



MAHARISHI SCHOOL

CONSCIOUSNESS - BASED EDUCATION

24 April 2018

Dear Parents and Carers

Bronze expedition update

There has recently been a number of changes brought in by the DofE in regards to the Bronze DofE Award. We are now advised to have a shortened version of the practice expedition to concentrate more on training rather than endurance. To this end our practice expedition will not involve sleeping over in the campsite. Participants will do a one practice day with full kit. They will put up their tents and cook a meal at the end, clear up and then go home. The qualifying expedition will still be over two days with one night camping. I will send out the final details about locations and timings for the practice expedition on Saturday 19 May nearer the time.

There is one further training date which was not included in the previous letter. We have a qualified paramedic coming to do health and safety (and basic first aid) on **Wednesday 9 May from 4 - 5 pm**. It is very important that all pupils attend this session as this training is a requirement for them to do the qualifying expedition.

In order to make sure all pupils are safe on the expeditions, we need you to fill in the attached reply slip with information about medical and other issues that we should be aware of. **Return to school by Friday 4 May**. Please include information about allergies and any other worries, and also include in detail if your child takes medication and will be carrying this with them. We also need at least two contact numbers for the weekend in case of an emergency. You will be provided with a school contact number for the weekend as well. We respectfully ask that parents do NOT contact their children during an expedition, and to let us know if their child had made contact about any serious issues we need to know about.

Please make sure that your child now has a pair of walking boots that they should be wearing on Monday 30 April.

The expeditions are usually the most fun part of the Award and our new expedition leader has put together a really good training programme for them.

Headteacher: Mrs L Edwards BA(Hons), PGCE.

Tel: 01695 729912 Email: enquiries@maharishischool.com www.maharishischool.com

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If you have any questions, please do not hesitate to contact me on mingram@maharishischool.com or via the school.

With best wishes,
Mareanna Ingram (DofE Manager)

Bronze Group 5 - Practice expedition reply slip.

I give permission for my child _____ to go on the practice expedition on Saturday 19 May.

Medical conditions or other issues:

My child will be carrying the following medication (include painkillers)

Medication	Dosage
_____	_____
_____	_____
_____	_____

Contact numbers for the Saturday

Name	Number
_____	_____
_____	_____

Signed: _____