



8 September 2023

Dear Parents/Carers

The Duke of Edinburgh's Gold Award – Year 12 (2023-25 cohort)

I am pleased to inform you that we are offering The Duke of Edinburgh's Gold Award as an extra-curricular activity to our Year 12 students. The Award is a nationally recognised qualification for young people, designed to encourage them to develop independence, commitment, leadership and teamwork, through involvement in a personalised programme of activities.

The Five Parts to the Gold Award

The Award requires those taking part to complete five sections in the academic years of September 2023 – July 2025:

- **Skills:** developing a new skill or continuing to improve an existing skill
- **Physical:** participating in physical activity, including sport
- **Volunteering:** being involved in an activity that benefits others
- **Expedition:** completing a training and assessed four-day (plus an acclimatisation day) hike with overnight camping
- **Residential:** spend five days and four nights taking part in a shared activity, with people they have not met before. A link for more information about the residential can be found here:
<https://www.dofe.org/doing-your-dofe/activities-sections/residential/residential-requirements/>

The Physical, Skills and Volunteering sections must be undertaken once a week, with the Volunteering section being completed over 12 months. For the Physical and Skills sections, your child must spend 12 months on one and 6 months on the other – your child can decide which way round to do it. If your child is going to do the Gold Award without having completed the Silver Award, he/she will need to spend a further 6 months either volunteering or on one of the Physical or Skills sections. The Gold Award will therefore last at least 18 months unless your child has completed the Silver Award, where it will last at least 12 months. Although students will be assisted in selecting appropriate activities and monitored throughout the delivery of the Award, completion of these sections will primarily be the responsibility of the students taking part. A suggested activities sheet is attached.

The Expedition section will be run by Cox Green School and requires students to undertake a full day's training session (held at school), as well as one practice and one assessed expedition - each of which is five days and four nights. The plan is to visit the Brecon Beacons for the practice expedition and The Lake District/Snowdonia for the assessed expedition; this will be confirmed nearer the time. Please see the dates below and attendance on all dates is compulsory.

Training	Friday 8 March 2024
Pre-Expedition Information Meeting	Wednesday 20 March 2024 (time TBC)
Practice Expedition	Tuesday 9 – Saturday 13 April 2024
Assessed Expedition	Friday 12 – Tuesday 16 July 2024

Commitments and Costs

Students must commit to completing all five parts of the Gold Award, with a view to completing by the end of Year 13 (summer 2025). Students are responsible for arranging and organising their own individual Residential part of the Award. Any costs incurred will be in addition of costs for registration and Expedition. Parents/carers must commit to support this.

The cost of registering for the Gold Award, for undertaking the Expedition and transport is **£275 (based on minimum numbers required)**. Tents and cooking equipment are provided. Students will require their own personal expedition equipment, for example waterproofs and a sleeping bag. A kit list will be provided nearer the time.

There are a **maximum of 16 places** available and if you would like your child to participate in this, we request a non-refundable deposit of £100 to be paid using your child's existing sQuid account. You will be able to do this from **7pm on Sunday 24 September 2023** (closing; 10pm on Sunday 1 October 2023). In the unlikely event that this trip oversells on sQuid, places will be allocated on a first come, first served basis, by time of booking transaction, and a waiting list will be held.

We would advise parents/carers to log in to sQuid using a web browser rather than using the sQuid app. We have found that occasionally, certain phone models do not fully support the functionality of the sQuid app and parents/carers have struggled to complete the booking process. Please ensure you select the trip from the Trips/Offer Section, add the trip to your basket, agree to the Terms & Conditions, and then fully check out. Please ensure you select the correct offer for the year group your child is in.

For your information, the remaining payment dates are listed below. Please note that all payments can be made at any time but each one **must** be paid by the date stated:

Payment Required	To be paid by
£100 deposit (non-refundable)	at time of booking (but by 1 October 2023)
£175	28 February 2024

An information evening for parents/carers and students who are interested in signing up, or have questions about the DofE Award, will be held on Thursday 21 September at 6pm in the school theatre. Please complete the form on the following link, to confirm your attendance at the information evening. <https://forms.office.com/e/ity1ftAF3k>

If you have any queries in the meantime, please do not hesitate to contact me via email.

Yours sincerely



Mr A Morris

Leader: The Duke of Edinburgh Awards

Please note:

- *Places on all trips are subject to the school expectations for the Behaviour Policy being met. Any student who receives a suspension may have their place withdrawn from the trip and no refund will be made unless the place can be resold. In addition, if the school assesses that the attendance on a trip is a Health and Safety risk to the student or to others, a place will not be allocated to that student or a place will be withdrawn and there will be no refund made unless the place can be resold.*
 - *Should your child be unable to attend a trip due to medical reasons, we will require a Medical Certificate to apply for an insurance claim.*
 - *If the trip is cancelled due to uncontrollable circumstances i.e., weather, Foreign/Home Office guidance, the refunding of costs will be subject to insurance cover.*
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- *Payments are to be made by the dates specified. Late or non-payment may result in your child's place being withdrawn from the trip. If you choose to withdraw your child for reasons not stated above, any costs attributed to date, must still be made.*
 - *Should the school need to contact you in an emergency, we will use contact details supplied on your most recent OA4 Form (off-site activity form). If there are any changes to the details on this form, including any medical or dietary requirements, it is the parent/carer responsibility to inform the school.*
 - *This is an optional trip and is not essential to the curriculum or completion of the syllabus being studied.*
 - *There will be no insurance cover due to disinclination to travel.*
 - *In the unlikely event that this trip oversells on sQuid, places will be allocated on a first come, first served basis by time of booking transaction, and a waiting list will be held.*
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APPLICATION – to be completed by parent/carer

Name of parent/carer _____

Tel No: _____

Email address: _____

Your child's personal details: First name:		Surname:
Gender: Male <input type="checkbox"/> Female: <input type="checkbox"/>		Date of Birth:
Your child's school email address:		
If your child has registered for the DofE previously, please record the name of the Centre and their eDofE ID number below:		
Centre:		ID number:

Please indicate if your child has any of the conditions below and provide further information.

	Problems with sight or hearing		Mental health conditions
	Osteoarthritis, rheumatoid arthritis, fibromyalgia or ME		Impairments due to injury to the body or brain
	Any conditions which affect certain organs such as heart disease, asthma and strokes		Has or have had cancer
	Learning disabilities		Multiple Sclerosis
	Learning difficulties such as dyslexia and dyspraxia		Any other condition
	Autistic spectrum disorders		None of these conditions

If you have indicated a medical condition above, please provide further information in the box below.

I wish my son/daughter to be considered for the Duke of Edinburgh Gold Award. I confirm that he/she will:

- Undertake between 6 and 18 months of Skill Development, Physical Activity and Volunteering
- Attend the one-day Expedition training session, the five-day Practice Expedition, and the five-day Assessed Expedition
- Independently organise the Residential part of the course, understanding the requirements set out by DofE
- I understand that if my son/daughter does not complete the above activities then they may be asked to leave the programme
- I understand that if my son/daughter's attitude and behaviour fall below that which is acceptable, then they may be asked to leave the programme
- I understand once my child has been accepted, any monies paid are non- refundable

Please tick below if:

My child receives Free School Meals

I would like to be considered for financial assistance

Signed: _____ Parent/Carer

Date: _____



Suggested Activities Sheet

When completing each section of your DofE, you should develop a programme, which is specific and relevant to you. This sheet gives you a list of ideas that you could do to help you create a programme of your own.

<p>Volunteering Section</p>	<p>Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.</p>	
<p>Community action & raising awareness Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Peer education Personal safety Promotion & PR Road safety Working with the environment or animals Animal welfare Environment Rural conservation Preserving waterways Working at an animal rescue centre Litter picking Urban conservation Beach and coastline conservation Zoo/farm/nature reserve work</p>	<p>Helping a charity or community organisation Administration Being a charity intern Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity Working in a charity shop Helping people Helping children Helping older people Helping people in need Helping people with special needs Youth work</p>	<p>Coaching, teaching and leadership Dance leadership DofE Leadership Group leadership Leading a voluntary organisation group: - Girls' Venture Corps - Sea Cadets - Air Cadets - Jewish Lads' and Girls' Brigade - St John Ambulance - Scout Association - Air Training Corps - Army Cadet Force - Boys' Brigade - CCF - Church Lads' & Girls' Brigade - Girlguiding UK- Girls' Brigade - Boys' Brigade - Sports leadership - Music tuition</p>
<p>Physical Section</p>	<p>Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are interested in.</p>	
<p>Individual sports Archery Athletics (any field or track event) Biathlon/Triathlon/Pentathlon Bowling Boxing Croquet Cross country running Cycling Fencing Golf Horse riding Modern pentathlon Orienteering Pétanque Roller blading Running Static trapeze Wrestling</p> <p>Water sports Canoeing Diving Dragon Boat Racing Free-diving Kneeboarding Rowing & sculling Sailing Skurfing Sub aqua (SCUBA diving & snorkelling) Surfing/body boarding Swimming Synchronised swimming Windsurfing</p> <p>Racquet sports Badminton Matkot Racketlon Rapid ball Real tennis Squash Table tennis Tennis</p>	<p>Dance Ballet Ballroom dancing Belly dancing Bhangra dancing Ceroc Contra dance Country & Western Flamenco Folk dancing Jazz Line dancing Morris dancing Salsa (or other Latin styles) dancing Scottish/Welsh/Irish dancing Street dancing/breakdancing/ hip hop Swing Tap dancing</p> <p>Martial arts Aikido Capoeira Ju Jitsu Judo Karate Self-defence Sumo Tae Kwon Do Tai Chi</p> <p>Extreme sports Caving & potholing Climbing Free running (parkour) Ice skating Mountain biking Mountain unicycling Parachuting Skateboarding Skydiving Snow sports (skiing, snowboarding) Snowkiting Speed skating Street luge</p>	<p>Team sports American football Baseball Basketball Boccia Camogie Cricket Curling Dodge disc Dodgeball Fives Football Hockey Hurling Kabaddi Korfball Lacrosse Netball Octopushing Polo Rogaining Rounders Rugby Sledge hockey Stoolball Tchoukball Ultimate flying disc Underwater rugby Volleyball Water polo</p> <p>Fitness Aerobics / Fitness classes Cheerleading Gym work Gymnastics Medau movement Physical achievement Pilates Running/jogging/walking Trampoline Weightlifting Yoga</p>

Skills Section	Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.	
<p>Performance arts Ballet appreciation Ceremonial drill Circus skills Conjuring & magic Dance appreciation Majorettes Puppetry Singing Speech & drama Theatre appreciation Ventriloquism Yoyo extreme</p> <p>Science & technology Aerodynamics Anatomy Astronomy Biology Botany Chemistry Ecology Electronics Engineering Entomology IT Marine biology Oceanography Palaeontology Physics Rocket making Taxonomy Weather/meteorology Website design Zoology</p> <p>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) Pigeon breeding & racing</p> <p>Music Church bell ringing Composing DJing Evaluating music & musical performances Improvising melodies Listening to, analysing & describing music Music appreciation Playing a musical instrument Playing in a band Reading & notating music Understanding music in relation to history & culture</p> <p>Natural world Agriculture Conservation Forestry Gardening Groundsmanship Growing carnivorous plants Plant growing Snail farming Vegetable growing</p>	<p>Games & sports Cards (i.e. bridge) Chess Clay target shooting Cycle maintenance Darts Dominoes Fishing/fly fishing Flying Gliding Go-karting Historical period re-enacting Kite construction & flying Mah Jongg Marksmanship Model construction & racing Motor sports Power boating Snooker, pool & billiards Sports appreciation Sports leadership Sports officiating Table games War games</p> <p>Life skills Alternative therapies Cookery Democracy in action Digital lifestyle Driving: car maintenance/car road skills Driving: motorcycle maintenance/road skills Event planning First Aid – St John/St Andrew/BRCs Hair & beauty Learning about the emergency services Learning about the RNLI (Lifeboats) Library & information skills Life skills Massage Money management Navigation Public speaking and debating Skills for employment Young Enterprise</p> <p>Learning & collecting Aeronautics Aircraft recognition Anthropology Archaeology Astronautics Astronomy Bird watching Coastal navigation Coins Collections, studies & surveys Comics Contemporary legends Costume study Criminology Dowsing & divining Fashion Forces insignia Gemstones Genealogy Heraldry History of art Language skills Military history Movie posters Postcards Reading Religious studies Ship recognition Stamp collecting</p>	<p>Creative arts Basket making Boat work Brass rubbing Building catapults & trebuchets Cake decoration Camping gear making Candle-making Canoe building Canvas work Construction Ceramics Clay modelling Crocheting Cross stitch DIY Dough craft Drawing Dressmaking Egg decorating Embroidery Enamelling Fabric printing Feng Shui Floral decoration French polishing Furniture restoration Glass blowing Glass painting Interior design Jewellery making Knitting Lace making Leatherwork Lettering & calligraphy Macramé Marquetry Model construction Mosaic Painting & design Patchwork Photography Pottery Quilting Rope work Rug making Snack pipping Soft toy making Tatting Taxidermy Textiles Weaving and spinning Wine/beer making Woodwork</p> <p>Media & communication Amateur radio Communicating with people who are visually impaired Communicating with people who have a hearing impediment Film & video making Journalism Newsletter & magazine production Signalling Writing</p>