

**Gold Duke of Edinburgh Qualifying Expedition:**

Our Year 12 students will be undertaking their Gold Qualifying Expedition in Snowdonia from Saturday 3rd September- Tuesday 6th September.

Can all participants ensure that they have updated their medical forms on ParentPay if necessary, and have transport organised for drop off and pick up at the locations detailed on the letter.

Good luck to all involved!

**Bronze Duke of Edinburgh Training Days:**

Our Year 9 and 10 students will be undertaking their Bronze Training Days on Saturday 10th September and Sunday 11th September. Can all participants ensure that they have updated their medical forms on ParentPay if necessary, and have transport organised for drop off and pick up at the locations detailed on the letter.

On Saturday 10th September, all participants will need to arrive at the sports hall at St Nicholas Catholic High School for 9:30

am and picked up at 2:30pm.

Get Outside the Classroom staff will work on a carousel with groups of participants, rotating around a series of workshops covering; First Aid, kit selection, packing a rucksack, pitching tents, food, stove use, and basic navigation.

Participants should come dressed and prepared to be outside during the day (it would be a good idea to have a set of waterproofs with you), please check the weather forecast and dress appropriately. You will need to bring a packed lunch, pen, mug, and a drink all in a small rucksack/bag. During the stove session participants will have the opportunity to make a hot chocolate (provided). If they wish to, they can also bring in a pot noodle snack or similar which is made with the addition of hot water.

On Sunday 11th September, all participants will be completing a training walk to practise their navigation skills and teamwork. Students will need to arrive at St Nicholas Catholic High School at 9:30am for groups to start their walk at 9:45am and will be expected to be picked up at 2:45pm at Whitefield Carpark, Delamere Forest.

Students will need to be prepared to be outside (whatever the weather) for the whole day. Participants must have:

* Appropriate footwear (walking boots/ walking shoes)
* Waterproof top and trousers (**these must be an additional layer to what they are already wearing**)
* Appropriate additional clothing for the weather (sun hat, sunglasses, suncream etc.)
* At least 1 litre of water/squash and a packed lunch

*Choosing expedition teams:*

The Bronze DofE candidates will need to start thinking about their expedition teams if they have not done so already. Please could parents/carers encourage them to do so with the following mitigations in place:

* Teams must be **no smaller** than **4**candidates
* Teams must be **no bigger**than **7**candidates
* Teams must contain candidates all of the **same year group**
* Teams can be mixed genders however there must be ***at least 2 boys/ 2 girls***(for tent sharing reasons)

Miss Forsey will be meeting with the candidates on the first week back in September to confirm teams but should any of them like to confirm their team before the summer they are more than welcome to do so by emailing her on l.forsey@st-nicholas.cheshire.sch.uk/ coming to see her in her office at break or lunch.