



Testbourne  
Community  
School



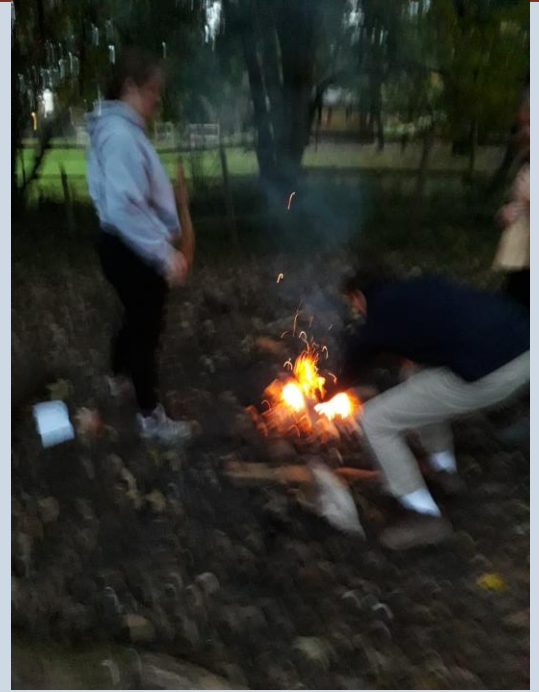
# Duke of Edinburgh's Award launch & information evening

1<sup>st</sup> December 2020

Start – 7pm



# The DofE is ... all of this!



# DofE at Testbourne

- Testbourne offers the Bronze level of the Duke of Edinburgh's Award to Year 10s each year.
- Registration is in December 2020
- The programme starts in January 2021 and finishes in October 2021.



# Who is involved?

**The DofE training and mentoring is run by:**

Parents and volunteers from the local community:  
David Holmes, Vince Bradbury, Cassie Martin

Teachers who volunteer their time:  
Dr Wilson, Mrs Brooker

Testbourne DofE Manager:  
Mrs Nottingham



# The DofE is...

...the world's leading achievement award  
for young people.

Its balanced programme of activities develops  
the mind, body and soul in an environment of  
social interaction and team working.

It encourages young people to be self-reliant,  
independent and adventurous.

# DofE guiding principles

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demands commitment
- Enjoyable!

# The DofE Award

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You achieve an Award by completing a **personal** programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community
- **Physical:** improving in an area of sport, dance or fitness activities
- **Skills:** developing practical and social skills and personal interests
- **Expedition:** planning, training for and completion of an adventurous journey

# The Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months (approx. an hour a week)	3 months (approx. an hour a week)	3 months (approx. an hour a week)	Plan, train for and complete a 2 day, 1 night expedition
<p><i>All participants must undertake a <b>further</b> 3 months in <u>either</u> the Volunteering, Physical or Skills section.</i></p> <p><i>The Volunteering, Physical and Skills sections do not have to be undertaken all at the same time!</i></p>			



# Physical, Skills and Volunteering sections

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- The Expedition only comprises 25% of the Award!
- All four sections need to be completed to achieve a Bronze Award.
- One of the three other sections has to be done for at least six months.
- Participants must commit to at least an hour per week for each of the three sections.
- It can be something you already do (a sporting activity, playing a musical instrument, helping at a youth group or helping neighbours).
- But why not use this as an opportunity to try something new?

# Volunteering

## Aim

- To inspire young people to make a difference within their community or to an individual's life, and to develop compassion by giving service to others.
- (You cannot choose an activity that others get paid for!)
- Examples: helping a neighbour with shopping or odd jobs, sports coaching, charity shops, litter picking, helping at Parkrun



# Physical

## Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through taking part in and improving their skills in a physical activity.
- Examples: team sports, athletics, martial arts, dance, fitness. Under COVID, students from last year's group switched to running, walking, cycling or doing Pilates or yoga by Zoom!





# Skills

## Aim

- To inspire young people to develop practical and social skills and personal interests.
- You cannot choose something from the national curriculum!
- Examples: playing a musical instrument or singing, writing, creative art, baking, or learning a language.



# Physical, skills and volunteering sections

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**Students** – once in the DofE group, you need to start planning how to complete these sections. If you are stuck for ideas, the DofE website is very useful. Go to [www.dofe.org](http://www.dofe.org) .

**Parents / carers** – your role will be to support your child!

- Identify appropriate activities and assessors to set goals, monitor progress and approve sections.
- Help your child to get started and continue regularly.
- Help get sections approved and uploaded on to eDofE.

**Please note** - family members / friends **CANNOT** be assessors.

- Activities **CANNOT** be part of the school curriculum.
- Talk to us before you start! This is **VERY** important!



# Expedition

## Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



# Expedition

- The weekly training sessions are primarily to teach you the skills you need to complete the qualifying expedition. Some of these are mandatory.
- This is backed up by day walks and an overnight training expedition. This is mandatory.
- You will be working in mixed teams of up to seven students.



# Expedition

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- The overnight expeditions cover about 15km a day with a full pack. This doesn't require superhuman abilities but will require the right attitude!
- You will need to be responsible for yourself completely in the qualifying expedition.
- You will need to take care of valuable equipment. You will be personally liable for equipment you borrow and don't return.



# Expedition training sessions

- Every Tuesday in the evening.
- Starting Tuesday 5<sup>th</sup> January - 7.00pm to 8.30pm
- First floor classrooms in the Sports Building.



# Day Walks - when and where?

- 3 x Day Walks to practise navigation and other skills:
- Sunday 24th January
- Sun 28th February
- Sun 28th March





# Expeditions - when and where?

Training weekend, remotely supervised by leaders.

26<sup>th</sup>/27<sup>th</sup> June 2021

Qualifying (assessed) expedition. You're on your own!

25<sup>th</sup>/26<sup>th</sup> September 2021



# How much does it cost to take part?

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DofE Bronze level enrolment fee - £22

Training and expedition costs – £120

*This covers a portion of Testbourne School's annual DofE licence fee, transport, campsite fees, assessor fees, maintenance, replacement and loan of equipment, and leader training and First Aid courses.*

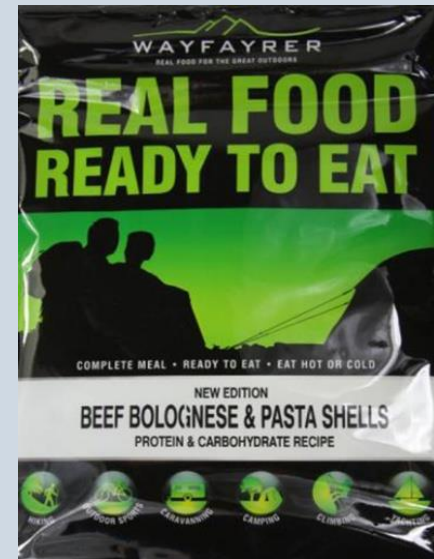
Cost of any other expenses relating to the Physical, Skills and Volunteering sections of the Award scheme.

Providing personal equipment for the Day Walks and expeditions eg boots, waterproofs.

*If money is a barrier, please talk to us.*

# What else will students need?

- Access to the internet with your own email address.
- Personal equipment for the expedition.
- Walking boots, full waterproofs, sleeping bag and roll mat are mandatory. A discount card will be sent to you after DofE registration.
- Food on the walks and expeditions, and to practice cooking in the training sessions.
- We will be taking orders for optional TCS / DofE clothing eg hoodies



# Commitment from students

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Time –

- Weekly meetings during term time;
- At least 1 hour per week for three months for two sections, and at least 1 hour per week for six months for one.
- Two weekend expeditions and three day walks.

*Think about your other commitments at school and at home. Look carefully at the timing of the expeditions – can you commit to them?*

# Commitment from students

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Good behaviour and courtesy:

- Punctuality - we start at 7pm on Tuesdays.
- Remember the leaders are all volunteers.
- Relaxed and informal, but we expect all participants to listen when spoken to.
- Stay in contact (eDofE, Teams and email).



# Keeping safe

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- The DofE and TCS have policies and procedures in place for out-of-school activities.
- DofE Expedition Supervisors and Leaders are all fully trained, DBS checked and safeguarding trained.
- All activities are risk assessed.
- Skills, Physical and Volunteering activities – we will not check adults who support the students as part of this (outside the DofE group). Parents/carers need to be happy that these activities have appropriate safeguards in place.

# Next steps

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- We will get an information / application pack to students via their Y10 form tutors.
- Think about whether you want to make the commitment.
- If yes, complete the forms in the pack and return to Testbourne's reception by **Friday 11<sup>th</sup> December**, with a cheque for the registration fee (or tick the form to pay via ScoPay).
- Late applications will only be accepted under exceptional circumstances.
- Applications will be assessed and successful applicants told by the end of term.

# Selection

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- We select applicants on to the DofE Award based on the application form.
- However, we are only able to take 28 participants on the final expedition.
- Selection for the expeditions will be based on attendance, progress, aptitude and commitment.
- Part way through the spring term, the 28 will be put in to four teams and each team will be allocated to an Expedition Supervisor.

# Selection

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- Those not selected to join an expedition team will go on to a reserve list.
- Reserves will still be supported through the other three sections. They will be trained if they want to continue and will be welcome on the day walks and training expedition.
- If any of the selected 28 drop out for whatever reason we will replace with a reserve participant.
- Remaining reserves will be put in contact with DofE Open Centres to complete a qualifying expedition.



# Could this be you?

In a national DofE survey, 70% of participants said doing their DofE made them feel **proud** of what they can achieve

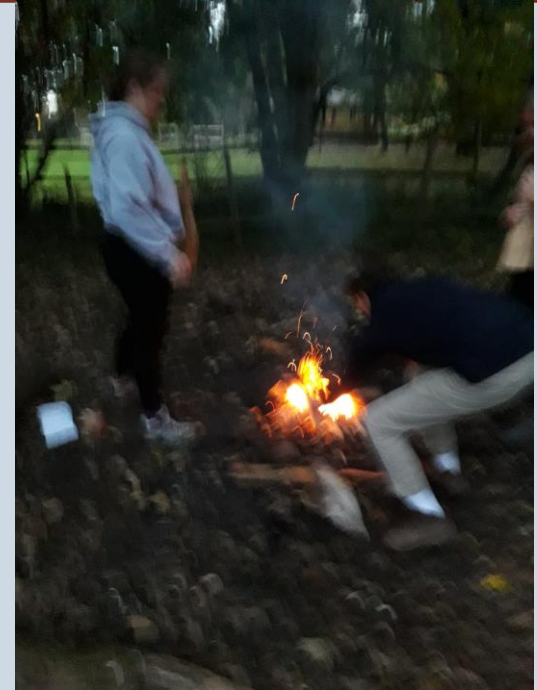


62% say doing their DofE made them more **confident** at overcoming difficult situations

61% feel they have become more **independent**



# Any questions? Please write in the Chat.



# Thank you for listening!

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If you are interested in taking part in the DofE Award at Testbourne, you need to ...

1. Ask your Tutor for an application pack this week.
2. Read all the information carefully and make sure you are able to commit to joining the DofE Award group.
3. Complete the application forms and return to Testbourne Reception by Friday 11<sup>th</sup> December.

If you would like to listen again, or if you know someone who missed today's presentation, you will be able to watch it by going to the TCS website / Latest News.