

OVERTON GRANGE SCHOOL



*An adventure from beginning to end…*

**Contents**

Welcome to the D of E Award

Who’s Who?

Skills Section

Volunteering Section

Physical Section

Expedition Section

Weekly Training

Training Weekend

Equipment required for Expeditions & Training

Expedition Dates & Details

**Welcome to the D of E Award**

A DofE programme is a real adventure from beginning to end. It doesn’t matter who you are or where you’re from. You just need to be aged between 14 and 24 and realise there’s more to life than sitting on a sofa watching life pass you by.

You can do programmes at three levels, [Bronze](http://www.dofe.org/en/content/cms/Doing_your_DofE/What_is_a_DofE_prog/Levels/Bronze/Bronze.aspx), [Silver](http://www.dofe.org/en/content/cms/Doing_your_DofE/What_is_a_DofE_prog/Levels/Silver/Silver.aspx) or [Gold](http://www.dofe.org/en/content/cms/Doing_your_DofE/What_is_a_DofE_prog/Levels/Gold/Gold.aspx), which lead to a Duke of Edinburgh's Award.

You achieve an Award by completing a personal programme of activities in four [sections](http://www.dofe.org/en/content/cms/Doing_your_DofE/What_is_a_DofE_prog/Sections/Sections.aspx) (five if you're going for Gold).

You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).

***But here's the best bit - you get to choose what you do!***

Your programme can be full of activities and projects that get you buzzing. And along the way you’ll pick up experiences, friends and talents that will stay with you for the rest of your life.

* Write a letter of application. It should be no more than 1000 words, explaining why you want to take part in the Duke of Edinburgh scheme.
* Complete the parental permission form
* Make payment of £80\* on Parent Pay in one go or via two instalments:

Two instalments of £40 and February 2024 and May 2024

Deadline for Applications: Tuesday 20th February

\*This fee is inclusive of a £25.00 enrolment fee to the DofE charity, annual Licence fee payable to the DofE Charity that we have to cover, Expedition costs and some administrative costs.

Good luck and we hope you join us.

**Mr and Mrs Gorley**

**The Award**

Bronze

A Bronze DofE programme has 4 sections, Volunteering, Physical, Skills and Expedition. You need be at least 14 years old to start a Bronze programme and you must do a minimum of 3 months activity for each of the Volunteering, Physical and Skills sections, and plan, train for and do a 2 day (1 night) Expedition.

You also have to spend an extra three months on one of the Volunteering, Physical or Skills sections. It’s your choice which one and, though you can change your mind later, you should decide which section you want to do for longer at the beginning. Knowing how long you’re going to do it for will help you to set your aims for the sections.

This table shows what you need to do:



**Who’s Who?**

The Duke of Edinburgh Award at Overton Grange School is run by many staff each with their own skills and interests which enable the students to benefit from our experiences.

The key volunteers who run the scheme are:

|  |  |
| --- | --- |
| Name | Email Address |
| Mrs Gorley | b.gorley@overtongrange.sutton.sch.uk |
| Mr Gorley | a.gorley@overtongrange.sutton.sch.uk |

For expeditions and training weekends we have a number of other volunteers from the staff to man checkpoints and to offer support to the teams.

We are always on the lookout for more adults to help us out.

**Expectations**

* Training sessions will take place on Tuesday evenings and members MUST endeavour to attend training every week. If for some reason a training session cannot be attended then you must make every effort to inform the staff.
* Absences must only be for illness or unavoidable appointments and will require notes from parents!
* Please think carefully about the award and only apply if you are determined to fully commit yourself.
* Those students who are classified for Pupil Premium can request funding for the cost of equipment and potentially the registration fee. Please note you must still complete and return the reply slip and that funding is not automatically guaranteed. (The place will be reserved for the student on receipt of the reply slip but if necessary the Finance Office will contact you regarding payment)
* Participants will be expected to start two of their sections as soon as possible, this will be monitored, and two sections need to be completed by the practise expedition.
* Students are expected to decide on their three activities themselves and ensure that they have an assessor that is NOT a family member.

**Skills**

Ever wanted to have a go at something completely different?  Or get recognised for the time and effort you put into your favourite hobby?  This is what the Skills section is all about.

From podcasting to painting, from DJing to driving, from music to making kites, whatever skill you choose can allow you to develop new talents or perfect existing ones.  Follow a passion or discover a new one, the choice is yours.

Once you’ve chosen your skill you’ll need to decide how long you’re going to do it for and set yourself some objectives – what you want to get out of doing it.  You’ll then need to find someone who will agree to be your Assessor – they need to have some knowledge of the skill you’re doing so they can help you along the way and agree at the end that you’ve met your goals.

*“I learned so much…the tutors were such talented musicians.  The highlight was taking part in the ‘Proms in the Park’ celebrations which was televised live.”*Laura, Silver Award holder


As soon as you have all this in place just check with the staff before you start – this enables us to establish whether you’ve ‘ticked’ all the boxes needed to progress towards achieving your Award and that you’ve set yourself enough of a challenge.  They’ll also make sure what you’ve chosen counts for the Skills section, for example, dance is physical but dance appreciation is a skill.

**Volunteering**

This is all about making a difference to other people's lives.  Getting off your sofa and taking time out to change things for the better can be great fun.

You'll need to agree the type of volunteering you want to do, what you plan to achieve and do any training (if you need to) before you get started.

Ben Fogle, TV presenter and Silver Award holder reckons volunteering is a great thing to get involved in:

*“Employers and universities recognise the value of having people who have a life away from their job.  This is where the DofE comes in, it's now become the leading Award for young people to demonstrate they have interests outside of everyday life.  Volunteering gives you a chance to make a difference to others and to their community.  I believe that you'll find your voluntary work will increase your confidence and self-esteem and give you new skills. I would advise you all to embrace volunteering opportunities; it's a great way to collect extra experience that could give you the edge at a college, university or job interview.”*

In case you're *still* wondering what you'll get out of the Volunteering section, this is what Sarah has to say about it...

From conservation to youth work to fundraising for your favourite charity or caring for animals, there's an endless list of the types of projects you can get involved in, so have a chat with the staff and other people in your community to find out what’s on offer, what needs doing and who needs help!

Once you've found an activity or project, you'll need to get someone who's running it to agree to help you through it and sign off your evidence once you've completed to prove you did it - we call them your Assessor.  Your Assessor will also check on your progress whilst you're doing the activity.

If you can't find a project you want to do, why not set up a new one that will help your community?  This can be on your own, with a couple of friends or even with your whole DofE group – the staff can help you do this and may be able to act as your Assessor.

Remember - you need to get your staff to agree your choice and make sure it fits our rules for the Volunteering section.  They'll have a quick meeting with you to make sure you’ve set yourself enough of a challenge, arrange when they'll catch up with you over the time you're volunteering and when you’ll have your final assessment.  Then you’re good to go!

**Physical**

Fancy yourself as the next Wayne Rooney, Kelly Holmes or Tony Hawk?  Well now’s your chance to prove it!  This part of your DofE programme is all about getting active.  Whether you’re into sports, dance or general fitness it doesn’t matter – you can choose to do something you’re interested in.

You don’t need to be star athlete or the fittest person in the world to complete your Physical section.  As long as you have fun, get better and fitter, then you’ll have done it!

*“Playing for the local football team really helped me get fit – and I watch what I eat now (less crisps!) so I have the energy to keep going for 90 minutes!  I’ve enjoyed learning about game strategies too and it’s my challenge to make sure I get picked for the first team every week.”*

George, DofE participant

From playing for a local sports club to weekly dance classes, from free running to yoga, from ultimate flying disc to wheelchair football, almost any dance, sport or fitness activity can count.  Have a chat with the staff, your friends and family to see what’s around locally.

Once you’ve decided what you want to do, you need to find an adult who needs to know what you’re aiming to achieve, can help you through your section and sign your Record Book at the end of it to prove you did it.  This is your Assessor and, for your Physical section, this is likely to be the person who’s running the activity you do, for example your sports coach, dance teacher or gym instructor.

If you choose to do an activity on your own, why not ask the staff to be your Assessor?

With the help of your Assessor, agree a time frame and set yourself some goals to aim for – just make sure they’re going to challenge you.  You could choose to aim for a standard or award set by the sport or activity’s governing body.

Then check your choice and goals with the staff, get their approval and agree when to catch up with them whilst you’re doing your activity.  As soon as this is done, it’s time to get active!

**Expedition**

Achieving your Award is an adventure from beginning to end and this section can give you some of your most memorable experiences!

There’ll need to be between four and seven of you in an expedition team and once set does not change.  With your team, you’ll plan an aim for your expedition, decide on your location and do lots of fun training to make sure you’re fully prepared and know what you’re doing!

*“…We depended solely on everyone working as one.  We had very low points, but when we had highs, they were exceptionally high…I still keep in touch with my team…  this has to be one of the best things I have done…”* Tim, Silver Award *holder*



The staff will arrange a Supervisor to work with your team to organise all of this and help you plan your expedition.  Once you’ve done the preparation the fun starts when you go out and do a practice and a qualifying expedition. Once you’ve completed your final expedition you’ll give a presentation about your experiences and your achievements to your Supervisor, Assessor or another adult.

The whole experience will give you laughs, arguments, joy and frustration along the way.  But, by the end, you’ll have better team and leadership skills, not to mention bags more confidence and a rucksack full of great memories!

**Weekly Training**

Over the coming weeks you will be working towards skills to help with your expedition.

Training sessions will take place on Tuesdays

These sessions will begin at 3.15pm and last until 4.30pm (or 5.00pm on some occasions).

These skills will include:

* First Aid
* Emergency Procedures
* Health and Safety
* Navigation
* Route Planning
* Map Skills
* Compass Skills
* Equipment and Hygiene
* Country and Highway Code
* Observation and Recording Skills

****

**Training Day**

We hold a training day to put the practical elements of training into practice.

The aim of the day is to equip the participants with all the skills necessary to complete their expeditions successfully and safely. The activities will include map reading skills and route planning. Without attending the day, the students will not qualify to complete their expeditions.

Students will need to bring:

* A Tent
* All necessary overnight personal clothing and equipment as per the kit list
* Snacks

There is a kit list on the schools website. Students must ensure they have all the necessary equipment with them for the day. They will be walking their planned route on Friday with all their kit, so it is essential they have suitable snacks and a water bottle with them.

|  |  |
| --- | --- |
| *Dates:*  | *Saturday 20th April 2024* |
| *Start Time:*  | *9am* |
| *Finish Time:* | *3pm* |
| *Location:*  | *Reigate Hill and Back to School* |

**Expedition Requirements**

Students only need to do one assessed expedition composing of two days, one night. Students are required to complete the required amount of activity each day and stay the night for it to count.

Here are some key guidelines for both expeditions:

* There will be specific check points which will be manned by staff along the way but staff will not be accompanying groups.
* Each participant will have an expedition booklet which has emergency contact details in if needed and they must have this to hand throughout the expeditions.
* We will provide extra drinking water for them to refill bottles along their route. It is vital that all participants drink plenty of water to keep themselves hydrated throughout the walk.
* Changeable weather is very likely so participants must ensure they are prepared with waterproof clothing, a hat and sun cream.
* There is a full kit list in this booklet.
* Under D of E rules, mobile phones are not permitted on the expeditions however, we will provide each group with a phone that can be used in case of an emergency.

Notes for assessed expeditions:

* Participants must be aware that they will have an assessor attached to their group so must take note of the information given to them about the use of mobile phones and other electrical devices, not sticking to their route card and walking on roads.

* If they are seen to be doing any of the above they run the risk of not qualifying.

**Equipment for Expeditions & Training**

|  |  |
| --- | --- |
| **Personal Equipment** | **‘Camping’ Equipment Details** |
| 1 pair walking boots (broken in) | Bowl |
| 2 pairs walking socks | Cutlery Set |
| 2 pairs sock liners (optional) | Mug |
| 2-3 t-shirts | Personal 1st Aid Kit |
| 2 fleece tops or similar | Plate |
| 2 walking trousers (warm, NOT jeans) | Rucksack liner |
| Nightwear Underwear | Rucksacks |
| 1 pair of trainers (optional) | Sleeping Bags |
| 1 warm hat | Sleeping mat |
| 1 sunhat (if appropriate)  | TentsTorchWhistleSpare batteries & bulb for torch1 water bottle (1-2 Litres)1 box of matches (in container)Spare BatteriesFood for expedition |
| 1 pair gloves (if appropriate)  | Torch |
| 1 pair shorts (if appropriate)  | Whistle |
| Sun cream (if appropriate)  | Spare batteries & bulb for torch |
| 1 pair gaiters (optional)  | 1 water bottle (1-2 Litres) |
| 1 waterproof jacket AND over-trousers  | 1 box of matches (in container) |
| 1 watch | Spare Batteries |
| 1 wash kit | Food for expedition |
| 1 towel |  |
| 1 Tea Towel |  |
| **Group Equipment Provided by School** |  |
| Camping stove(s) | **Other Optional Items** |
| Cooking pans | Camera |
| Maps (1:50 000/1:25 000) | 1 notebook & pen/pencil |
| Compass(es) |  |
| Map cases |  |
| Fuel Bottle for Stove |  |
| Survival Bag |  |

There are many specialist pieces of equipment that are necessary for safe expeditions. These are listed below along with general equipment required to be provided. These specialist items can be purchased in the high street or through the school at lower prices. The school has a limited number of different sized tents and rucksacks that can be borrowed if requested. This will result in a £10 refundable deposit if the equipment is returned as leant

**Bronze Expedition Dates & Details**

**Bronze Assessed Expedition**

This will take place on **18th-19th May 2024.**

Participants will need to be dropped off 20 minutes before their allotted start time at Addington. All groups should be finished by 3.30pm on Sunday afternoon and will need to be collect from the same address as the drop off point.

The expedition will involve the students walking from the start point at Addington to the campsite and then returning to Addington on Sunday afternoon.

There will be specific check points which will be manned by staff along the way but staff will not be accompanying groups.

**What is required:**

* Expedition Equipment
* Rucksack containing personal equipment
* Packed Lunch for Saturday
* Food for main meal on Saturday, Sunday Breakfast and Lunch
* Small amount of emergency money

|  |  |
| --- | --- |
| *Dates:*  | *Saturday 19th – Sunday 20th May 2018* |
| *Start Time:*  | From 8.30am |
| *Finish Time:* | From 3.30pm |
| *Drop off and Collection Point* | Addington-tbc due to a change in the road systems |
| *Campsite Location:*  | Frylands Wood Scout Campsite |
|  | Featherbed Lane  |
|  | Croydon |
|  | CR0 9AA |