



Welcome to the DofE at LRGS

You will have a rough idea of what is involved from what I have told you, but in the time available I can't possibly tell you everything, so....

To find out whether you REALLY want to get involved in going for the Bronze level of the award (Bronze level is the only one available to 4th years), please have a look at the DofE Scheme website <<http://www.dofe.org/>>

In particular you should have a look at the 'WHAT IS A DOFE PROGRAMME?' and 'WHAT DO I DO?' sections before you make the decision to get involved or not. It is also vital that you **read** and pass-on the letter to your parent or guardian which is attached to the application form. Talk through your reasons for involvement in Bronze DofE with you parent(s) and/or guardian(s) before filling in the form and getting it signed by the relevant people.

I must stress that participation in DofE requires time and effort and I urge you to consider carefully whether you have the time and the will to see it through. Every year we have a number of participants who drop out because they cannot meet the demands on their time and/or miss a deadline. Bronze Award group meetings occur every Monday lunchtime in Sc6 (1.30 to 2pm) and there will be weekend sessions to prepare for and complete the Expedition section (Sunday 8th November 2009, Sunday 21st March 2010, Friday 7th and Saturday 8th May 2010 (Practice Expedition), and Sunday 26th and Monday 27th September 2010 (Assessed Expedition)).

Please check that you can meet these requirements before applying for a place.

At LRGS, we are usually over subscribed so names normally have to be drawn from a hat. If your name is drawn and you decide half way through that you cannot fit the award scheme in with your other commitments then you will have deprived someone else of the chance of completing Bronze DofE at school. In the past a significant number of boys have joined DofE, participated in the Expedition Section and done nothing further. This is completely at odds with the positive spirit of DofE, which is for all participants to complete all 4 sections of their DofE. The Headmaster, the Area DofE Supervisor and I are keen to encourage every participant who starts Bronze DofE to complete it. To this end it will be essential for participants to have completed one section of their Bronze DofE by the end of February if they wish to go on the Practice Expedition. A further 6 month section will need to be completed by the end of May if they wish to participate in the Assessed Expedition. These requirements are not onerous, and are well within what committed DofE participants have completed in the past.

If, after careful consideration, you decide that you would like to apply for a place on the Bronze Award at LRGS make sure that you have the form completed and hand it in to the School Office in a sealed envelope clearly marked '**Bronze DofE Application**' no later than 11.40am on Friday 18th September.

A list of those who have applied will appear on the Bronze **DofE noticeboard outside Sc5** during the following week. If we are over subscribed the results of the draw for the **35 available places** will also appear on this noticeboard, along with instructions on what to do next.

DUKE OF EDINBURGH'S AWARD BRONZE REQUIREMENTS

The Award is split into four sections and your commitment to each section must be completed *outside normal lesson hours i.e. lunchtime and after school activities can count*. We will provide all the training and assessors that are necessary.

VOLUNTEERING. Provide a service to others.

TIME: 15 Hours of service OVER 3 MONTHS i.e. 1 hour per week, 2 hrs per fortnight etc

Examples: Paper recycling at LRGS, Conservation work, community carer (help in old peoples homes), Charity work

You also need to keep a diary of your activities and get a recognised supervisor to oversee your progress.

Or a Service requiring training or qualifications E.g. First Aid, Life Saving, Police/Fire Service.

You need to get a recognised instructor to oversee your progress (suitably qualified) and an Assessor to check your abilities.

SKILL SECTION. Choose a new skill to learn or continue improving an existing one.

E.g. A musical instrument, model making, learn to play bridge.

TIME: about 15 hours spread OVER 3 MONTHS following a pre designed programme.

You must establish a programme to follow over the three months before beginning your skill.

You need a supervisor/instructor/assessor with suitable qualifications who can check your effort and progress.

PHYSICAL SECTION. Learn a new activity or continue with an existing one.

TIME: about 15 hours (outside normal lesson times (Games lessons do not count for the Physical Section!)) spread OVER 3 MONTHS

Again, you need a suitably qualified person to instruct you and assess your progress.

You must also complete a further 3 months in ONE of the above sections.

EXPEDITION SECTION. Be involved in planning a route, learn to navigate along a route and survive British weather.

TIME: Lunchtime school sessions for about 1/2 hr (Tuesdays 1.30-2pm) most weeks of the year),

2 Sunday practice outings (November and March),

After school sessions to cover Safety, First Aid, Navigation, Campcraft, Observing and Recording (a log of the expedition is to be kept).

One practice expedition (2 day 1 night)

One Assessed expedition (2 day 1 night)