

8 September 2022

Dear Participants and parents

Re: Outdoor Experience Camp – 3rd - 7th October 2022

We would like all year 9 students to spend a night and day in the outdoors, taking part in a range of activities. The Duke of Edinburgh's Award (DofE) is run in the school at all levels and this day will give a good introduction to the type of things our students would do on DofE weekends. DofE is open to all students and full funding is readily available for students from low-income families.

Plan

Throughout the week a different house group will take part each night and following day:

DRAFT	Monday 3 rd October	Tuesday 4 th October	Wednesday 5 th October	Thursday 6 th October	Friday 7 th October
Walking (Day Time)		Saturn	Mars	Neptune	Jupiter
Camping (Evening)	Saturn	Mars	Neptune	Jupiter	

Programme for the start day

Normal school day in school uniform. Bring with you your overnight gear (see kit list) and a packed lunch for the next day (see later for guidance on food).

8.45am - Arrive at school for normal registration. Your tutor will instruct you when and where to take your bag. Food that needs to be refrigerated should be brought in a separate bag with your name on it. This bag will be taken to the campsite for you later in the morning.

Rest of the day is a normal school day.

3pm - Pick up your camping gear from the designated room. Change into non- school uniform.

3.30pm - Go to minibuses (outside the Dance Studio) for shuttle service to the campsite.

4pm – Everyone should be at the campsite. Tents will be allocated (these are all 2 or 3 person tents). Set up sleeping gear etc. ready for night-time.

4.30pm – Group activities and games.

6.30pm – Food! Food will be provided for the evening.

8pm – Talk about Duke of Edinburgh's Award and further opportunity for outdoor activities.

9.30pm – Start getting ready for bed. Everyone should be in tents by 10pm.

10pm – Sleep time! Staff will be on the campsite overnight in case of problems.



Principal
Emma Reynolds

Bath Road
Frome
Somerset
BA11 2HQ

Tel 01373 465353

email office@fromecollege.org
www.fromecollege.org

Next Morning

7.30am - Get up. Toilets, showers etc. are available at the campsite. Breakfast will be provided – cereals, toast etc. Pack things you don't need during the day.

9am - Pack up and load camping gear into buses. You will need a bag to carry your packed lunch, snacks, waterproofs and jumper with you – your school bag or similar.

9.30-10am - Set off for a long walk in groups of about 10. The walk is planned to be no longer than 5 hours so that you will be back by 3pm at college.

Kit needed

Tents and breakfast will be provided. Please let us know if you need to borrow other kit and we will try to find it. Use the box on the permission form to let us know.

- Warm sleeping bag (bring a blanket or duvet as well if you are worried about being cold)
- Roll mat/yoga mat or similar
- Warm clothing – T shirt x 2, warm jumpers x 2, track suit bottoms/pyjamas, trousers
- Waterproof Jacket (and trousers if you have them)
- Washing kit and small towel.
- Sensible footwear for walking – waterproof boots are best, trainers will be ok, but I cannot guarantee that paths will not be muddy.
- Good socks – not trainer socks.
- Plate, bowl, cutlery, mug (no sharp knives please!)
- Torch
- Any personal medication.

Food

You need to bring:

- Packed lunch for the second day (choose something that will not go off) – **please note** that students who receive free school meals will be provided with a packed lunch.
- Snacks
- Bottle of water – 1litre

We will provide, evening meal and breakfast. Hot drinks, cereals and toast will be provided. If you have specific dietary needs, you are welcome to bring your own breakfast or evening meal, but we will not be able to cook breakfast.

Money

The cost of the trip will be £5 – This will cover evening food, breakfast, transport and hire of the campsite. If your child receives free school meals then the trip will be free. Payment to be made via Parentpay.

Supervision

The activities will be supervised by college staff and volunteers who have gone through the necessary safeguarding checks and training. We will be working on a 1:12 ratio of staff to students.

Any questions? My email address is at the bottom of this letter. Please feel free to contact me.

Yours sincerely,



Mr Theo Pavli
Outdoor Education Co-ordinator
tpavli@fromecollge.org

**Permission form – to book a space on this activity, please return this form (both sides) to
Student Services by Wednesday 28th September**

As parent/guardian of _____ I have read, fully understood and am satisfied with the details supplied about the above-mentioned activity and agree to my son /daughter taking part in it. I know of no medical reason why he/she should not participate.

I am aware that:-

a) except for visits abroad, insurance arrangements are the same as for students in educational establishments, i.e. that the Authority can only insure against the proven negligence by the Authority and / or its employees.

b) I should consider making my own insurance arrangements for personal accident cover for my son / daughter.

Signed

Date

Please be aware that we usually take a few photographs of this sort of activity for publicity and school use.

Kit request I would like to borrow Tents – we have 2 or 3 person tents My child wants to share with the following people (maximum of 2 others)
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If you feel unable to take part in all of this activity (e.g.if there are medical problems that would prevent you walking), but you would like to take part in the things you feel more confident about, please discuss this with your tutor.

**FROME COMMUNITY COLLEGE
MEDICAL INFORMATION**

Students under 18
(at start of the Academic Year)

Date: Taster Day and All DofE Expeditions and Trips for 2022/2023

Parts A and B to be completed and returned to the party leader **as soon as possible**

PART A – CONFIDENTIAL MEDICAL QUESTIONNAIRE

Student's Name:

Parent/Guardian/Next of kin name & initials:

Home Address:

Contact Tel No in case of emergencies: Home:

Mobile(s)

Student's NHS No:

Name, Address and Tel no of family Doctor:

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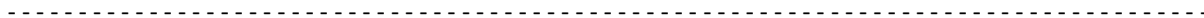
1. Has your son/daughter had any of the following?

	Yes	No
Asthma or bronchitis		
Sight or hearing impairments		
Heart condition		
Fits, fainting or blackouts		
Severe headaches		
Allergies to any known drugs		
Any other allergies, e.g. material, food, medicine, pollen, dust		
Has your son/daughter received medical or surgical treatment of any kind from either your family doctor or hospital during the past three months?		

	Yes	No
Other illness or disability		
Recent bed wetting		
Sleep walking		
Travel sickness		
Anaphylaxis		
Diabetes		
Has your son/daughter received vaccination against Tetanus In the last ten years?		
Has your son/daughter been given specific medical advice to follow in emergencies?		

2. If the answer to any of the questions is **YES** please give details in the space below (including dosage of any medicines/tablets).

3. Details of any special diet.



PART B – CERTIFICATION

I consent to my son/daughter receiving any necessary medical treatment for any injury or illness during DofE expeditions and trips in 2019/2020.

Signed

Date

(Father/Mother/Legal Guardian)

NOTE: If you would rather discuss any medical matter privately with the party leader, please make an appointment to do so.