

BRONZE



IDSALL SCHOOL
SHIFNAL

BRONZE AWARD

Starter Pack

www.theaward.org

Contents:

- Introductory Letter
- Outline of the award
- Lists of possible Skills, Service and Physical education sections,
- Expedition details and requirements,
- Frequently asked questions,
- Clothing suppliers, discount scheme, web addresses,
- Personal details, parental consent form and costs
- Groups and what to do next.



Dear Bronze Candidate

We are pleased that you have shown interest in starting the Duke of Edinburgh's Bronze Award. Many of you will have just started by doing sports as part of your physical section. Lots of you will have hobbies that will count as well. This year we will only be accepting about 30 Bronze starters, and congratulations for getting through the application process this year.

Please read this pack carefully so that you know what is required and how much time you will need to put in. Please also show this to your parents..

For the Expedition the timetable has to be quite structured. You will be part of a **walking group of 4 to 7 participants**, chosen by you. You undergo all your training and assessment together, but if you miss more than one session or a training walk, it may mean that **your entire group** will be unable to proceed with the scheme until the following year. If you feel that a clash may arise between holidays or jobs, and the expedition programme, discuss this with Mr Hall and your parents before you sign up. This will prevent disappointment for you and others at a later stage.

You will find all the details of the award on the website, at www.theaward.org

Please note that the session 6 meetings are not optional. Neither are any of the training/practice or final expeditions if you want to complete the award.

Provisional dates 2017

Provisional dates for expedition training are as follows (please leave clear in the diary as once confirmed these dates can't be altered:-

Training overnight, Friday 12th (after school) and Saturday 13th May 2017, finish 1700 hours.

Training overnight practice expedition, Saturday and Sunday 10th and 11th June 2017

Final Expedition, Tuesday 18th and Wednesday 19th July 2017

We look forward to welcoming you to the Bronze Programme. We hope that you will take up the challenge. You should receive lots of satisfaction and enjoyment from all sections of the award.

Mr N. Hall
Duke of Edinburgh's Award Leader.

Outline of the Award.

The award is broken down into Bronze, Silver and Gold levels. Each level is divided into Sections.

The Sections that you must complete for the Bronze award are Service, Skills, Physical Recreation, and the Expedition.

Timescale for the Bronze Section of the award

Service	Skills	Physical Recreation	Expeditions
3 months	3 months	3 months	Plan, prepare and undertake a 2 day, 1 night venture

All participants must undertake a further 3 months (6 months in total) in either the Service, Skills or Physical Recreation Section.

We no longer offer some activities at school for your sections so you can get ideas below, or you can choose from the list of categories that are on the website. We do not have time to chase people, but we will help you where we can.

Service Choice (Volunteering)

People in the Community

- Assisting at day centres, crèches, play schemes
- Assisting children and young people at risk
- Award Leadership
- Child Care
- Dance Leadership
- Helping children and young people with special needs
- Learning Support
- Mountain/Expedition Leadership
- Religious Education Leadership
- **Sports Leadership**
- Uniformed Youth Organisation Leadership (helping with cubs or brownies etc)
- Visiting Children in Care
- Youth work
- Peer Support Projects
- Community Care
- Assisting with community based charities
- Community Support for elderly or disabled people
- First Aid
- Helping at clubs, homes and day centres
- Home Nursing
- Support for elderly or disabled people
- Visiting elderly or disabled people

Emergency Services

- Ambulance Service
- Assistance with Emergency Service charities
- Civil Aid
- Lifeboat Service
- Police Service
- Fire Service
- Coastguard Services

Environmental Service

- Assisting with a conservation charity or project
- Assisting with an animal or environmental charity
- Care for Animals

Fundraising

-
- Fundraising for a charity or project
- Fundraising for an animal or environmental charity
- Fundraising for children's charities
- Fundraising for community based charities
- Fundraising for emergency charities
- Fundraising for rescue services
- Fundraising for safety charities

Rescue Service

- Assisting rescue service charities
- Canoe Lifeguard
- Cave Rescue
- Mountain Rescue
- Rescue Coxswain (RYA)
- Royal Life Saving Society
- Surf Lifesaving

Safety Training

- Accident Prevention
- Assisting with a safety charity
- Cycle Proficiency Instruction
- Road Safety

Skills Choice

The Skills Section provides opportunities to study and develop social and life skills. Activities may be job related provided they are undertaken in personal, not school time.

The following list contains examples of activities which have been undertaken by participants to date. Further details on these examples and other activities can be found on the Award web site.

Agriculture - farming	Camp Equipment – construction	Conjuring and Magic
Aircraft - study of, recognition, flying , construction, restoration	Candle making	Conservation
Animals - keeping, breeding, studying, racing, handling	Cars - engineering and construction	Consumer Information
Archaeology	Cars – maintenance	Cookery
Architectural Appreciation – contemporary, historic, church	Cars - road skills	Criminology
Art and Design - painting, drawing , etching, calligraphy,	Casualty Simulation	Cycle Maintenance
Enameling	Chess	Darts
Astronautics	Choirs	Debating and Public Speaking
Astronomy	Circus Skills	Drugs and Peer Education
Audio Broadcast - radio, DJ-ing	Citizenship - politics and democracy	Fantasy Games
Baton Twirling and Majorettes	Coastal Navigation	Fashion - design, study, dressmaking
Bell ringing	Coins - collecting, study of	Film and Video Production
Billiards, Snooker and Pool	Committee Procedures	Fishing
Boat Building - construction, restoration	Communication with people who have a hearing impairment	Floral Art
Book Binding	Communication with people who have a visual impairment	Furniture - making, restoration

Gardening	Literacy - skills and literature	Photography
Geology	Magazine and Newsletter Production	Plants - study of, growing
Genealogy	Marksmanship	Pottery and Ceramics
Geometrical and Technical Drawing	Metalwork - pewter work	Printing - screen, fabric, lino, lithography
Glasswork	Meteorology/weather study	Radio Construction
Handbell Ringing	Model Construction	Religion

Health and Style	Money Matters	Rug Making
Historical Period Re-enactment	Mosaic	Sculpture - clay, stone, wood
IT - use of standard packages, design of systems, web site design. We need a web site!!	Motorcycles and Mopeds- road skills	Sport Appreciation
Interior design -furnishing and decorating, DIY soft furnishing	Motorcycle, Mopeds and Scooters – maintenance	Sport Officiating
Jewellery	Motor Sport - motor cross, power boating, jet skiing	Stamp Collecting
Journalism	Music Appreciation	Table and Indoor Games
Karting	Music Playing	Taxidermy
Kite Construction and Flying	Natural History	Wine Making
Languages	Needlecrafts	Woodwork
Leatherwork	Papercrafts	Young Engineers
Library & Information Skills	Performing Arts	Young Enterprises
Life Skills	Performing Arts Appreciation	Zoology

Physical Recreation Choice

The Physical Recreation Section offers young people a wide choice depending upon their personal preferences, abilities and the opportunities available. The young person may already be involved in the activity or the choice could be something entirely new.

The alphabetical list contains examples which have been undertaken to date. Further details and other activities can be found on the Award web site.

Aerobics	Archery	Athletics
Badminton	Baseball	Basketball
BMX Racing	Boccia	Bowling
Camogie	Canoe Polo	Canoeing
Carriage Driving	Caving and Potholing	Climbing
Cricket	Croquet	Cross Country Running
Curling	Cycling	Dance
Dragon Boat Racing	Fitness Activities -aerobics	Fives
Fencing	aquarobics, multi-gym, jogging	
Football and Gaelic Association Football	Golf	Gymnastics
Hang Gliding	Hockey - Field, Ice, Roller, Street	Hurling
Judo	Keep Fit	Korfball
Lacrosse	Medau Rhythmic Movement	Modern Biathlon, Pentathlon, Triathlon
Mountain Biking	Netball	Octopushing
Orienteering	Parachuting/Sky Diving	Paragliding
Pentaque	Physical Achievement	Polo
Real Tennis	Riding	Rounders
Rowing and Sculling	Rugby League Football	Rugby Union Football
Running	Sailing and Windsurfing	Sand and Land Yachting
Skating - Ice, Roller	Skiing	Skipping
Snowboarding	Squash	Stoolball
Sub Aqua	Surfing/Body Boarding	Swimming
Table Cricket	Table Tennis	Tennis
Tchouk Ball	Trampolineing	Ultimate Flying Disc (Frisbee)
Volleyball	Walking	Water Polo
Water Skiing	Weightlifting	Weight Training
Wheelchair Mobility	Wrestling	Yoga

The Expedition

To prepare you for this we will run sessions after school on Tuesdays. You MUST attend these. The dates for the training weekends, the practice and assessed expeditions will be notified to you as soon as possible, so that you can avoid clashing with any other activities.

Expedition details and requirements.

All participants must undertake training in the following:

- Δ First aid and emergency procedures.
- Δ An awareness of risk and health and safety issues
- Δ Navigation and route planning
- Δ Campcraft, equipment and hygiene
- Δ Proficiency in the mode of travel
- Δ Food and cooking
- Δ Country and highway codes
- Δ Observation, recording and purpose
- Δ Team building

The group size must be between 4 and 7 people.

There will be one or more training journeys to develop your route planning, walking and navigation skills and campcraft, and at least one practice journey must be made.

There will be after school sessions each Tuesday with videos or demonstrations to enable you to learn how to use stoves, pitch tents, use maps, and so on.

The journey itself is of 2 days and 1 night, with a minimum of 6 hours planned activity each day, to cover a distance of around 15 miles/24 km. It should take place in normal rural or open country which is unfamiliar to you. Staff will at bronze level be on the same campsite with male and female staff always available.

A debrief will take place immediately after the journey has been completed.

You must also produce a short report or presentation, which gives an account of your expedition either individually or as a group.

Your group will be in the care of an experienced member of staff with an Expedition Leader Award or Full Summer Mountain Leader Award, but Mr Hall and the school Finance Officer Mrs Rushton will deal with all payment and record keeping. Mr Hall will oversee all the expedition training.



Equipment Purchase

Do ask a member of Staff for advice before spending lots of money.

We have a group discount purchase scheme with:

Field and Trek Plc. www.field-trek.co.uk Langdale House, Sable Way, Laindon, Essex, SS15 6SR (01268) 494444

For the above browse online or send for a catalogue, order through us, save between 10% and 25%. You will also have a card to obtain discount at Blacks and Millets shops, will also give you an extra 10% discount if you show your card. Go Outdoors in Wolverhampton are another very reasonably priced store for D of E groups but most stores will offer a discount if you ask. (You will receive membership cards proving you are on the award once you have registered)

Frequently Asked Questions

What level will my son or daughter start at?

Year nine pupils start at the bronze level, which they should manage to finish before Christmas during year ten. They can then continue to silver level if they so wish, and potentially can take the gold award in the sixth form. The award runs until pupils and young people are 25 years old.

Is it just about walking and camping?

No. There are four challenges that have to be completed for the award. The expedition is a major part, but candidates also have to complete an element of service, develop a skill, and undertake some physical recreation.

What sort of Service is there?

We have in the past run courses at school in first aid, or with the fire and police service, but other candidates have helped in old folks' homes, helped with brownies or cubs, changed library books for elderly neighbours, and helped with community projects. There is plenty of choice.

What skills can be chosen?

There is a long list here. It must not be a school subject, but is often an existing hobby. Kite making, learning musical instruments, singing with a choir, dog training, sketching or photography are just a few of **hundreds** of possibilities. It needs to be done for a set length of time, and signed for by an adult, with electronic evidence (scanned signatures, photos or emails).

Do I have to be good at P.E?

You will have to be reasonably fit, so that you can manage a walk of around 15 miles in 2 days, carrying a rucksack with all you need for the expedition – you won't be allowed to visit any shops on the route! You do not have to carry your rucksack over mountains, but mostly on country footpaths. The physical recreation that is part of the award can be for some special sport that you are good at. It can be for taking part in regular exercise such as badminton or soccer, or just for attending the special D of E fitness sessions that are run at lunchtimes.

Can I do the expedition with my friends?

When you join, we will try to keep any special friendship groups in mind, but we have certain limits to our flexibility. Each walking group **has** to be between 4 and 7 candidates, with its own route, separate from other groups. We also have to balance up the numbers of boys and girls to the numbers and sizes of our tents, and to the members of staff who will be training and assessing you. Friends do often stick together, but many new friendships are forged.

What do I need to buy now?

Please do not buy anything yet. We expect demand to exceed the 40 possible places. We will let you know as soon as possible who has been accepted. Names will be drawn out of a hat should demand for places exceed the 40.

Are there toilets at the campsites?

Yes, and running water for washing, but it won't always be hot, or luxurious!!

Where can I find out more?

Browse the website: www.theaward.org. All the answers are there.



What to do next

1. Decide if you definitely wish to join the Bronze award programme.
2. Return the consent forms and payment (at the back of this pack to Mrs Rushton). ASAP in order to get your online log in and password. Before the end of December term break so that online session 6 training can occur with Mr Hall after Christmas.

When you have been accepted – we have a limited number of places:

3. Decide on your choices of skill, service and physical recreation.
4. Decide which friends will make up your walking group. (4 to 7 in a group) see below.
5. Check that these choices are OK with Mr Hall
6. Pay the necessary fee.
7. Confirm your online log in and receive your welcome pack and online access to E dofe
8. Start your chosen choices.

Do not forget to inform the PE staff if you wish them to monitor the number of sessions in a particular activity.

The training for the expedition will start with short sessions on team building, stoves, cooking, rucksack packing etc. after school on a designated session 6 day. You must attend all these sessions in order to do the expedition. Don't forget to register for a late bus if you need to! Please inform Mr Hall, if you can't make a session 6 (valid reasons only please).

Groups

You must walk in groups of 4 to 7 people. Within these walking groups you will have to decide on your tent groups. We have tents that sleep 2, or 3 people, but the 2 person tents are lighter!! Please can you work on this so that I can have the details soon? Sorry to be in so much rush, but we have a lot of planning to do, to fit you all in, and then to fit the Silver candidates as well.

Letter to Parents



To: - The parents of all students starting the Duke of Edinburgh Bronze Award in Year 9 2017.

We are pleased that your son or daughter wishes to join us on the Duke of Edinburgh Bronze programme. They may complete the service, skill and physical recreation section over the next year or so, but we hope to get the expedition training, practice and actual expedition completed before the end of July 2017. Actual dates and venues have yet to be finalised, but provisionally will be as shown in the attached letter. They must undertake an expedition of around 15 miles, over two days, with one-night camping. Before that however, we have to do a training expedition, a weekend Practice Expedition and a series of training sessions in school. These will include pitching tents and campcraft, safe cooking with stoves, navigation with a map and compass, safety procedures and basic first aid.

In the early part of this pack, it stresses that your son or daughter will be part of an expedition group. It is essential that this group work as a team to complete all the training and practice tasks, because, should one of the team miss a practice expedition, it could well prevent the whole team from doing their assessment.

We like parents to know a little behind the philosophy of the award. We start off with a group of pupils, inexperienced at finding their route in unfamiliar country, and who have little or no camping experience. Initially they are fully accompanied on the walks. Later we reduce the supervision so that groups will walk unaccompanied, so that they become more self reliant, confident and independent. Their skill at using a map and compass improves, as does their ability to work as part of a team.

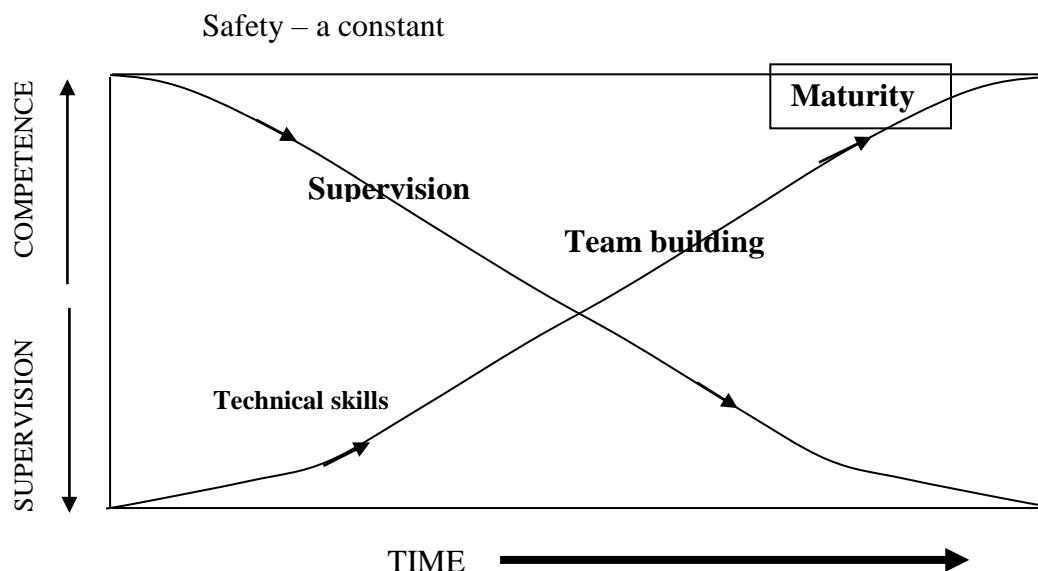
You may rest assured that on each expedition there will be a qualified Mountain Leader or Walking Group leader who holds a first aid qualification (all staff are first aid trained for the 2016/2017 season). There is always a male and a female member of staff. We also know the Countryside well in the areas that we use.

On the practice and assessed expeditions, they plan their own route, which has to be approved both by us and by the County Duke of Edinburgh supervisor. They walk by themselves but they will **always** be checked at regular intervals during their walking (often without their knowledge) and at the campsite. This decrease in supervision is deliberate and increases the candidates' self-confidence and maturity.

Although the candidates will be checked on at the campsite, and for bronze, the staff will be camping on the same site, it will not always be possible for staff to actually be on the site. They may be checking on walking groups elsewhere, looking at alternative routes when footpaths or bridges are suddenly closed, moving a vehicle from one location to another, or having their own evening meal nearby.

To quote from the handbook "...it facilitates personal development, confidence and team building. It is very important that the adults...intervene as little as possible in the decision making process and leave as much as possible in the hands of the participants."

This is summarised in this diagram from the expedition handbook:



If you are worried that your son or daughter may get lost, we can assure you that they probably will, but that getting lost and then finding yourself again is a most constructive experience.

Please could you complete and return the enclosed form. We cannot take candidates away without its completion. (If there are any confidential matters or further details that you would like to discuss, please contact your son or daughter's expedition leader, or myself through school. We will be happy to answer any queries you may have)

We are looking forward to another season of fine weekends and successful walking in beautiful countryside in this year's Duke of Edinburgh season.

Yours sincerely

Mr N Hall
Duke of Edinburgh award scheme Co-ordinator.

The cost of the Bronze award 2017 will be:

County Registration Fee	£10 (includes insurance while engaged in activities)
Online membership	£12
Practice expedition	£19
Final Expedition	£19
<u>Total</u>	<u>£60</u>

The expedition charges cover campsite fees, transport and fuel for the stoves for each expedition.

I am pleased to say that the school can now accept payments online, along with either cash or cheques to Mrs Rushton in the Finance Office.

Online payments can be made via ParentPay - www.parentpay.com and it offers you the freedom to make payments whenever and wherever you like, 24 hours a day, 7 days a week - safe in the knowledge that the technology used is of the highest internet security available.

Please note that the consent form and enrolment form still need to be returned to Mrs Rushton if you make your payment online.

If you wish to pay by cash/cheque please return it to Mrs Rushton, in the Finance Office. Cheques to be made payable to Idsall School Fund.



IDSALL SCHOOL
DUKE OF EDINBURGH GROUP

Emergency details. We have to carry this information with us on any expeditions.

Full Name.....Tutor Group

Address.....

.....

.....

Phone numbers for emergency contact contact

..... contact

Pupil Mobile phone number

Date of Birth Home email address

Any health problems that might crop up, with method of treatment, allergies or regular medication.
(To inform medical staff in case of emergency).

.....

.....

.....

I have read the letter outlining supervision procedures and understand that my son/daughter will not be supervised for 100% of the time. Should the need arise, my son/daughter may be given paracetamol tablets by the member of staff in charge. (Or please let us know if there is an alternative procedure that you wish to adopt.) I give my son/daughter permission to take part in the Duke Of Edinburgh's Award Scheme Bronze training, practice and expedition.

Signed Date

There will be an optional parental information evening where I will be able to tell you a little more about the award and answer any questions that you may have. This will be held on Thursday 1st December 2016 in the schools lecture theatre at 1700 hours till 1745 hours. Please indicate below if you are attending

I will/ will not be attending the parental information evening on Thursday 1st December 2016, at 1700 hours.

(Please return to Mrs Rushton in the Finance Office)

Please complete the following County registration form and return to Mrs Rushton ASAP



Enrolment form – for use by Operating Authorities

ADD OPERATING AUTHORITY NAME AND DETAILS HERE

Award Officer

Shropshire LEA

please print clearly

surname _____ forename(s) _____

address _____

_____ postcode _____

tel No _____ e-mail _____

date of birth ___/___/___ age _____ male female

Award Group Idsall

Leader's name Mr N Hall

I would like to enter the Award at Bronze Silver Gold

Please confirm if you are a direct entrant at Silver or Gold

I am interested in the following activities

Service _____ Expeditions _____

Skills _____ Physical Recreation _____

Signature of applicant _____ date ___/___/___

Consent of parent or guardian (for young people under 18 years of age)

I agree to my son/daughter/ward participating in The Duke of Edinburgh's Award. I understand that when my son/daughter undertakes an activity that is not being directly provided by Shropshire County Council Youth Service that I am responsible for ensuring that the activity is taking place within a safe environment.

signature of Parent/Guardian _____ name _____ date ___/___/___

signature of Award Leader _____ name Mr N Hall date _____

The following information is used to help the Award meet the needs of all young people. Only complete this section if you wish to assist in this way.

Please tick the relevant box

I would describe myself as

Asian or Asian British				Black or Black British			Chinese
Indian	Pakistani	Bangladeshi	Any Other	Caribbean	African	Any Other	Chinese

Mixed				White			Other (specify)
White & Black Caribbean	White & Black African	White & Asian	Any Other	British	Irish	Any Other	

I consider myself to have a disability* Yes No

*as defined by the Disability Discrimination Act as "a physical or mental impairment which has a substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities".

For office use

Record Book Issues Date _____ UK Ref. No.