



September 2021

Dear Participants and Parents,

Outdoor Experience – Monday 11 – Friday 15 October 2021

We would like all year 9 students to spend a night and day in the great outdoors, taking part in several activities, some organised by college and others organised by Frome Town Council. This is part of the transition to Frome College and an opportunity for students to really get to know each other and work together as a team.

This **experience** is being offered to all year 9 students and we hope to have a 100% participation in some way to make it a truly memorable event. Please talk to your head of house if you have any concerns about completing the whole event

This letter has 5 pages including 2 forms to complete. Please read through all the pages.

Plan

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

	Monday 11th October	Tuesday 12th October	Wednesday 13th October	Thursday 14th October	Friday 15th October
Camping	Newton	Aristotle	Einstein	Franklin	
Walking		Newton	Aristotle	Einstein	Franklin

Programme for the start day (Camping)

Normal school day in school uniform

8.45am - Normal registration.

Bring with you your overnight gear (see kit list), and a packed lunch for the next day (see later for guidance on food). This will all need to be brought after registration to room A1, just opposite the College Hall.

3pm - Pick up your overnight gear. Get changed into non- school clothes (suitable for the great outdoors). Place uniform / school bag back in A1 in a clearly labelled bag.

By 3.20pm - Go to minibuses for shuttle service to the campsite.

4pm – Arrive 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 – 6:30pm – Group activities and games.



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6.30pm – Food! Collect food from the BBQ. After the meal washing and clearing up
8pm – Presentation about Duke of Edinburgh’s Award and Cadets – further opportunity for outdoor activities

9.30pm – Start getting ready for going to bed. Everyone should be in tents by 10pm. Those not staying transported back to school for collection.

10pm – Quiet time – Sleeping time! Staff will be on the campsite overnight in case of any issues.

Next Morning

7.30am to 8.45am - Get up. Toilets, Showers etc are available at the campsite. Breakfast - supplied cereals, toast etc.

From 8.30 – 8.50am - Pack things you don’t need during the day.

By 9am - Load your camping gear into buses. You will need to carry your packed lunch, snacks, waterproofs and jumper with you – probably in your school bag or similar.

9.20-10am – Briefing. Set off for a long walk in groups of about 8. The walk is planned to be a maximum of 5 hours so that you will finish by 3pm at College.

Cost

There is a small cost of **£10**. Please use ParentPay which will be opened shortly. **Funding** is available for students who are entitled to Free school meals or are on the PP register. Please contact me if this is the case. Pay point letters are available upon request. Please contact the Finance team on 01373 469006 with any payment enquiries.

Kit needed

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

Bag for camping kit:

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 or synthetic tops, warm jumpers x 2, track suit bottoms/pyjamas, trousers

Waterproof Jacket (and trousers if you have them)

Washing kit and small towel.

Sensible and sturdy footwear for walking – waterproof boots are best, trainers will be ok, but it could be muddy.

Good socks – not trainer socks.

Plate, bowl, cutlery, mug (no sharp knives please!) Drinks bottle.

Torch

Any personal medication.

Bag for day-your school bag – (packed lunch, waterproofs, personal medication and drink.)

Food

A barbecued supper, breakfast (cereal and toast) and hot and cold drinks will be provided from the fee.

You need to bring:

- Packed lunch for the second day (please 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 – at least 1litre

If you have specific dietary needs, you are welcome to bring your own breakfast.

Money

No spending money is needed on this event.

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 1:8 ratio of staff to students.

Medical Consent Form 2021 – 2022

Please complete the medical consent form for 2021 – 2022. This can be found on the Frome College Website, under Students and then Extracurricular Activities. This is an electronic form which can be completed and returned to my email: sbailey@fromecollege.org. This is an annual requirement for any student participating in DofE activities.

What next?

For your son/daughter to attend please complete Appendices I and II on the next pages and **return hard copies to Student Services or to my email address below by the deadline of 4 October 2021.** If you have any questions? Please feel free to contact me.

Your sincerely



Sue Bailey

(Outdoor Education Co-ordinator- Duke of Edinburgh and Cadet Force Commander)

Email: sbailey@fromecollege.org

Duke of Edinburgh's Award Scheme is run in the school at all levels. This year 9 activity will give you a good idea of what sort of things our participants could do on DofE training and weekends. DofE is open to all students and is a personal journey and non-competitive. Bursaries are readily available for students who may find difficulty funding as DofE is fully inclusive.

Combined Cadet Force (Royal Navy) Cadets encourages young people to try something new. Those who wish to take part would be issued a uniform and try activities such as archery, rock climbing and mountain biking mostly for a minimal cost or for free. There would also be opportunities to experience other activities at Navy bases like sailing and canoeing. You would learn about the Navy but the aim of cadets is to improve confidence, self-esteem and team work rather than recruit.

Appendix I: Permission Form for Year 9 Experience

Permission form – to book a space on this Year 9 activity, please return this form and your food preferences by Monday 4 October 2021. Hard copies to Student Services, electronic forms to sbailey@fromecollege.org

I as parent /guardian of House:
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
Parent/Carer's signature

Date

I am aware that photographs of activities may be taken and used for publicity and promotion of the group. Links to selected photographs may be shared within the group. Some may be used in college publications.

Kit request

I would like to borrow:

Tents – we have 2 or 3-person tents

I want to share with the following people (maximum 2 others): please print clearly.

If you feel unable to take part in all of these activities (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.

To assist with planning, we may occasionally be emailing out to all students and list student names, so we can confirm dates of attendance and teams. If you do not wish your son/daughter's name to appear on an email to participants please indicate below:

I/we do/do not wish our son/daughter's name to appear on a group email. *(Please delete as appropriate).*

If there are any changes to the details an email will be sent before your son/daughter attends.

Signature Parent/Carer	Date
Contact name:	Contact Tel number:
Email address: (please print carefully)	
Email address 2	

Email addresses will be the main way that information is circulate.

Appendix II: Food preferences

Student's name:

House:

Food preferences:

Barbeque preferences:	Yes/No	Bread rolls & bread for breakfast
Meat- burgers/sausages		White/Brown
Vegetarian		Gluten free: Yes/No
Vegan		
		Salad provided

*Vegetarian and vegan food will be cooked on separate BBQs.

Additional Notes: eg food allergies