



A Devonport High School for Girls

# Moor on Outdoor Education Newsletter

Issue 2 - Spring 2026



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## Foreword

As we move from March into April, and the evenings begin to lighten and the days begin to lengthen many of us will once more start to venture outdoors after a long, and particularly wet, Winter.

Indeed, many of our students have already done so, with the Ten Tors Teams training throughout the winter. With the Ten Tors Event just around the corner in early May, Spring Term sees the start of the Expedition phase of training for Ten Tors.

The Duke of Edinburgh's Award Scheme expedition season also begins shortly, with the Gold Practice Expedition just after the Easter break.

**Mr Galley, Director of Outdoor Education,  
DHSG.**

## **ECaptain Robert Falcon Scott (1864–1912\*)**

This month's Outdoor Hero is Captain Robert Falcon Scott (6<sup>th</sup> June 1868 – 29<sup>th</sup> March 1912\*), (\*Final diary entry), famous for his historic Discovery (1901 – 1903) and Terra Nova (1910 – 1913) expeditions to Antarctica. It was Scott's Grandfather, Edward, who moved to near Plymouth, buying the Hoegate Brewery, originally in the Barbican area of Plymouth, and the residence Outlands, not far from Devonport High School for Girls, which became Scott's eventual birthplace.

Scott's Terra Nova Expedition was very nearly the first to reach the South Pole, with the polar team arriving to find that Amundsen had already planted the Norwegian Flag at the Pole. The reasons cited for the failure of the expedition, in terms of the deaths of the polar party on the return journey, have been numerous; extreme weather, Scott's over reliance on ponies and man-hauling, versus Amundsen's use of dog teams. The team were not far from One Ton Depot (literally a ton of supplies, hence the name) when adverse weather confined the team to a tent that was to become their final resting place. However, many choose to remember the successes of the expedition's scientific endeavours; rock and fossil samples collected by polar party member Wilson demonstrated that Antarctica was once a forested continent with a more temperate climate.

Scott's words, from one of his final diary entries, served as inspiration to a Nation soon to be drawn into the First World War:

"Had we lived, I should have had a tale to tell of the hardihood, endurance and courage of my companions which would have stirred the hearts of every Englishman. Alas, these rough notes and our dead bodies must tell the tale".

They serve as an inspiration to many still, and can be found by the Scott Memorial at Mount Wise in Plymouth. Here, also, can be found the words of Tennyson, which were inscribed on a makeshift memorial on Antarctica by surviving members of the expedition, fittingly:

"To Strive, to Seek, to Find, and not to Yield".



**U15 Cricket County Finals** took place at Exeter University on Tuesday 3rd March – Our pupils came in 6th overall.

**U13 Cricket County Finals** took place at Exeter University on Tuesday 10th March – Our pupils came in 5th overall.

**U15's Badminton Regional Finals** took place at Bath University on Monday 2nd March – Our pupils came in 3rd place overall.

A huge well done to the **U15 badminton team** who placed 3rd in the Southwest Regional Finals at Bath University on Monday 2nd March.

### **Netball – South West State School Championships**

Over 70 teams from 45 South West State schools entered this year's competitions. DHSG's Results are here:

#### **U13 at Ivybridge Community College**

Winners – Ivybridge – Devon  
Runners Up – Devonport High School – Devon

#### **U15 at Ivybridge Community College**

Winners – Ivybridge – Devon  
Runners Up – Devonport High School – Devon



## Current & Upcoming Fixtures

### **End of Seasons Netball Tournaments at Plymouth Life Centre**

- Year 10 & 11 – Wednesday 4<sup>th</sup> March
- Year 9 – Wednesday 11<sup>th</sup> March
- Year 8 – Wednesday 18<sup>th</sup> March
- Year 7 – Wednesday 25<sup>th</sup> March

### **Thursday 19<sup>th</sup> March**

- U13 & U15 Football County Cup Semi-Final @ Newton Abbot

### **Whistlers Football Award**

This term we have had a selection of pupils working with Plymouth School Sport Partnership to achieve their Whistlers Football Award. Pupils took part in training on Friday 13<sup>th</sup> March 2026, and will be putting their skills to the test to referee a primary school football festival at Marjon University on Friday 20<sup>th</sup> March 2026.



# Expedition Food Ideas

Food is a crucial element of any expedition; days on Dartmoor are challenging, covering remote and difficult terrain throughout long days. Eating well will help maintain your energy and stamina, ensuring you have enough reserves to finish the day.

Here are some helpful tips on how you can prepare lunches and snacks, and I've included suggestions for various dietary needs, including options for vegetarians, vegans, and those requiring gluten-free choices. Walking on Dartmoor can be highly calorific; as a guide for how many calories to consume during a day hike, a general guideline is to aim for is roughly 3,000 to 3,500 calories.

## **Food Choices**

- Try and pack as much energy into your food for the least amount of weight; foods that are high in sugars, carbohydrates and fats are good for this.
- Remember to choose foods that you like. If there is a snack you really enjoy and it will give you a boost, then pack it.
- Store your main food for lunch in your pack in a dry sack, snacks and softer items should be placed in your pockets, or the pockets of your rucksack.
- A good breakfast at home is essential, so before you leave home, eat well! Cereals, porridge, and ready break are great, consider adding honey, fruit and nuts to these. Hot buttery toast, with eggs and or baked beans, or a nice jam/marmalade are all good options.

## **Snacks**

- Sports sweets and gels are good for refuelling and ensuring you have enough electrolytes. Cliff energy products are good as are energy balls. Flapjacks, Granola bars and high energy cereal bars. Dried fruit and nuts, yoghurt covered raisins (trail mix) etc can be placed in a bag and kept close to hand for you to eat as you move along. Kendal mint cake and malt loaf are options too. Sweets are not as nutritious but are great for a morale boost for you and your team.
- Crisps break easily but hula hoops and cheddars are better as they are harder to break.
- Avoid fizzy or sugary drinks these will dehydrate you. A flask of hot juice or hot chocolate can be really comforting on a bad weather day.
- If taking chocolate, consider fruit and nut options as these don't melt as easily.

## **Lunches**

- Pitta breads or wraps are better than regular bread and have gluten free options.
- For fillings you could use peanut butter, Nutella, marmite, cheese and ham. Hard boiled eggs. There are vegetarian and vegan alternatives, check out your local supermarket.
- Scotch Eggs, Pork Pies and Cocktail Sausages in colder weather work well.

## **Evening Meals**

- For the Duke of Edinburgh's Award, preparing an evening meal might be a focus of your expedition planning; discuss options within your teams that everyone will enjoy at the end of a long day.
- For Ten Tors you will be aware of the large range of 'Boil in the Bag' and re-hydratable meals available on the market.

## **Water**

- It is important to maintain adequate hydration; it is recommended to consume between 2 and 4 litres of water throughout the day.

## Ten Tors – Individual Kit List (Day Walks)

Category	Item	Quantity	Remarks
Safety	Whistle	1	Separate from Rucksack.
	Survival Bag	1	Big Orange Sack. Must not be blanket type.
	Torch	1	Hand or Head.
	Watch*	2	This is per team and must not be a smart watch.
	3Ps Kit	1	Includes trowel which will be provided by the school. Plastic tub, Poo Bags, Toilet Paper, Hand Sanitizer, Sanitary items. Pee Cloth*.
	Personal Medication	As required	Location to be known to all in Team.
	Notebook and Pencil	1	Waterproof type recommended.
Load Carriage	Rucksack	1	With separate waterproof lining, waterproof cover optional. 30 – 35ltr for day. 50 – 65ltr for Exped. Chest Strap, Padded Waistbelt.
Clothing	Base Layer	2	Synthetic/merino wool, flat seamed, quick drying, some thermal quality.
	Intermediate Layer	2	Microfleece or softshell.
	Insulation Layer	1	Robust and thick enough to keep the wearer warm in a static environment. Primaloft, Hydroloft (synthetic down), Down (Ideally Hydrophobic) , Thick Fleece.
	Socks (Pair)	2	Thick walker type, flat seamed, consider a liner sock as well.
	Trousers/Leggings	2	Must completely cover lower limbs to provide protection against sun and insects. Wind resistant and quick drying. Leggings must be thick and offer thermal protection. (Shorts, Thin leggings, track suits, joggers are not acceptable).
	Waterproofs	1	Jacket and Trousers, good robust quality, taped seams and capable to cope with Dartmoor Weather. Jkt should have a drawcord hood and bottom, Stiffened Peaked Hood, waterproof Zips or storm flap. Trousers need to have as a minimum a knee length zipper.
	Gloves (Pair)	2	Synthetic and robust enough to keep your hands warm.
	Hat	2	Suitable for expected conditions (Beanie, Woollen for cold, Floppy or Peaked for warmer environments)
	Boots (Pair)	1	Robust, Good condition and provide adequate ankle support. Leather more robust than fabric.
	Gaiters	1	Go over the ankle cuff and attach to the boot.
	Neck Warmer/Buff	2	

## Ten Tors – Individual Kit List (Day Walks) Continued...

Category	Item	Quantity	Remarks
Rations	Food	Lunch	Lunch and Snacks for day walks. For expeditions must have at least two heat-able meals (Dinner and Breakfast) Spork, Spoon or knife and Fork, Mug and if required, a Plate.
	Emergency Rations	1	High Energy foods. Must be clearly marked and in a sealed bag. Must not need to be reconstituted by adding water.

## Ten Tors – Additional Team Kit List (Expeditions)

Items required Per Individual			
Category	Item	Quantity	Remarks
Safety	Map*	2	Provided by School but we encourage you to have your own OL28 Active
	Compass*	2	Provided by School but we encourage you to have your own, 10cm Baseplate Silva Expedition 4
	First Aid Kit*	2	Provided by School includes – Zinc Oxide Tape, Blister Kit, Plasters, Wound Dressing, Gauze Dressing, non-latex surgical gloves, triangular bandage, cleansing wipes, tick remover.
	Mobile Phone*	1	Provided by school. We do not allow personal phones; these can be left with the OMST during event and training.
	Route Card*	2	Completed by teams and provided by school.
Camping	Tents	As required	Enough to accommodate participants in team, generally sleep in pairs or threes.
	Trangia and Fuel*	2	Provided by the school
	Roll Mat	1	Full body length Inflatable or traditional foam type, foam type needs to be around 2cm thick.
	Sleeping Bag	2	Must be stowed in a waterproof bag and provide thermal support for the user to a lower limit temperature of Minus -2C (ISO 23537 or EN13537).

# Duke of Edinburgh's Award – Kit List

This is a GUIDE of what you should need to undertake the Expedition.	Bronze	Silver	Gold	Provided by School
Season boots with ankle support	•	•	•	
Light weight Trekking towel			•	
Walking trousers/shorts, quick drying (not Jeans)	•	•	•	
Wicking t-shirt (not cotton)	•	•	•	
Fleece	•	•	•	
Waterproof coat	•	•	•	
Waterproof trousers	•	•	•	
Warm hat/ Sun hat	•	•	•	
Gloves	•	•	•	
Water Bottle - Min 1L	•	•	2 L	
Food + Inc. Snacks	•	•	•	
Head torch + spare batteries	•	•	•	
Full set of spare clothes	•	•	•	
Personal first aid kit + any medication	•	•	•	
Eating utensils	•	•	•	
Sleeping bag - 2-3 Season	•	•	•	
Inflatable mattress/ roll mat	•	•	•	
Toiletries	•	•	•	
Multi day rucksack (65L approx.)	•	•	•	
Sun cream (high factor)	•	•	•	
Insect repellent (time of year)	•	•	•	
Sunglasses	•	•	•	
Dry bags/ Rucksack liner	•	•	•	
Water Purification (if wild camping)		•	•	
Tent				•
Stove				•
Gas				•
Map				•
Compass (2 per team)				•
First aid kit				•

Devonport High School for Girls

# Advertise with us



The DHSG Termly Newsletter is shared with over 8000 people (parents, carers, alumni, friends of DHSG) and widely online on our Facebook, X and LinkedIn pages. The newsletter is also placed on our website that is visited, on average, by 180 people everyday.

The newsletter has an impressive reach of over 30,000 individuals in the Plymouth and East Cornwall region, thanks to strategically targeted promotional advertising.

Your business has the opportunity to be featured in this publication. If you're interested in including an advertisement, please contact Claire our Print & Design Assistant at [crigby@dhsg.co.uk](mailto:crigby@dhsg.co.uk) for further discussion.



Devonport High School for Girls

## Price:

Quarter page: £100

Half page: £150

Full page: £200

Double page spread: £380



## *DofE Training – World Book Day (Thursday 5th March 2026)*

As you can see from some of the pictures here, our DofE Bronze Teams spent World Book Day this year learning some of the expedition skills they will be looking to put into practice in the coming months.

Students enjoyed pitching tents with Mr Galley and Miss Clatworthy, learning to use a Trangia Stove with Mrs Anderson and Mr Samuels, and packing their rucksacks efficiently with Miss Trower.

***Mr Galley, Director of Outdoor Education, DHSG.***



### *Remaining Training Dates (Ten Tors)*

#### ***Saturday & Sunday 21st & 22nd March 2026***

- All Teams Selection Expedition on North Moor.

#### ***Saturday & Sunday 25th & 26th April 2026***

- Confirmation Expedition (South Moor)

#### ***Tuesday 5th May 2026***

- Mandatory Compliance Brief and Final Full Kit check for all selected teams, reserves and parents Dining Room. (1600 – 1830 School Booking).

#### ***Friday 8th May – Sunday 10th May 2026.***

- Ten Tors Expedition