



Dear Parents/Carers,

**Assalamu Alaikum – ‘Peace be upon you’.**

**Re: DofE Expeditions – Important Update**

As I am sure you are aware, there are weather warnings in place for this weekend, due to extreme temperatures. Be assured that the expeditions will be going ahead, but with changes put in place to ensure the safety of your daughter. Some of the changes are listed below:

- Multiple water stops – your daughter must ensure she is drinking plenty of water, she will not run out. The expedition team will be on hand to fill up her water bottles as required
- Route change – if necessary, routes will be changed to easier/shorter routes
- Your daughters will only carry a ‘day bag’ and therefore all group kit will be with instructors. They will be carrying as little weight as possible

This list is not exhaustive, there are many contingency plans in place to ensure your daughter is safe and well, throughout the weekend.

Please ensure that your daughter has:

- A wide brimmed hat
- Sun cream
- Large, refillable water bottle
- Light layers that can be easily removed/added to
- Waterproof jacket

If you have any questions, or concerns, do not hesitate to get in contact.

Yours faithfully,

Mrs C Amos-Wilkins

Teacher of Physical Education

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