



St Robert of Newminster Catholic School and Sixth Form College



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Head Teacher: Mr. D. Juric
Chair of Governors: Mr. G. Moorhouse

DUKE OF EDINBURGH'S BRONZE AWARD SCHEME – ACTIVITIES WEEK

Dear Parent/Guardian,

Please find below the timetable of activities, and required items needed during activities week for Year 9 students completing the Duke of Edinburgh's Bronze Award.

Mon 15 th July	Tues 16 th July	Wed 17 th July	Thur 18 th July
AM: Route planning PM: Camp craft	All Day: Practice Walk	All Day: Bronze Expedition at Hadrian's Wall	All Day: Bronze Expedition at Hadrian's Wall
Items required: Pen, and a waterproof.	Items required: Walking footwear or trainers with grip, (no jeans), waterproof, and a packed lunch.	Items required: Full expedition kit, A packed lunch and an evening meal to cook.	Items required: Full expedition kit, breakfast and a packed lunch.

We will leave for the expedition on Wed 17th July at 9:00am, so please can students be in the school dining hall with all equipment by 8:40am.

Camping overnight is at Hadrian's Wall Camping & Caravan Site, Melkridge Tilery, Melkridge, Northumberland, NE49 9PG.

Students will return to school on Thurs 18th July at approximately 3pm in time to catch the school buses.

Please see some suggested food items on the back of this letter.

If you have any questions please get in touch,

Regards,

Mr P Williams



Suggested Food Items:

Breakfast

Instant Porridge pots or sachets
Multiple Cereal bars

Snacks

Cereal/energy bars
Jelly sweets or chocolate

Evening meal to cook:

Pasta n Sauce type sachets
Dried pasta and stir in sauces
Boil in the bag rice and curry sauces
Adventure food type boil in the bag meals
Pre-cooked protein sources (chicken, ham, sausage, cheese)
(Not pot noodles!)

Drinks

Hot drinks sachets (hot chocolate, coffee, etc.)
A refillable water bottle, as drinking water will be provided at every checkpoint.

Groups can share food, as long as all group members contribute to the preparation of the meal or cleaning of the cooking equipment.

