



RED HOUSE
SCHOOL

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28 September 2018

Dear Parents

Duke of Edinburgh's Award Practice Walk: Sunday 14 October

Our first Duke of Edinburgh practice walk is due to take place on Sunday 14 October around Reeth in the Swaledale area. Pupils should aim to arrive at school for an 8am departure, and we should return here at about 4pm. The return time is approximate as it will depend on the walking and navigation skills of the pupils. We will ask them to contact you when we set off on the drive back to school so that you have a more exact time.

I enclose a kit list for your attention. This list covers the whole of the expedition requirements. For the day walk, the pupils will need those items marked with an asterix. In addition they will need to bring a packed lunch with them and a change of clothes in case we have inclement weather. I have also enclosed a Parental Consent and Medical form for your attention and completion. I would be grateful if you could return the completed form to me by Monday 8 October.

The trip will be subject to the conditions set out in the Parent Contract and will be covered by the school's insurance policy. Staff will take a first aid kit with them. If your child suffers from asthma or severe allergic reactions please ensure their inhaler/medication/EpiPen is with them. If they do not have them, they will be unable to go on the trip.

Pupils are allowed to bring personal items such as mobile phones in order to keep in touch with parents. However, these items will be taken at their own risk.

Please do not hesitate to contact me if you have any further questions on any of the above.

Yours sincerely

Mrs S Williamson
DofE Co-ordinator

Sophie.williamson@redhouseschool.co.uk

PARENTAL CONSENT FOR A SCHOOL VISIT

(To be distributed with any information sheet giving full details of the visit).

Year Group:10.....

1 Details of visit to: Reeth. Duke of Edinburgh's Award practice day walk.

From: ...14 October 8.00am (approx.)..... Date/Time

To: ...14 October 16.00pm (approx).....Date/Time

I agree to taking part in this visit and have read the information sheet.

I agree to participation in the activities described.

I acknowledge the need for to behave responsibly.

2 Medical information about your child:

(a) Any conditions requiring medical treatment, including medication? YES/NO

If YES, please give brief details:

.....
.....

(b) Please outline any special dietary requirements of your child

.....
.....

(c) Please indicate the type of pain/flu relief medication your child may be given, if necessary:

.....
.....

(d) Please give details of any other health/behavioural information which would be useful to the group leader:

.....
.....

For residential visits and exchanges only:

(e) To the best of your knowledge, has your son/daughter been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be contagious or infectious? YES/NO

If yes, please give details:

.....
.....

Red House School

(f) Is your son/daughter allergic to any medication? YES/NO

If yes, please specify:

.....
.....

(g) When did your son/daughter last have a tetanus injection:

.....
.....

I will inform the Group Leader/Head Teacher as soon as possible of any changes in the medical or other circumstances between now and the commencement of the journey.

3 Declaration

I agree to my son/daughter receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.

Contact telephone numbers:

Work: Home:,.....

Home Address:

.....

Alternative emergency contact:

Name: Tel No:

Name of Family Doctor:

Tel No:

Signed: Date:

Full Name:

(In capital letters please)

**THIS FORM, OR A COPY, MUST BE TAKEN BY THE GROUP LEADER ON THE VISIT.
A COPY SHOULD BE RETAINED BY THE SCHOOL CONTACT.**

RED HOUSE SCHOOL D OF E EXPEDITION EQUIPMENT (ITEMS MARKED WITH AN ASTERISK*
ARE REQUIRED FOR THE DAY WALK ON 14 OCTOBER)

CLOTHING

- *Walking boots
- *Trainers
- *Socks
- *Underwear
- *Trousers
- *Shirts/ tops
- *Sweaters/ fleece tops
- *Hat
- *Gloves
- *Waterproof jacket (breathable type recommended)
- *Waterproof over trousers
- *Gaiters (optional but recommended)

PERSONAL CAMPING EQUIPMENT

- Rucksack (approx. 65 litre capacity) / *Day bag
- Sleeping bag
- Sleeping mat
- Soap and towel
- Toothbrush
- Toilet paper

Mug and plate(s)

Knife, fork and spoon

Food (as detailed on menu)

*Water bottle (**make sure it does not leak!!**)

Sun tan lotion

PERSONAL EMERGENCY EQUIPMENT

*Map (school will provide)

*Watch

*Compass and whistle

Emergency action card

Emergency food (something like 3 Mars bars or similar)

Matches or lighter

Torch with spare batteries and bulb

Survival bag/ space blanket

Spare clothes

Tin opener

*First aid kit

Paper and pencil (in a plastic bag to keep it dry)

1 mobile telephone per group

GROUP CAMPING EQUIPMENT

Tent (school will provide)

Trangia (school will provide)

Gas (school will provide)

Washing up liquid

Sponge/ scourer pad

Cloth/ old tea towel

