

# Heartbeat



Monday, September 22

Issue 3

## Duke of Edinburgh kids have a liking for hiking

*Students swapped the classroom for the countryside earlier this month, as they undertook their first hiking excursion as part of the Duke of Edinburgh (DoE) award scheme. Trip organiser, Miss Cutler, gives us her account of the two day event.*

'Please don't let it rain, please don't let it rain, please don't let it rain'. I uttered this sentence maybe 100 times as I travelled to Lower Site to meet the 30 Year 12 students who were laden down with rucksacks, tents, roll mats and clinking cooking stoves.

Some faces were lit up with excitement at what lay ahead, whilst others were full of trepidation as the students gingerly waved their parents goodbye.

The reality of what they had signed up for was starting to sink in, much like the rain that had started to sink into their clothing. Lesson one: pack your waterproofs at the top of your rucksack so they are easily accessible.

### Hiking

So the adventure was about to begin for these, our Bronze DoE candidates, who were set to embark on their first two day hiking expedition. They would follow a planned route using maps and compasses, whilst carrying all their kit and food for the two days.

Students have to be absolutely self-reliant, no visits to shops for extra supplies or sneaking to ice cream vans for treats.

Once we arrived at our destination, Scarisbrick, our groups left one by one, embarking on their first Duke of Edinburgh adventure. Group 6 immediately got lost. Lesson learned, they studied their maps and worked as a group to right their path to the campsite. Bravo group 6.

Once at camp, blisters nursed, it was time to



set up the stove and cook *al fresco*. Noodles and pasta with sauce were a popular choice with our campers as these foods cooked

quickly and provided our pupils with plenty of energy. Not so lucky were the boys, who were planning on having a can of all day breakfast - without a tin opener.

The evening turned to night and unusual onesies started to appear. I particularly liked a spiffing green dinosaur number modelled by one of the students.

Once dark, and during a supermoon, all that was visible from the cluster of tents were torch beams and the haze of coloured glow sticks. Students chatted well into the night but decided to go to bed before the teachers Mr Gardiner rose with the lark and treated everyone to some music at 7.15am to rouse everyone from their tents.

Once everyone had eaten some breakfast and packed away, the day's hiking could



begin. Off the groups went chanting, 'the canal should be to our left, the canal should be to our left'. Two hours later a group of girls phoned to ask if it was ok that the canal was on their right. Practice makes perfect in the end girls.

The day was scorching as the groups gathered at the end point all eager to eat their rations put by for emergencies. They had won. They had come out the other end with teamwork, combined individual skills and a sense of humour.

Some said 'never again' but once the blisters heal and the fatigue lifts, everyone's minds will drift towards their final expedition in October and the promise of a huge campfire with marshmallows.

Well done everyone.

# Year 8's visit to the Opal Coast was a gem of a trip



*During the summer, some of our Year 8 (now Y9) students sampled the delights of France with a visit to the Opal Coast.*

*Among those on the trip was IT's Mr Summerfield, here is his account of the trip.*

It was just before midnight when the Year 8 coach bound for France departed from Sacred Heart.

Heading towards Dover, we picked up our main driver, Graham, in Kent before making the crossing to Calais. From there, we carried on to Boulogne-sur-Mer to see the town and to have lunch.

The pupils walked around the town square and market areas, practising their French for the first time during the trip. We also walked around the medieval walls within the city and visited Notre Dame Cathedral.

After lunch, we headed towards our hotel where we would stay for the next three nights. We had our evening meal there before visiting the market town of Le Touquet, where we spent time playing games on the beach.

Our first morning saw us up at 7am for

breakfast before preparing a packed lunch ahead of our visit to Asterix Theme Park, near Paris.

This was a long but very enjoyable experience; as the group spent the day in the park with plenty of rides to go on. It was very quiet, which made it more enjoyable without the long queues and the sunshine. It was worth the long journey to see how much everyone enjoyed it.

We had our evening meal back at the hotel, then headed in to Le Touquet to a disco, where we had the place to ourselves.

After a night's dancing, we headed back to the hotel ahead of another early start.

We were up early again the following morning as there was a busy day ahead.

After breakfast, we all walked into Le Touquet for the local market, Rue de Metz, where the pupils' French speaking became more prominent, as they walked around the lovely market, enjoying the French stalls. Our coach driver picked us up on the front as we made our way towards Boulogne-sur-Mer to have lunch and visit the Nausicaa

Aquarium.

Whilst there, we looked at different varieties of marine life before the afternoon ended with a visit to a creperie, where crepe making was demonstrated and the students had a go themselves, eating their own creations. After our evening meal, we walked down to Le Touquet again for one last time before heading back to the hotel.

The final day saw us up early and packed ready for our home descent, arriving back at Sacred Heart at 6pm.

The staff would like to thank the pupils for their impeccable behaviour throughout their time in France and making it so enjoyable.

## News in brief

**Year 12 NOCN activities start tomorrow, finishing on Friday with a trip to the Holocaust Centre and Museum, Nottingham. On Wednesday, there is a theatre trip to the Octagon, Bolton, while Y11 pupils have an Oxford application workshop at Greenbank High School.**