Scouts
High Peak

Squirrels

Programme Newsletter October 2026



Hello!

The nights are drawing in and the temperature's dropping, but there's no dip in fun and energy. There's loads coming up, including JOTA-JOTI and the Buxton Pantomime.

As always, please do get in touch if you have something you'd like to share in next month's newsletter.

Happy reading!

Activity Badge Focus

Super Chef



What more could you want during a session than a ticked off badge and some tasty food? With Halloween and Christmas round the corner, there's lots of treats to choose from . The three requirements for the Super Chef activity badge are:

1) Think about the foods you eat and explore where some of them come from..
2) Explore some new foods with your friends.
3) Wash your hands, follow a recipe, and make a tasty snack with your friends.

To complete requirement 1, you could arrange a visit to a local supermarket or farm and find out what goes into producing the food we eat. If you're planning cooking or baking, why not take your Drey shopping for ingredients?

Take the Squirrels on a world food tour to discover food from around the globe. Talk about the different flavours and textures before deciding on your favourite.

Finally, get stuck in by making your own delicious goods. With Christmas and festive goodies at the end of the term, it's a great time to complete the badge!

Challenge Award Focus

All Around Us



All Together lets Squirrels work with friends and see how much more they can get done as a team.

Requirement two sees your Squirrels working with others as a great team member. You could create a giant poster for your hut learn hot to put a tent up, or make it competitive and see which team can build the tallest tower using recycled materials!





Staged Activity Badge Focus

Emergency Aid

This badge looks at what we should do in a medical emergency. The requirements for stage 1 are:

a. Explain the importance of getting help
b. What to say when you call 999
c. Helping someone who is unconscious
d. Helping someone who is bleeding
e. Reassuring someone at the scene of an emergency

You can find a session plan for stage 1 on the downloadable resources page of the website (link here).

There's also an opportunity to complete the "meet a local superhero" element of the Local Superhero Activity Badge by inviting a healthcare professional to deliver the session and talk about what they do in their day-to-day job.

Marshmallow Toasting

Safety Reminder

Unfortunately, we've recently had an injury involving a wooden skewer used for marshmallow toasting. We'd like to ask you to review your risk assessments and where possible cut the "points off" or instead buy blunt-ended skewers (these can be found on Amazon). Fires, and activities around them, should be properly supervised and Squirrels should be reminded of safety expectations before starting.

As a reminder, marshmallows can pose a choking hazard to children under five (taken from Food Standards Agency), so please make sure they are given as a s'more to mitigate the risk.





New Social Media Pages

As a District, we've expanded our reach on social media to Instagram to spread the word further and encourage more people to get involved. You can find our page here.

We're also sharing videos from past events to our YouTube channel which are a great way to remember our amazing camps, trips, and adventures. Over time, you'll also start to find campfire songs and other practical skills. Click here so you don't miss out.

District Squirrels Meeting

It's been a while since we last got together to discuss all things Squirrels. A poll will be posted on the WhatsApp group to decide a date and location. It would be great to see as many leaders as possible so please share the information with other members of your section team.

Coming soon...

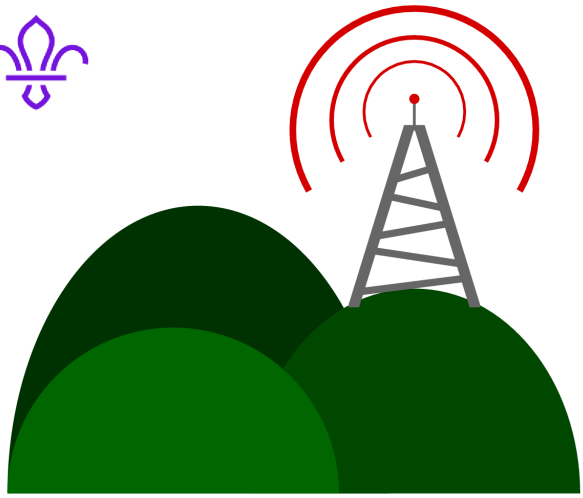




JOTA

Upcoming Event

Scouts
High Peak



HIGH PEAK JOTA

Jamboree On The Air (JOTA)

Jamboree on the Air (JOTA) is an annual gathering of Scouts from all over the world over amateur radio. It's a great way to find out about Scouting, cultures, and traditions from elsewhere in the world.

To celebrate, we're hosting our very own JOTA station with the opportunity to speak to others and take part in different communication and international themed activities.

Each section will get their own time slot to ensure activities are tailored to the correct age and badge requirements.

More information and booking details are available on the High Peak Scouting website.

Key Information

When – Saturday 17th October
Where – 1st Chapel-en-le-Frith Scout HQ
Who – All Sections
Cost – £3

Buxton Opera House Pantomime

Upcoming Event

Scouts
High Peak

BUXTON OPERA HOUSE
& PAVILION ARTS CENTRE

Friday 4th December 2026
Starts 6pm

Buxton Opera House presents Sleeping Beauty - a magical pantomime adventure! For all local Scout & Guide Association members, including parents and family.

Cost - £16.50 each (whether child, leader or parent), and one free place for every 10 places booked.

Organisers can book either as a whole group or individual sections.

To book phone box office on 01298 72190 and quote *"Scout 26"* from the 1st of June. All tickets must be booked through a Scout or Guide group. No deposit required.

Seats can be reserved but must be paid in full by the 1st of November. All groups to complete their own risk assessments for the evening.

Note this year all attendees must enter the Opera House with their own printed ticket, so organisers are advised to obtain these from box office well before the event for distribution.

For more information phone Andrew Howe on 07974 012 774.



Celebration and Awareness Days

October and November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			October 1	2	3	4
5 Bullying Prevention Day	6 National Badger Day	7	8	9	10	11
12	13	14	15	16 Restart A Heart Day	17	18
19	20	21	22	23	24 United Nations Day	25
26	27	28	29	30	31 Halloween	**November** 1
2	3 National Sandwich Day	4	5 Bonfire Night	6	7	8 Remembrance Sunday Diwali
9	10	11	12	13 BBC Children In Need	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 St Andrew's Day						

Bullying Prevention Day (5th October)

Have a chat about what it means to be a good friend and what we should do if we see someone being unkind. Play some team games to really highlight the importancce of friendship

National Badger Day (6th October)

You could go on a woodland walk and discover where badgers live!

Restart a Heart Day (16th October)

While CPR might be a bit much for Squirrels, you could still learn how to help others in an emergency by completing Emergency Aid Stage 1!

United Nations Day (24th October)

Find out how the United Nations makes the world a better place and have a go at a few activities from a different country.

Halloween (31st October)

Embrace Halloween and get creating! You could carve pumpkins, have a mummy race, or tell spooky stories.

National Sandwich Day (3rd November)

Wash your hands, roll up your sleeves and make your favourite sandwich!

Bonfire Night (5th November)

Speak to your group and see if they're doing anything to celebrate. If not, you could visit a local bonfire as a Drey! Get creative in your session and create a scratch art firework display.

Remembrance Sunday (8th November)

Join the rest of your group at your local Remebrance Service. In the week prior, learn about what Remembrance is and why it's important.

Diwali (8th November)

There'll be more information about Diwali in next month's newsletter when we focus on the 'Let's Celebrate' badge, but to give you some ideas, you could try Rangoli art or create your own diya lamps.

BBC Children In Need (8th November)

Colour in your very own Pudsey (sheets here) and play 'Pudsey Says'. (Instructions here, action cards here)

St Andrew's Day (30th November)

Join the celebrations by drawing your own Scottish flag, listen to traditional Scottish music, and have a go at ceilidh dancing.



Website: highpeakscouting.org.uk

Facebook: facebook.com/highpeakscouting

Instagram: instagram.com/highpeakscouting

Youtube: youtube.com/@HighPeakScouting

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