



Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

2nd May 2024

Dear Parent / Carer

Year 12 DofE Silver Practice Expedition – 13th May 2024 to 15th May 2024

The Duke of Edinburgh silver practice expedition will take place from 13th May 2024 to 15th May 2024. This is from Monday to Wednesday including two overnight stays.

During the three day expedition, our students will be walking in groups, setting off at intervals and will be remotely supervised by school staff. They will be met at checkpoints throughout the journey. Participants are expected to stay in their groups and their success depends on a team effort. Each group will depart from the start point each day at differing times and will proceed at their own pace.

Please find below full details for the expedition.

On **Monday 13th May** participants will need to arrive promptly at **Wheel Orchard Car Park, Goring RG8 9HB at 8:00am for 8:30am start. The start and finish of this expedition are both near train stations**, which has been deliberately planned so every student can access this training. The students will start at 15 minute intervals and hike independently, in groups, under remote supervision to White Mark Farm campsite in Watlington, for the overnight stay.

On **Tuesday 14th May** we start and finish the day from White Mark Farm campsite. Students will be hiking to the Warberg Nature Reserve independently, in groups, under remote supervision, to complete voluntary work between 10:00am - 3:00pm. Students will be fully supervised at the Nature Reserve by school staff and by volunteers of the Wildlife Trust.

On **Wednesday 15th May** our students will be hiking independently, in groups, under remote supervision, to Henley on Thames. **Parents can collect students from Dry Leas Car Park RG9 2JA.** Students will be able to text their parents when they have finished the route - it is expected that students will finish between **4:00pm - 6:00pm, but it may be earlier.**

White Mark Farm, run by Manager Debbie Bacon, is a camping and caravan site used by the public and by other DofE groups. GNSA students will be expected to be **good ambassadors for the school by respecting other site users, the site facilities and the silence rule from 11pm to 7am.** If students are not able to behave as expected either when walking in the countryside or camping, parents will be asked to collect their child and they **will fail the award.**

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-2-

The participants are required to be journeying for approximately 7 hours per day at Silver Award level and to carry a rucksack containing a full set of equipment, which should weigh no more than $\frac{1}{4}$ of their bodyweight.

The school can provide a rucksack, sleeping bag, tent, and sleeping mat. **The kit should be collected from Ms Weeks on Wednesday 8th May 2024, at the start of lunch time from Room 8.** If you borrow a sleeping bag we request it is returned **washed and clean** and a sleeping bag sheet used to protect the inside. Students have been advised to train for this expedition, even more so as they have not previously done a Bronze expedition due to the Covid era.

No student is to buy or bring a stove - the school cooking stoves are the only ones that should safely be used after specific training. Students should cook a hot meal each evening, and bring enough food for three days hiking - this is a high calorie activity!

The independent nature of DofE makes it impossible for us to predict exactly what time the groups will finish. The estimated arrival time is just a general guide. **Your child will text or phone you when they are ready to be picked up** so please be prepared for your child's phone call. We have found this will allow time for the supervisor to debrief students.

Parents/Guardians should not be contacting their child at any point during the expedition; nor should your child be contacting you; infringement of these rules could jeopardize your child's chances of completing the expedition successfully.

We request that parents/guardians do not come and wait in the immediate area of the expedition and wait in the car parks only. An alternative car park is available near the finish behind Waitrose in Henley, and is near several cafes. The expedition is not complete until they have been debriefed and the group has been dismissed by the staff and we would therefore kindly ask you not to talk to any groups until this point.

Students will be asked to hand in any phones they are carrying on arrival at Goring on Monday morning. On completion of the trip their phones will be returned. **Please can you ensure that your child understands that if they or any other student in their group uses a phone at any point during the expedition the group is likely to be disqualified and will have to be reassessed on another expedition.** If there is a genuine reason for using a phone, prior permission must be given by myself.

Staff will carry a mobile phone for use in case of an emergency and the groups will be carrying a phone sealed in bags for **emergency use only**. These will be checked at the end of the expedition. If there is a problem we will contact parents/guardians directly.

Please complete the online Google Form by **Thursday 9th May 2024** via the link below allowing your son/daughter to take part, <https://forms.gle/4y1rKNcC8oDZnWPd9> .

Yours faithfully

S. J. Weeks

Sarah Weeks, DofE Leader