

Ullswater Community College Duke of Edinburgh's Award Scheme

16th June 2018

Dear Students and Parents / Carers,

You have expressed an interest in taking part in the Silver Duke of Edinburgh Scheme (DofE) and I enclose some information for you and your parents/carers.

The Silver DofE programme has 4 sections;

- Volunteering,
- Physical,
- Skills,
- Expedition.

Each section can be completed by taking part in a suitable activity for a minimum of one hour a week, which can then be signed off in a DofE logbook by an adult who is willing to confirm and give you feedback on the activity (this cannot be a family member).

Many sections can be completed by teachers at school. For example helping out with year 7 rugby would class as volunteering, going to art club or taking part in music lessons would count as a skill. Alternatively you could organise some or all outside of school. For example to help an older neighbour with their garden or help out at a local charity shop, take part in with a sports club outside of school, take up a handicraft. There are loads more suitable ideas can be found attached to this letter.

The length of time you need to do each section is outlined below. The 1st row is for students who have completed (or are about to complete) their bronze Duke of Edinburgh award. The second row is the additional time you will need to do if you have not done completed the bronze award.

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months.		Plan, train for and complete two 3 day, 2 night expeditions – a practice and an assessed qualifying expedition.
<i>Direct entrants (ie those not having completed the bronze award) must undertake a further 6 months in the Volunteering or the longer of the Physical or Skills sections.</i>			

At Ullswater Community College we plan for the students who wish to complete their silver DofE to take part in a practice 3 days walking and 2 night camping expedition. This is to take place Friday 7th to Sunday 9th September. The aim would be to leave straight after lunch and walk from school to a campsite nearby. Students would miss 2 lessons and would need to catch up any missed work on their return to school.

Some equipment is provided by the school (tents and cooking equipment) and some equipment can be borrowed if you don't have something suitable; for example waterproofs, boots, a sleeping bag, a suitable large rucksack etc. Enclosed is a suggested kit list. Students will need to collect the required equipment on Wednesday 5th September after school.

The cost for taking part in the Silver Duke of Edinburgh award will be £120, and this includes the campsite fees, some transport fees and the use of the school equipment. Some families may be eligible for help with these costs and can be applied for through the school's hardship fund.

I do hope you do decide to take part. If you would like to take up a place then please fill in and return the attached forms to Mr Daley **before the end of term** with an initial £30 deposit. This will pay to be registered with the Duke of Edinburgh and for your silver hand book and pack. The remaining £90 will need to be paid in the 1st week back in September please. [Note last year's Bronze had a refundable deposit but this was difficult to administer so I will not be doing this again....I do however appreciate the prompt return of all loaned school equipment as soon as possible!]

We will run the final qualifying expedition AFTER the all the GCSE exams have finished. Provisionally this will take place the week starting Monday 24th June to Wednesday 26th June. Please take care booking family holidays etc if you wish to take part.

If you require any further information please do not hesitate to contact me. I generally teach in Cumberland block in C3 and I will be available at break or lunch time if students have any questions. Or email at rdaley@ullswatercc.co.uk or telephone the school. This is a fantastic opportunity and I look forward to hearing from you soon. And GOOD LUCK!!!

Yours sincerely,

Mr Daley

Duke of Edinburgh Co-ordinator.

Kit List for SILVER Duke of Edinburgh Award Expeditions

<p>On the day you should be wearing:</p> <ul style="list-style-type: none"> • Walking boots (not trainers or shoes) • Thick socks (bring 2 spare pairs) • Walking trousers or tracksuit bottoms (Not jeans or heavy cotton) • T- shirt • Jumper or fleece <hr style="width: 50%; margin-left: 0;"/> <p>Each "Tent Group" will be provided with:</p> <ul style="list-style-type: none"> • Tent • Stove between 2 -4 people & Fuel • First Aid Kit • Map • Compasses • Lighter / Matches 	<p>Each individual will also need:</p> <ul style="list-style-type: none"> • Rucksack (about 50-70 litres) • Large thick plastic rucksack liner or bin bags • Waterproof jacket with hood • Waterproof trousers • Hat and gloves • Sunglasses, sun hat, sun cream • Sleeping Mat (eg Karrimat) • Warm sleeping bag (must be wrapped up in waterproof bag/bin liner) • Torch • Watch • Whistle (often on rucksacks already) • Drinks bottle(s) to carry 1½ litres water • Plastic dish, cup and spoon • Spare clothes (socks, underwear, spare jumper, T-shirt) • Small wash kit eg toothpaste toothbrush & wetwipes • Personal first aid kit (eg blister kit) • Any personal medication (eg inhaler) • Snacks and emergency food
<p>Suggested foods</p> <p>Lunch day 1: Sandwiches, cereal bars etc Evening meal day 1: Hot drinks, Pasta, packet sauces, dehydrated camping meal, custard powder, cake. (NOT POT NOODLE!)</p> <p>Breakfast day 2: Hot drinks, oats-so-simple, cereal, dried milk, dried fruit Lunch day 2: Cereal bars, sandwiches, nuts, dried fruit, oat cakes, sreen, flapjack, Evening meal day 2: Hot drinks, rice, packet sauces, dehydrated camping meal, biscuits. (NOT POT NOODLE!)</p> <p>Lunch day 3: Cereal bars, wraps, nuts, dried fruit, oat cakes, sreen, flapjack,</p> <p>PLUS Lots of sweets/trail mix/chocolate bars to eat on the go.</p>	