh Silver Award:

The total cost of the whole Silver Award is £325.00 which includes all training, enrolment to the DofE, the expeditions (excluding food and transport), tents, rucksacks, roll mats, camping stoves, maps and compasses.

In line with a recent change to our Charging Policy, pupils for whom we receive Pupil Premium funding (e.g. those entitled, or previously entitled, to Free School Meals) will have the first £100 paid for by St Margaret's. Therefore the cost to Pupil Premium qualifying students will be £225.00; however the deposit still needs to be paid.

If you wish your son to take part in this Award and to secure his place, please complete the attached registration form and the reply-slip below enclosing a deposit of £25.00 (*cheques should be made payable to St Margaret's Academy School Fund*) and return to school by 6th October 2017. This payment can also be made via Parentmail (+Pay) we have in school. Please circle this option on the reply slip below for this to be added to your son's +Pay account.

Please find below a scheduled payment plan, which will also be set up via Parentmail (+Pay) should you wish your son to take part in this Award:

Deposit	£25.00	6 th October 2017
1 st instalment	£60.00	30 th October 2017
2 nd instalment	£60.00	27 th November 2017
3 rd instalment	£60.00	18 th December 2017
4 th instalment	£60.00	26 th January 2018
Balance	£60.00	26 th February 2018

Payments can also be made outside the above dates via Parentmail (+pay) should you wish to clear the balance sooner. If parents or carers are experiencing financial difficulties they can contact me, in confidence, to discuss the matter.

Please note that once a deposit is paid there is a commitment to pay the final amount as the school has booked and paid for an External Activity Provider to organise expeditions etc.

If your son is taking part in the Silver Duke of Edinburgh Award (DofE) starting in Yr 10 or Yr 11 they will have an electronic DofE account set up for them and they are being taught to log on in September/October 2017. They will be given a Username and choose a Password to write in their planner. They should now put on their activities and backdate them as far as possible. There is a DofE section on the school web site under curriculum, which has all the information on they need if they forget anything or you have a question. Your son and his friends will be asked to put themselves into expedition groups of 6 or 7 people, if he has ideas now of who he want to be with he needs to send a list to Mrs Riding – jriding@stmargaretsacademy.com We will try as far as possible to work with his requests, but cannot guarantee it as group size has to be between 6-7 young people.

We have the following dates planned: Your son will be allocated dates relevant to him closer to the time but if you know of any **urgent family planned events** email Jriding@stmargaretsacademy.com by the **24th January 2018** to discuss alternative dates or drop a note into school and Mrs Riding will contact you.

Training Dates – Your son will attend **one** of these dates. He must come in warm clothes ready to be outdoor as some activities are outside, and he may get muddy, so not the best trainers etc. please. He will need water proofs, a packed lunch and a drink.

Saturday February 10th 2018 9.15am – 4.00pm at School **or**
Sunday February 11th 2018 9.15am – 4.00pm at School

Expedition dates: Your son will go on expedition on these dates:

3 Day Silver Practice Expedition Friday 29th June – Sunday 1st July 2018 and

3 Day Silver Qualifying Expedition Saturday 14th July – Monday 16th July 2018

Your son will walk with other young people and work in teams of 7 and be supervised and instructed on the practice expedition then supervised and met at points by a team of Instructors monitoring their progress during their qualifying expedition. Each day they will walk about 12 km (8 miles) with their expedition kit and food so they are self-sufficient. They are not allowed to buy anything on their qualifying expedition. They may return tired and achy from having done exercise they may not have done before but generally they recover by having a meal at home, bath and bed.

Equipment

In order for your son to enjoy the expeditions in comfort and safety, it is essential that they are properly equipped. We will provide a 65 litre backpacking rucksack, stove, tent and roll mat for use over both the practice and qualifying weekend.

You will find an equipment list attached. **Walking boots that come over the ankle** will be needed, they do not need to be expensive but they do need to have ankle support, Outdoor World, Sports Direct, stock them for about £20. **Walking shoes are not suitable, neither are trainers.**

I have attached a kit list in case any ideas are useful for birthdays; your son does not need the most expensive kit.

Food and menus – this will be planned on the training day.

We will not have a fridge to store milk and any fresh produce, pies etc. He will be cooking on a camping stove, and we advise not to bring fried food or food which has to be baked.

Your son/daughter will also need to provide food for the following meals:

Food should be:

- ❖ Ready to heat and eat
- ❖ Fast cooking time
- ❖ Nothing that needs to go in a fridge
- ❖ Light and easy to carry
- ❖ Wide range of meals you could not otherwise have
- ❖ Not fried
- ❖ No jars as they break
- ❖ You can cook as an individual or in your group. Remember you will be sharing a stove so if you cook individual it will need to be washed before the next person can use it.

Silver DofE food suggestions

Saturday Breakfast – this will be at home so please have something, toast, cereal, jam butty, bacon butty or a full English!

You will travel to the campsite so have a snack and drink ready for when you arrive there.

You will be walking with all your kit from then on.

Saturday Packed Lunch – brought with you.

Drink

Crisps and snacks from home

Sandwiches

Pies, sausage rolls to be eaten on the day and not kept overnight as they will make you sick and go off quickly!

Biscuits etc

Saturday Tea – evening meal.

You will cook this yourself with supervision of staff. You will have walked all day and used about 4000 calories so stock up – an empty sack does not stand.

You will have 2 pans to use with your stove.

Anything you can buy on a supermarket shelf.

Suggestions:

Cup a soup to start as you may be cold after working hard walking and stopping.

Pasta in sauce, cheese, tomato, etc (1 packet for one person)

Couscous in packets

Noodles (not just a pot noodle – this is counted as a snack and needs to be with something else to count as a meal)

Pasta

Packet potato mash

Rice – either savoury or microwaveable that you can also boil

Tins of curry, meatballs, chilli, steak, tuna, chicken, etc

Pepperoni in vacuum packets

Vacuum packed breads, naan, pitta, sandwich thins

Rice, semolina pudding

Packet custard

Cake

Fruit loaf

Pancake wraps with sweet filling

Biscuits

Supper

Hot drink made with water and biscuits, chocolate etc.

Sunday Breakfast –

Warburton's fruit pancakes

Long life croissants, Choco pains, wraps

Porridge pots

Dried fruit and nuts to go in porridge pots

Beans and sausage in a tin

All day breakfast in a tin

Jam butties will keep overnight if needed

Cereal and breakfast bars (not just dried cereal as you have no milk and they have to be eaten with a fluid)

Hot drink made with water

Fruit cordial

Sunday Lunch – Food that does not require cooking and refrigeration.

Sandwich thins

Pitta bread

Naan bread

Digestive biscuits

Oatcakes

Wraps

Premade cheese sandwiches or jam butties keep both may get squashed though!

Fillings Primula cheese, potted spread, cheese strings, tuna or pepperoni from the supermarket shelf

Soreen fruit bread

Crisps

Snacks

Drinks bottles saved from the day before

There is a menu plan to prepare as well and if cooking together make a shopping list so the cost can be shared.

Sunday Tea is at home.

Please talk to or email Mrs Riding on jriding@stmargaretsacademy.com if you have any questions about food and cooking. The young men will be shown how to use the Trangia camping stoves on the training day and on the practice.

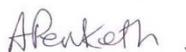
It is strongly suggested that the food for these meals is shared amongst members of the groups (buying together saves bringing too much and costs less!).

Transport to the Expedition Sites: You will be expected to transport your son to and pick up from the venues for the expeditions. Routes and directions will be issued closer to the event but it is hoped this task will be shared with parents working together.

Emergency contact numbers will be issued closer to the event.

There is a Duke of Edinburgh section on the school website under Curriculum where you will find out more about the Award. Mrs Riding will also be present on Open Night if you have any questions.

Yours sincerely



Andrea Penketh
Vice Principal



Jean Riding

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REPLY SLIP TO: Mrs Penketh – Silver Duke of Edinburgh’s Award

Student: _____

Form: _____

I would like my son to take part in the Silver Duke of Edinburgh’s Award and understand the £25.00 deposit is non-refundable. I will make payment through Parentmail or enclose cash/chq for £25.00 (please circle as appropriate).

Please return cash or cheques (**made payable to St Margaret’s Academy School Fund**) in a named, sealed envelope in order that we can secure the places. This should be handed in to the school office.

Signed: _____ (parent/carer)

Date: _____