

Education Department

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Mearns Castle High School

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Our Ref: KW/LS

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The Silver Duke of Edinburgh Award

Dear Parent/Carer

In order to achieve the Silver Duke of Edinburgh Award pupils must complete the Expedition Section of the Award. To ensure pupils receive the appropriate training and are fully supervised by qualified mountain leaders we use a company called Adventure Expeditions www.adventure-expeditions.net/. Pupils must complete training sessions, a Practice Expedition and a Qualifying Expedition.

Training Sessions- After school (Thursday's and lunchtime meetings). Pupils will receive a training booklet and kit list. They will be given advice on camp craft, meal planning, rucksack packing, country code, navigation, map skills, route card planning and first aid. It is essential pupils attend all meetings.

Practice Expedition-Thursday 20th August(pm) -Saturday 22nd August 2015 Pupils will leave school at 12.45. Pupils will need to come to school dressed ready to go on Expedition. During the morning pupils can leave their rucksacks in an allocated room and they will attend classes as normal. At lunchtime the coach will take the pupils to Callander, Loch Lomond. On Day 1 of the Expedition pupils will follow forest and cycle tracks to Strathyre. They will camp overnight at Immervoulin Campsite (01877 384285). On Day 2, pupils will start with a strenuous climb up and over into Glen Finglas. Pupils will wild camp on the edge of Glen Finglas reservoir, just North of the Brig O'Turk. On Day 3 they will follow tracks alongside Loch Venacher and they will complete their Expedition in Callander.

During the Practice Expedition pupils will be fully supervised by Adventure Expedition Leaders. They will receive training on navigation, map reading and campcraft skills. On Saturday pupils will return to school at approximately 17.00. (Contact details mobiles: K. Ward 07816673605 or Adventure Expeditions -01305 813107).

Qualifying Expedition- Thursday 3rd September -Saturday 5th September 2015

Pupils will leave school at 09.00 and travel by coach to Mossdale near Loch Ken in the Galloway Forest, Dumfries and Galloway. The 30 mile Expedition involves following forest tracks and parts of the Southern Upland Way. The last day will involve a more challenging climb up Merrick Hill, the highest point in the Galloway forest. Pupils will be wild camping on ex forestry commission campsites by Loch Trool and Black Loch.

Water tanks, midge nets and tent latrines will be provided. Pupils will be supervised at all times by Adventure Expedition Leaders. Pupils will return to school at approximately 17.00.(Contact details mobile: Adventure Expeditions -01305 813107).

Pupils will be issued with a training booklet, a kit list and consent forms. Pupils will be required to provide their own rucksack, waterproofs, walking boots with ankle support (essential for insurance purposes) a sleeping bag and food. It is very important if pupils purchase new boots they walk them in prior to going out on Expedition. The school does have a number waterproofs and rucksacks available to borrow.

Due to the change in dates for some pupils please see new attached payment schedule. If a pupil is unwell or unable to attend the Expeditions they will not receive a refund, they will be allocated a place on the next Expedition.

If you have any questions concerning the weekends please do not hesitate to get in contact.

Yours faithfully

K. Ward

Payments

Full payment must be received no later than Fri 19 June 2015. If you are unsure how much you have paid, please contact Mrs Steen in the school office who will confirm payments received.

Direct Entry cost - £275

Bronze to Silver cost - £250