



# Duke of Edinburgh's Award

Parent Information Evening 2019  
Lymm High School







# To be covered tonight...

- How to sign up
- Different elements of achieving a DofE Award
- How you can support your child through it
- eDofE
- Costs and timescales
- Expeditions and kit
- Where to find more information



# What's involved?

At Lymm High School, we offer DofE programmes at three levels:

**Bronze Year 9**

Silver Year 10

**Gold Year 12**

...which lead to a Duke of Edinburgh's Award.



# What's involved?

All programmes take around 12 months. Gold will be 18 months if students haven't done Silver previously.

If your child has started Bronze or Silver, but hasn't finished it and wants to do the next award, please get them to sign up now, but bear in mind they must finish their Bronze/Silver award first in order to benefit from the reduced timescales for this year's award.

-  Volunteering
-  Physical
-  Skills
-  Expedition
-  Residential



To achieve the Bronze and Silver Awards, students will need to complete all sections EXCEPT the Residential. To achieve the Gold Award, they'll need to complete their own programme of activities in all 5 sections:



# What happens after signing up?

- Once the deadline has passed, we will buy the DofE registration packs. These are sent to your child's home address.
- We will run a signing-on session in school where they will log on to eDofE and choose their activities, but they can also do this at home with you.
- Please check the list on [www.dofe.org](http://www.dofe.org) or the DofE noticeboard (at end of Art corridor) to make sure their chosen activity counts.
- Once we have approved it on eDofE, they can start doing it!
- The biggest barrier to completing the award is not choosing their activities quickly and then starting them – ideally this should be done within 2 weeks of them receiving their packs.
- We will support them through the year, but the emphasis is on the student themselves to be proactive and arrange their own activities.



# How long will it take me?

## BRONZE AWARD

Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your child's studies and life outside school.

They'll need to participate regularly and show that they're committed to their DofE during this time.

They could be involved in some of their activities already (1 activity can count from 9th Sept 2019)



# How long will it take me?

## SILVER AWARD

Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your child's studies and life outside school.

They'll need to participate regularly and show that they're committed to their DofE during this time.

They could be involved in some of their activities already (1 activity can count from 9th Sept 2019)

Silver (Year 10+)	Volunteering	Physical	Skills	Expedition
	<b>6</b> months	<b>6</b> or <b>3</b> months	<b>6</b> or <b>3</b> months	<b>3 days</b> <b>2 nights</b>
Physical and Skills sections: one section for <b>6 months</b> and the other section for <b>3 months</b>				
If you didn't do Bronze, you must do a further <b>6 months</b> in either the Volunteering or the longer of the Physical or Skills sections.				



# How long will it take me?

## GOLD AWARD

Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your child's studies and social life.

They'll need to participate regularly and show that they're committed to their DofE during this time.

They could be involved in some of their activities already (1 activity can count from 9th Sept 2019)

Gold (age 16+)	Volunteering	Physical	Skills	Expedition	Residential
	<b>12</b> months	<b>12<sup>or</sup> 6</b> months	<b>12<sup>or</sup> 6</b> months	<b>4 days</b> <b>3 nights</b>	<b>5 days</b> <b>4 nights</b>
Physical and Skills sections: one section for 12 months and the other section for 6 months					
If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.					

# Volunteering section

- Being a social responsible citizen in the community
- Count towards their Platinum Leadership Ladder award at the same time
- Make a difference to other people's lives
- Useful for college or university applications
- 1 hour per week
- For example, they could volunteer to help:

The elderly, young children, a local sports team, individuals with disabilities, the environment, a charity, your own campaign,.

**ONE THING THOUGH....STUDENTS CAN'T VOLUNTEER IN A BUSINESS (WHERE THE ORGANISATION MAKES A PROFIT)**

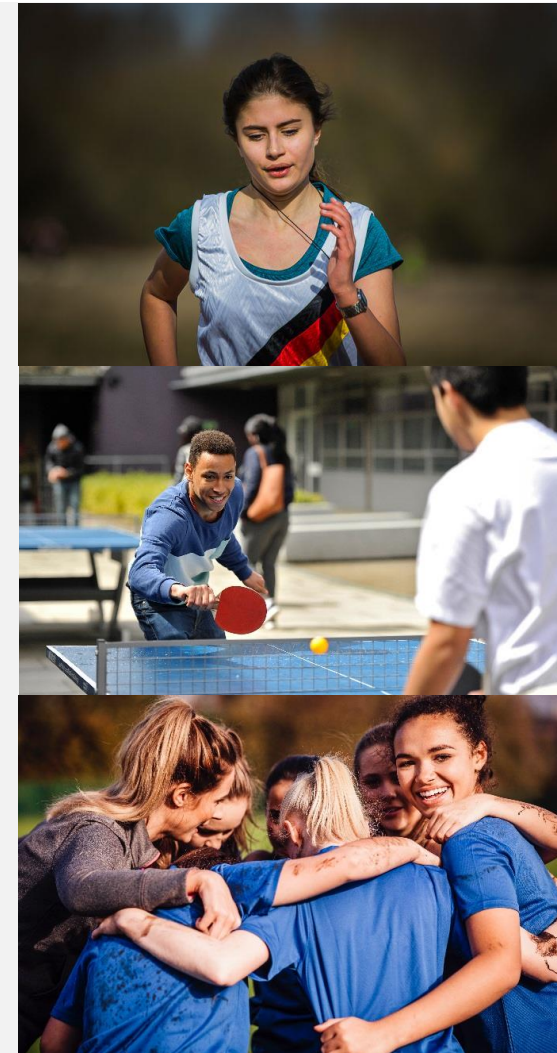




# Physical section

- Choose a physical activity they will participate in 3 or 6 months
- 1 hour per week
- Activities could include anything that gets them physically active, for example:

Surfing, fitness suite, rugby, netball, running, yoga, Zumba, rowing, climbing, gymnastics, cycling, golf, fitness classes, swimming, street dancing, tennis, badminton, dodgeball **(and hundreds of others!)**



# Skills section

- Choose a skill that they will take part in over 3 or 6 months
- 1 hour per week
- Huge variety of activities they can choose, for example;

Pet care

Learning a musical instrument

DIY

Gardening

First Aid

Astronomy

Photography (and hundreds of others!)





## Volunteering section

Volunteering gives you the chance to make a difference

DofE Leadership  
Group leadership  
Leading a voluntary organisation group:  
- Girls' Venture Corps  
- Sea Cadets

Surfing/body boarding  
Swimming  
Synchronised swimming  
Windsurfing

### Dance:

Martial arts:  
Aikido  
Capoeira  
Ju Jitsu  
Judo  
Karate

Yoyo extreme

### Science & technology

Aerodynamics  
Anatomy  
Astronomy  
Biology  
Botany  
Chemistry  
Ecology  
Electronics  
Engineering  
Entomology  
IT  
Marine biology  
Oceanography  
Paleontology  
Physics  
Rocket making  
Taxonomy  
Weather/meteorology  
Website design  
Zoology

**This is a snapshot of the approved list of activities students can choose for the Volunteering, Skill and Physical sections. The full list can be found on the DofE website and the LHS website**

libraries  
Helping older people  
Helping people in need  
Helping people with special needs  
Youth work

### Community action & raising awareness:

Campaigning  
Cyber safety  
Council representation  
Drug & alcohol education  
Home accident prevention  
Peer education  
Personal safety  
Promotion & PR  
Road safety

- Girlguiding UK  
- Girls' Brigade  
Sports leadership  
Music tuition

## Physical section

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

### Individual sports:

Morris dancing  
Salsa (or other Latin styles) dancing  
Scottish/Welsh/Irish dancing  
Street dancing/breakdancing/hip hop  
Swing  
Tap dancing

### Racquet sports:

Badminton  
Matkot  
Racketlon  
Rapid ball  
Real tennis  
Squash  
Table tennis  
Tennis

Cricket  
Curling  
Dodge disc  
Dodgeball  
Fives  
Football  
Hockey  
Hurling  
Kabaddi  
Korfball  
Lacrosse  
Netball  
Octopushing  
Polo  
Rogaining  
Rounders  
Rugby  
Sledge hockey  
Stealthball

### Care of animals

Agriculture (keeping livestock)  
Aquarium keeping  
Beekeeping  
Caring for reptiles  
Dog training & handling  
Horse/donkey/llama/alpaca handling & care  
Keeping of pets  
Looking after birds (i.e. budgies & canaries)

# Our DofE programmes



## A word about cost:

- Unfortunately, we do have to charge for DofE programmes in school. Whilst some schools are in the fortunate position of having a number of suitably qualified staff who are able to lead expeditions, we unfortunately do not. We do however run DofE on a not-for-profit basis.
- The other reason for this is one of capacity. Without the support of *Get Outside the Classroom* running our expeditions and supporting us with the awards in school, we would not be able to offer the DofE Award to all students who wish to participate and would have to cap the number of places which we do not want to do. Last year for example, we were able to offer places to all **228 students** who signed up.
- If you do have the opportunity to do DofE for free with Scouts or Cadets, please feel free to do that instead.
- However, included in the cost of the DofE programme is the registration pack and lending you for free most of the equipment you need for the expeditions. The cost of the DofE Awards this year are: £243 for Bronze, £359 for Silver and £421 for Gold



# What happens if my child cannot attend the training day or expedition once they've signed up?



- Unfortunately the dates of the expeditions are fixed. The training day, Practice Expedition and Qualifying Expedition are all compulsory elements of your child's participation on the DofE programme with us and they must complete all 3.
- If for any reason your child cannot suddenly make the training day or one of the expedition dates, please be aware that there are some monies that will not be able to be refunded.
- We may be able to refund part of monies paid if your child pulls out early (i.e. before Christmas), but any costs incurred by school will not be able to be refunded, at whatever point this happens.
- Please email Mrs Hill ([shill@lymmhigh.org.uk](mailto:shill@lymmhigh.org.uk)) in the first instance if you encounter a problem later on with expedition dates. There are other External Providers you can contact via DofE who offer 'Open Expeditions' so that participants can still finish their award, but there will be a charge for these. If you choose to follow this option, it would be a private arrangement between a parent and the provider, and outside of any agreement with school.
- With the above information in mind, you may wish to take out your own insurance to cover you against an unexpected events which result in your child being unable to complete the expedition or the award with us.



GET OUTSIDE  
THE CLASSROOM





# Expedition

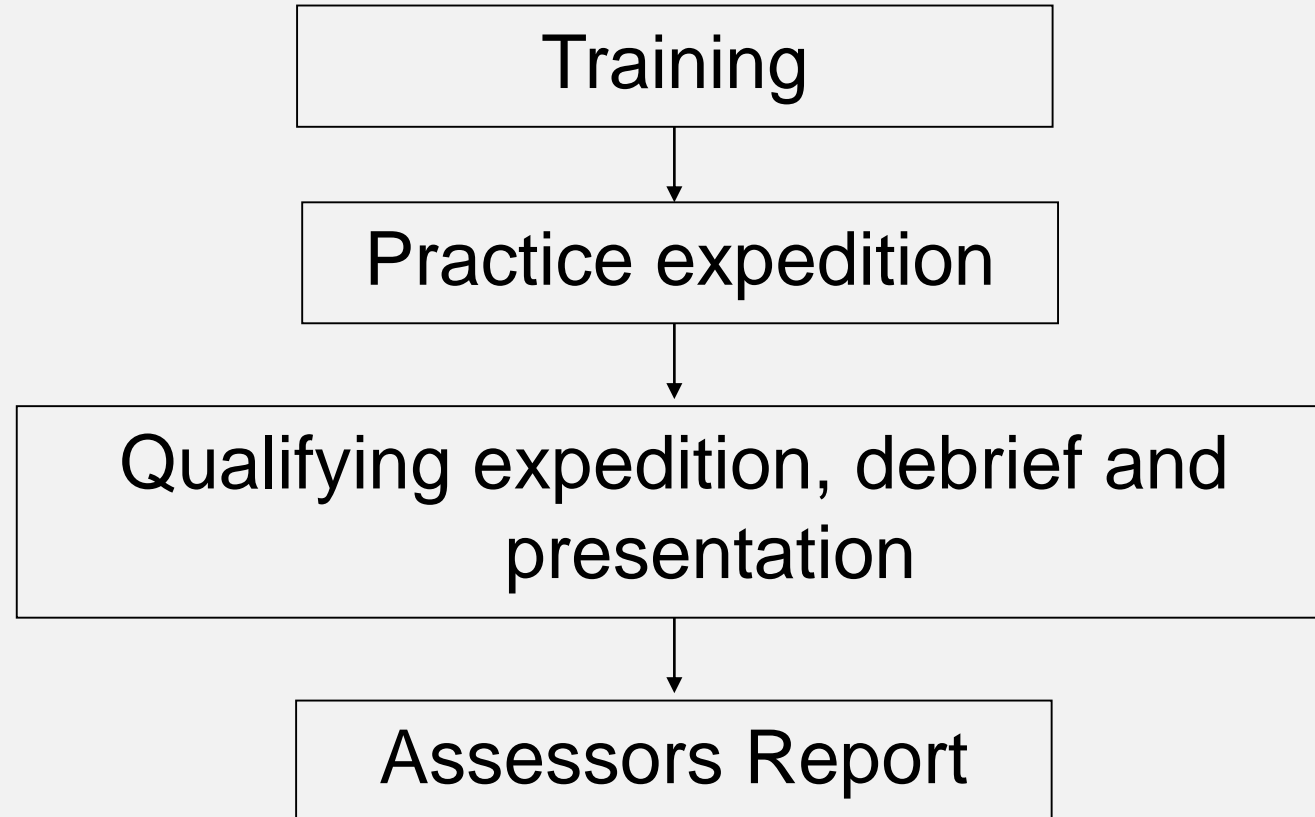


One of the most memorable aspects of the award.

Delivered by Get Outside the Classroom, our Approved Activity Provider.



# The Expedition Process



# The Expedition Process



<b>Level</b>	<b>Duration</b>	<b>Minimum hours of planned activity each day</b>
<b>Bronze</b>	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
<b>Silver</b>	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
<b>Gold</b>	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

# Top Tips



- Please read the Expedition Handbook (LHS website)
- Equipment - Borrowing v Buying (please see advice in the Handbook)
- It's all down to the participant rather than Mum and Dad!
- Check weather forecast beforehand. Participants must bring waterproof jacket and trousers, whatever the weather
- Put everything into a washing basket 2 nights before - then pack the night before
- Plan food carefully – make it nice and avoid waste
- Check ahead to where the drop-off point is and plan your journey to drop off your child. You may want to car share to help. Given the remote location of the drop-off and pick-up points, **the post codes can only be a guide** and quite often they will not take you right to the car park entrance. Please spend a little time checking the map and description of the drop-off/pick-up point and leave a little extra time to get there.
- Phones – are their emergency back-up only. Participants may bring their phones on expeditions, but are expected not to spend the evening on them, and to engage fully in the training and de-briefs they take part in during the evening.



# Expedition



## BRONZE – Year 9

Event/Expedition	Date	Venue	Transportation
Bronze Training Day	Fri 31st Jan or Mon 3rd Feb 2020	Lymm HS	n/a
Bronze Training Expedition	Wed 6 <sup>th</sup> May – Thurs 7 <sup>th</sup> May 2020	Cheshire	Parents
Bronze Qualifying Expedition	Fri 19 <sup>th</sup> Jun – Sat 20 <sup>th</sup> Jun 2020	Cheshire	Parents

## SILVER – Year 10

Event/Expedition	Date	Venue	Transportation
Silver Training Day	Fri 31st Jan or Mon 3rd Feb 2020	Lymm HS	n/a
Silver Training Expedition	Mon 1 <sup>st</sup> Jun – Wed 3 <sup>rd</sup> Jun 2020	Peak District	Parents
Silver Qualifying Expedition	Sun 28 <sup>th</sup> Jun – Tues 30 <sup>th</sup> Jun 2020	Llangollen	Parents

## GOLD – Year 12

Event/Expedition	Date	Venue	Transportation
Gold Training Day	Fri 31st Jan or Mon 3rd Feb 2020	Lymm HS	n/a
Gold Training Expedition	Mon 1 <sup>st</sup> Jun – Wed 3 <sup>rd</sup> Jun 2020	Peak District	Parents
Gold Qualifying Expedition	Sun 28 <sup>th</sup> Jun – Wed 1 <sup>st</sup> Jul 2020	Nr Betws-y-Coed	Parents

**Parents are required to drop-off and pick-up for all expeditions.**

**Many parents choose to car share to help around work or other commitments.**

**Please see the notes about postcodes on previous slide.**

# Expedition

Included in the cost of doing it is all expeditions, training day, the registration pack and the loan of most of the equipment you will need.

GOtC can lend students:

- Tent
- Sleeping mat
- Rucksack
- Cooking stove
- Fuel for the stove
- Map
- Compass



# Expedition

## Items participants will need to provide themselves:

- Waterproof jacket and trousers
- Walking boots
- Sleeping bag
- Food inc. meals
- Camping bowl, plate, mug & cutlery





# Residential



**To achieve your Gold Award, you need to complete an extra section – the Residential. It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.**

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with – both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

It may be that you want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.

Participants are required to find their Residential opportunity themselves.

Many companies offer Residential opportunities for a cost , but there are opportunities out there to do your Residential at no cost – but you need to look for it! Some of our students do the National Citizenship Service residential for their DofE Residential section.



# Where to get help...



- DofE website: [www.dofe.org](http://www.dofe.org)
- LHS website: enrichment/DofE
- Expedition Handbook (on LHS website)
- YouTube – great for videos about kit, cooking on a Trangia stove and packing a rucksack (various ones created by DofE participants & leaders)
- eDofE - Mrs S Hill (DofE Admin Officer) – [shill@lymmhigh.org.uk](mailto:shill@lymmhigh.org.uk)
- eDofE or Expeditions – [becky@getoutsidetheclassroom.co.uk](mailto:becky@getoutsidetheclassroom.co.uk)

- **DofE noticeboard for students** – any deadlines or expedition information is posted
- **Website** – all documents, expedition dates, FAQ
- **Texts** – for important reminders, approach of expedition or payment dates. Texts come via:
  - ***School Gateway app*** (if you have it) via the Messages section, but only if you have your ‘push notifications’ enabled.
  - ***Text message*** – only if you don’t have the School Gateway app but this does cost us money.
- **Formal letters** - where reply slips are required or more information



# As a parent we encourage you to...



- **Keep a record of your child's eDofE login info**
- **Get them to log on regularly** to check they are up-to-date with logging aims and evidence
- **Check their intended activity** for their Volunteering, Skill and Physical sections are on DofE's approved list.
- **Check their aims** and Assessor report meet the criteria
- **Encourage them to persevere** if it gets tough!
- **Help them take the first steps** to arranging activities themselves
- Support them on the award, but **don't do it for them!**
- **Have a hot bath and a McDonalds** ready post-expedition!

# What do I do if I would like my child to sign up?

To get started, ask your child to pick up a letter from Main School Student Services (Bronze & Silver) or Sixth Form Student Services (Gold).

**Deadline: Friday 4<sup>th</sup> October**

**By this date, please ensure you have:**

- **Paid the £100 deposit on Parent Pay**
- **Returned the reply slip AND medical form to the School Shop or Student Services**

