

# High School & Sixth Form

## Duke of Edinburgh training day success!



During the Easter holiday, thirty-six pupils took part in a training weekend in preparation for their upcoming Duke of Edinburgh Awards. We are delighted to see participation continue to grow, with twenty-six Bronze and ten Silver candidates.

The Silver participants spent the day training in their canoes with Captain Davies and their assessor Mr Adams. Meanwhile, the Bronze group focused on essential expedition skills. During the morning, they practised tent pitching, safe cooking on a Trangia stove, and efficient packing of their expedition rucksacks. They learned how to distribute the weight of their kit effectively and ensure their belongings remain dry in case of rain.

In the afternoon, the Bronze pupils honed their navigation skills using a route card. This required them to read an OS map and use orientation techniques to safely navigate their way back to school. Once back, they set up their tents and prepared their evening meals, despite the added challenge of the wind. Later, they attended a weather session filled with quizzes and games to keep them engaged after a busy day. With the clocks springing forward an hour that night, they had an early bedtime to prepare for the next morning's early start which included a 10km hike (with rucksacks!).

This initial training weekend lays the foundation for the Bronze group's expedition and the Silver group's practice expedition by canoe.

The pupils were closely supported and monitored by our dedicated team of staff volunteers: Captain Davies, Sergeant Berry, Mr Crosby, Mr Hayes, and Mrs McDermott. Additional support was provided by Miss Titman, along with our external assessors, Dave and Helen Adams, who offered invaluable expertise and feedback throughout the weekend. Well done all!

Mrs Colette McDermott