



Duke of Edinburgh's Award

Parent Information
2021-22





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- 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 [click for letter](#)

Silver Year 10* [click for letter](#)

Gold Year 12 [click for letter](#)

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

* This year in light of the pandemic, we will also be offering Bronze to Year 10 students.








What's involved?

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

If your child started Silver with school in 2019-20, but didn't finish their Volunteering, Skill and Physical sections to achieve their DofE Certificate of Achievement, please do sign up for Gold, but we would strongly recommend they try to get Silver signed off before Christmas so they can benefit from the reduced timescales on offer to Gold participants who have completed Silver.



- | | | | |
|--|--------------|---|-------------|
|  | Volunteering |  | Expedition |
|  | Physical |  | Residential |
|  | Skills | | |

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 you've returned the consent slip, medical form and paid the £100 deposit on Parent Pay to sign-up, we will purchase your child's place from DofE head office.
- We will then run after-school 'registration sessions' where students will log on to eDofE and fill in their details including their home address.
- DofE then send your child's registration pack to the home address they have typed in when they register on the computer (NB. Please make sure they know their postcode – we had a fair few students last time who didn't). They also need parent contact details so please ensure they also know your phone number and email address (and they are both details you are happy to share).
- If there is enough time in their registration session and they know what activities they'd like to do, we will also get this logged on their eDofE account. eDofE is where participants log all their evidence and track progress during their award.



What happens after signing up?

- Students need to decide as soon as possible which activity they would like to do in the following 3 sections (plus the Residential section for Gold participants):
 - ❑ Volunteering
 - ❑ Physical
 - ❑ Skill
- Students need to complete 1 hour in each section every week for whatever time period they've chosen for that section (see slides 8, 9 & 10).
- Please check the **list of approved activities** to make sure their chosen activity counts. Then they need to submit their aim (what they are intending to do) to Mrs Hill for approval. Once Mrs Hill signs it off on eDofE, they can start doing it! (but they shouldn't start before it's been approved).
- 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 participants 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 **1 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 be back-dated to start from 6th Sept 2021, providing they've been doing it since then).



How long will it take me?

SILVER AWARD

Activities for each DofE section take a minimum of **1 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 be back-dated to start from 6th Sept 2021, providing they've been doing it since then).



How long will it take me?

GOLD AWARD

Activities for each DofE section take a minimum of **1 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 be back-dated to start from 6th Sept 2021, providing they've been doing it since then).

Gold (age 16+)	Volunteering	Physical	Skills	Expedition	Residential
	12 months	12^{or} 6 months	12^{or} 6 months	4 days 3 nights	5 days 4 nights
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 socially responsible citizen in the community
- Count towards Leadership Ladder award at the same time
- Make a difference to other people's lives
- Volunteer in or outside of school
- Useful for college or university applications
- 1 hour per week
- For example, students could volunteer to help:

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

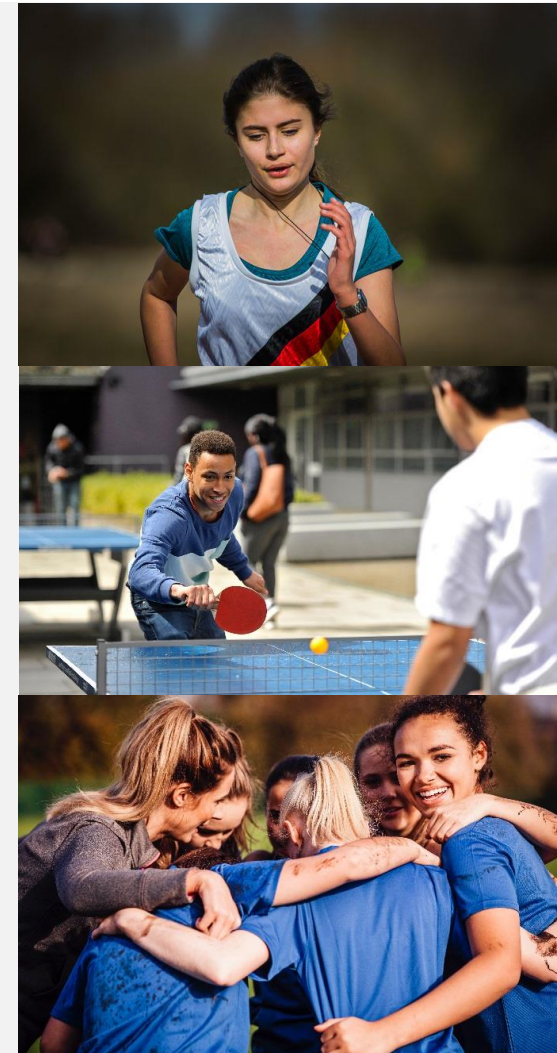
ONE THING THOUGH....STUDENTS CAN'T VOLUNTEER IN A BUSINESS (WHERE THE ORGANISATION MAKES A PROFIT)



Physical section

- Choose a physical activity to participate in for 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!)**



Skill section

- Choose a skill to take part in for 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. See slide 7 for link to the complete list.

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. The predominant 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 time we ran DofE for example, we were able to offer places to all 242 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, to help keep the costs down in other areas, we are able to lend students various items (see slide 23) and students eligible for Pupil Premium are also provided with a sleeping bag should they need one.

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, Training Expedition/s 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) 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



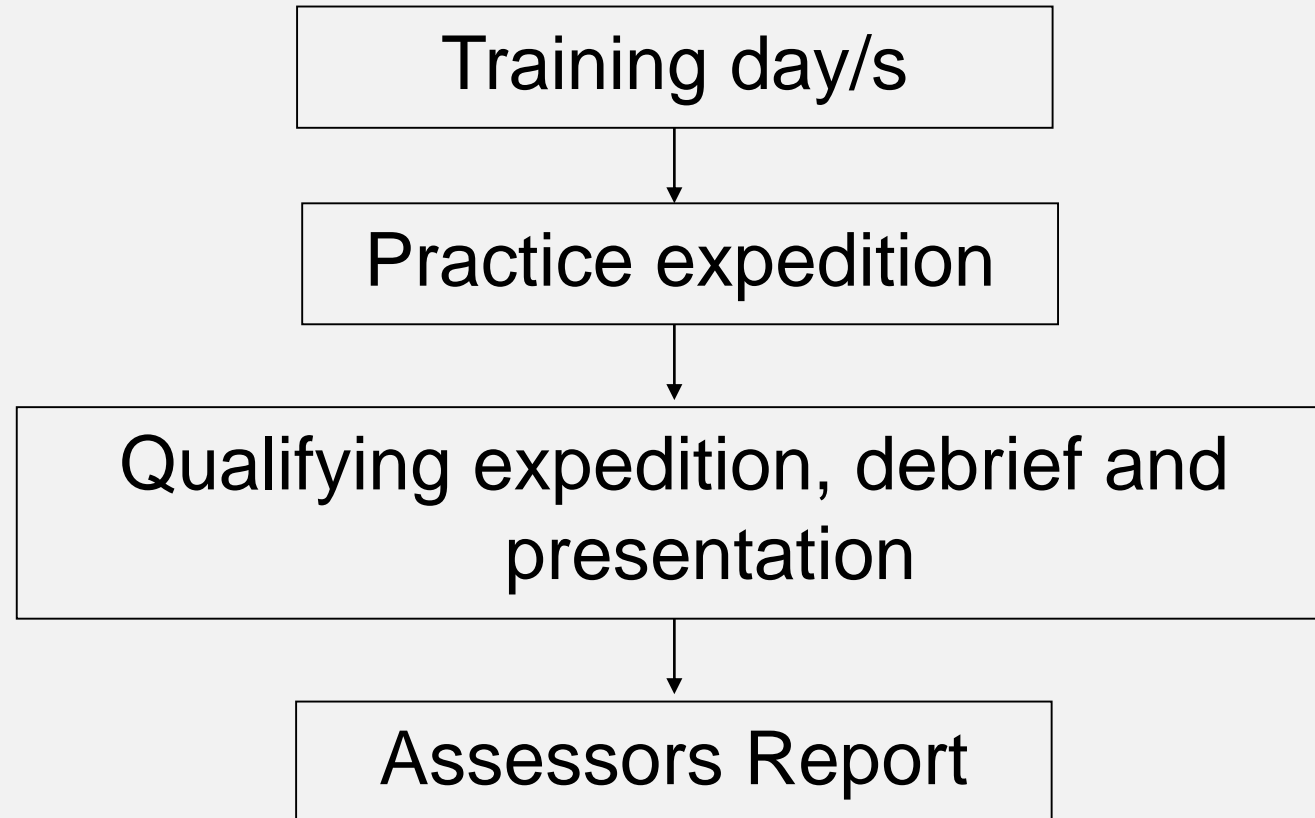
Expedition



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



Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	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 to check it will fit in the rucksack - 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.

BRONZE – Year 9

Event/Expedition	Date	Venue	Transportation
Bronze Y9 Training Day	Wed 5 th Jan 2022	Lymm HS	n/a
Bronze Y9 Training Expedition	Fri 29 th – Sat 30 th Apr 2022	Cheshire	Parents
Bronze Y9 Qualifying Expedition	Thurs 21 st – Fri 22 nd Jul 2022 (please note these are the last 2 days of term)	Cheshire	Parents

BRONZE – Year 10

Event/Expedition	Date	Venue	Transportation
Bronze Y10 Training Day (skills)	Thurs 6 th Jan 2022	Lymm HS	n/a
Bronze Y10 Training Expedition	Mon 25 th – Tues 26 th Apr 2022	Peak District	Parents
Bronze Y10 Qualifying Expedition	Mon 27 th – Tues 28 th Jun 2022	Llangollen	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



SILVER – Year 10

Event/Expedition	Date	Venue	Transportation
Silver Y10 Training Day (skills)	Fri 7 th Jan 2022	Lymm HS	n/a
Silver Y10 Training Day (expedition)	Sat 29 th Jan 2022 *	Moel Famau	Parents
Silver Y10 Training Expedition	Sun 24 th – Tues 26 th Apr 2022	Peak District	Parents
Silver Y10 Qualifying Expedition	Sun 26 th – Tues 28 th Jun 2022	Llangollen	Parents

GOLD – Year 12

Event/Expedition	Date	Venue	Transportation
Gold Y12 Training Day (skills)	Thurs 6 th Jan <u>OR</u> Fri 7 th Jan 2022 (specific day will depend on numbers signing up for Bronze and Silver awards)	Lymm HS	n/a
Gold Y12 Training Day (expedition)	Sat 29 th Jan 2022	Moel Famau	Parents
Gold Y12 Training Expedition	Sun 24 th – Tues 26 th Apr 2022	Peak District	Parents
Gold Y12 Qualifying Expedition	Sun 26 th – Wed 29 th Jun 2022	Llangollen	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.

*** please note this is a change from the original date so that Gold and Silver cohorts could be combined.**

Expedition

Get Outside The Classroom can lend students the following equipment:

- **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 – you just 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
- Expedition Handbook (on LHS website under Enrichment/DofE)
- YouTube – great for videos about kit, cooking on a Trangia stove and packing a rucksack (various ones created by DofE participants & leaders)
- General questions/eDofE - Mrs S Hill (DofE Admin Officer) – shill@lymmhigh.org.uk

- **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
- **School website** – all documents, expedition dates, FAQ

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 or they lose motivation!
- **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 10th December

(we have extended this by an additional week from the deadline in the letter).

By this date, please ensure you/your child has:

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

