

Hartismere School

Castleton Way
Eye
Suffolk
IP23 7BL



office@hartismere.com
www.hartismere.com
01379 870315

Geoff Luxton BSc PGCE Headteacher

Sarah Gray BA MSt PGCE Headteacher

22 February 2023

NSP/JC

Dear Parent/Guardian

FIRST AID TRAINING AND CAMP SKILLS WEEKEND

I would like to give details of two dates that are upcoming.

Firstly, we have an external first aid trainer coming to school to deliver Expedition First Aid Training as part of the school's expedition training. This will be happening on **Wednesday 22 March** and is included in the Duke of Edinburgh fee paid before Christmas. This training will finish at **6pm**. Participants must undertake first aid training as part of their expedition preparation.

Secondly, **Saturday 29 April** is the Camp Skills Day at school. This will start at **9:30am** in the Sixth Form car park and will finish at **4:30pm**. Throughout the day the pupils will be undertaking a walk between school, Thorndon and Occold. They will also be setting up a camp at school and will cook a meal using the Trangias that have been loaned out.

The pupils will be expected to bring their full expedition kit, which includes a rucksack, tent, sleeping bag, Trangia, walking boots, the clothes that they would expect to bring for a two day expedition, the food that they would expect to bring for a two day expedition (including emergency rations) and a first aid kit. A full kit list has been given to each pupil and there is a copy on the school website.

Please check the weather forecast for this day and pack/dress accordingly, although it is expected that waterproofs are included as part of their standard kit. The meal that they will cook should be representative of the evening meal to be cooked while on expedition and typically takes the form of pasta with a sauce and meat/vegetable accompaniment. The pupils have received training on expedition cooking and menu ideas.

The parental permission and medical form returned with the enrolment letter before Christmas will taken as permission for your son/daughter to attend these events.

If you have any questions, please email me at dofe@hartismere.com.

Yours faithfully

Dr Neil Sparshot
Duke of Edinburgh Manager



Hartismere
Family of Schools

Part of the Hartismere Family of Schools



2010 - 2014 - 2018