

PENAIR SCHOOL

<http://www.penair.cornwall.sch.uk/> | 01872 274737 | enquiries@penair.cornwall.sch.uk

Penair School,
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The Duke of Edinburgh's Award Scheme

Your child has expressed an interest in joining the Duke of Edinburgh (DofE) scheme; the purpose of this letter is to provide you with more information about what this entails.

The DofE award is designed to help children from Year 9 onwards to develop skills for life and work, both as an individual and part of a team. The scheme has been running for many years and has a superb website (www.dofe.org) which contains far more detail than I can hope to fit into this letter. It is widely recognised to be a truly worthwhile undertaking and is an excellent addition to any college application, University application (there is even a tick box on the official UCAS forms) or CV. Upon completion of the Bronze award, your child will receive a certificate, a DofE badge and the opportunity to undertake Silver in Year 10, once Bronze has completed.

The first three strands of the award are undertaken individually and in the pupil's own time. Each child chooses something they would like to do for the Skill, Physical and Volunteering strands. There are a huge range of activities under each of these headings and I have attached a document with some ideas for your perusal. Many pupils select something that they already do (learning a musical instrument, rugby, surf-lifesaving, the school play, paired reading, baking cakes etc.) for some or all of these strands. Some pupils, however, take up something new either because they want a new challenge or because they don't currently take part in an activity which is suitable. If your child decides to enrol on the scheme, I would strongly encourage you to look through the list of ideas with them and help them select an activity which they will enjoy. If they are lacking inspiration, I am more than happy to talk through some ideas with them and help them find something that is suitable. Each of these activities needs to be undertaken for around an hour per week (minimum) for the duration of 3 months. One activity, of the pupil's choice, needs to continue for 6 months in total. Please be aware that pupils need to have **completed** two of these activity strands before they are able to undertake any expeditions with us.

Please take note, that when completing a volunteering placement, it is your responsibility to check its suitability. This encompasses induction, insurances, Health and Safety and most importantly, Safeguarding. If your son or daughter is working with someone over the age of 18, you should seek a letter of assurance and check DBS checks are in place. Please feel free to contact our Designated Safeguard Lead (DSL)

Mrs Carole Butler for further advise if you should require it cbutler@penair.cornwall.sch.uk . Please refer to the second page of the consent section of the official D of E enrolment form below.

The final strand of the award is the Expedition section. The expedition is intended to teach pupils how to work as part of a team and how to survive on an outdoor adventure without direct adult supervision. Pupils will spend 2 days and 1 night (camping) on their expedition. They will complete a practice expedition with qualified staff first, before they undertake their assessment expedition in small groups. Both expeditions typically take place between March and June in year 9. Pupils have to carry all their belongings with them for the 2 days. If you do not have equipment such as tents, sleeping bags, stoves or rucksacks then we are able to lend kit to pupils. We have an excellent team of qualified Outdoor Education staff at Penair and run the expeditions ourselves for a minimal cost (typically around £25 per person).

For your child to get the most out of the award, they will need to commit fully to it. They will therefore be expected to attend a fortnightly meeting to get some necessary training and to be provided with support throughout the award. We will only be able to take pupils out on their training expedition if they have already completed two of the other strands of their award. For this reason, it is important that your child gets started as soon as possible after signing up. They will need to have completed at least two of the other strands of the award before we will take them on their qualifying expedition.

I have enclosed a number of useful documents in this pack. The programme ideas and jobs tick-list are for you to keep. If your child decides to enrol, the official DofE enrolment form and pupil details form need to be returned to me, along with a registration fee of £21. This fee is to register with the DofE and will get your child their welcome pack, a 15% discount card for Millett's, Blacks and Go Outdoors and also insurance for their expeditions. If the cost of the scheme is a concern for you, please speak to me about whether your child qualifies for a subsidised place.

If you have any questions, please don't hesitate to contact me by email (ltrivett@penair.cornwall.sch.uk) or phone (01872) 274737.

Yours faithfully,

Mr L Trivett

DofE Coordinator

Penair School

Attachments list

1. Tick-list of jobs
2. Programme ideas
3. Official DofE enrolment form
4. Pupil details form

Tick-List of Jobs

- Decide on activities for each strand.
- Return enrolment form, pupil details form and £21 cash or cheque (cheques payable to Penair School) to Ms Bunt. You can use the SCOPay system too.
- Once the £21 has been received a place will be purchased for you. There will be a limited number of places this year.
- There will then be a short computer room meeting. Details will be received by email, log onto eDofE and enter details for Volunteering, Physical and Skills sections.
- Complete aims and objectives of the Expedition. e.g. Flora and Fauna, wild birds, farming types, rock formations, man-made features, rivers or photography. Etc etc.
- As soon as the welcome pack is received through this meeting, start working on each strand:
 - Take the log book to the adult in charge at the start.
 - Enter timescales into log book.
 - Take log book to adult again after 3 / 6 months for them to sign off the activity.
- Attend training sessions at school as advised through assemblies / tutor trays.
- Complete at one strand of the award.
- Undertake practice expedition.
- Complete at least two strands of the award.
- Undertake qualifying expedition.
- Complete all four strands of the award.
- Receive Bronze DofE award in assembly.



PROGRAMME IDEAS

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a programme of your own! For each idea, there is a useful document giving you guidance on how to do it, which you

can find under the category finder on www.DofE.org/sections

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

Volunteering section

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Helping people:
Helping children
Helping older people
Helping people in need
Helping people with special needs
Youth work

Community action & raising awareness:
Campaigning
Cyber safety
Council representation
Drug & alcohol education
Home accident prevention
Peer education
Personal safety
Promotion & PR
Road safety

Working with the environment or animals:
Animal welfare
Environment
Rural conservation
Preserving waterways
Working at an animal rescue centre
Litter picking
Urban conservation
Beach and coastline conservation
Zoo/farm/nature reserve work

Helping a charity or community organisation:
Administration
Being a charity intern
Being a volunteer lifeguard
Event management
Fundraising
Mountain rescue
Religious education
Serving a faith community
Supporting a charity
Working in a charity shop

Coaching, teaching and leadership:
Dance leadership

DofE Leadership
Group leadership
Leading a voluntary organisation group:
- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
Sports leadership
Music tuition

Physical section

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Individual sports:
Archery
Athletics (any field or track event)
Biathlon/Triathlon/Pentathlon
Boxing
Croquet
Cross country running
Cycling
Fencing
Golf
Horse riding
Modern pentathlon
Orienteering
Pétanque
Roller blading
Running
Static trapeze
Wrestling

Water sports:
Canoeing
Diving
Dragon Boat Racing
Free-diving
Kneeboarding
Rowing & sculling
Sailing
Skurfing
Sub aqua (SCUBA diving & snorkelling)

Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

Dance:
Ballet
Ballroom dancing
Belly dancing
Bhangra dancing
Cercoc
Contra dance
Country & Western
Flamenco
Folk dancing
Jazz
Line dancing
Morris dancing
Salsa (or other Latin styles) dancing
Scottish/Welsh/Irish dancing
Street dancing/breakdancing/
hip hop
Swing
Tap dancing

Racquet sports:
Badminton
Malkot
Racketon
Rapid ball
Real tennis
Squash
Table tennis
Tennis

Fitness:
Aerobics
Cheerleading
Fitness classes
Gym work
Gymnastics
Medau movement
Physical achievement
Pilates
Running/jogging
Trampolineing
Walking
Weightlifting
Yoga

Extreme sports:
Caving & potholing
Climbing
Free running (parkour)
Ice skating
Mountain biking
Mountain unicycling
Parachuting
Skateboarding
Skydiving
Snow sports (skiing, snowboarding)
Snowkiting
Speed skating
Street luge

Martial arts:

Aikido
Capoeira
Ju Jitsu
Judo
Karate
Self-defence
Sumo
Tae Kwon Do
Tai Chi

Team sports:

American football
Baseball
Basketball
Boccea
Camogie
Cricket
Curling
Dodgeball
Fives
Football
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Octopushing
Polo
Rogaining
Rounders
Rugby
Sledge hockey
Stoolball
Tchoukball
Ultimate flying disc
Volleyball
Wallyball
Water polo

Skills section

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Performance arts

Ballet appreciation
Ceremonial drill
Circus skills
Conjuring & magic
Dance appreciation
Majorittes
Puppetry
Singing
Speech & drama
Theatre appreciation
Ventriqlism

Yoyo extreme

Science & technology

Aerodynamics
Anatomy
Astronomy
Biology
Chemistry
Ecology
Electronics
Engineering
Entomology
IT
Marine biology
Oceanography
Paleontology
Physics
Rocket making
Taxonomy
Weather/meteorology
Website design
Zoology

Care of animals

Agriculture (keeping livestock)
Aquarium keeping
Beekeeping
Caring for reptiles
Dog training & handling
Horse/donkey/lama/alpaca handling & care
Keeping of pets
Looking after birds (i.e. budgies & canaries)
Pigeon breeding & racing

Music

Church bell ringing
Composing
DJing
Evaluating music & musical performances
Improvising melodies
Listening to, analysing & describing music
Music appreciation
Playing a musical instrument
Playing in a band
Reading & notating music
Understanding music in relation to history & culture

Natural world

Agriculture
Conservation
Forestry
Gardening
Groundsmanship
Growing carnivorous plants
Plant growing
Snail farming
Vegetable growing

Games & sports

Cards (i.e. bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Dominos
Fishing/fly fishing
Flying
Gilding
Go-karting
Historical period re-enacting
Kite construction & flying
Mah Jongg
Marksmanship
Model construction & racing
Motor sports
Power boating
Snooker, pool & billiards
Sports appreciation
Sports leadership
Sports officiating
Table games
War games

Life skills

Alternative therapies
Cookery
Democracy in action
Digital lifestyle
Driving: car maintenance/car road skills
Driving: motorcycle maintenance/road skills
Event planning
First Aid - St John/St Andrew/BRCs
Hair & beauty
Learning about the emergency services
Learning about the RNLI (Lifeboats)
Library & information skills
Life skills
Massage
Money management
Navigation
Public speaking and debating
Skills for employment
Young Enterprise

Learning & collecting

Aeronautics
Aircraft recognition
Anthropology
Archaeology
Astronautics
Astronomy
Bird watching
Coastal navigation
Coins
Collections, studies & surveys
Comics
Contemporary legends
Costume study
Criminology
Dowsing & divining
Fashion
Forces insignia
Gemstones
Genealogy
Heraldry
History of art
Language skills
Military history
Movie posters
Postcards
Reading
Religious studies
Ship recognition
Stamp collecting

Media & communication

Amateur radio
Communicating with people

who are visually impaired
Communicating with people
who have a hearing impediment
Film & video making
Journalism
Newsletter & magazine production
Signaling
Writing

Creative arts

Basket making
Boat work
Brass rubbing
Building catapaults & trebuchets
Cake decoration
Camping gear making
Candle-making
Canoe building
Canvas work
Carnival/festival float construction
Ceramics
Clay modelling
Crocheting
Cross stitch
DIY
Dough craft
Drawing
Dressmaking
Egg decorating
Embroidery
Enamelling
Fabric printing
Feng Shui
Floral decoration
French polishing
Furniture restoration
Glass blowing
Glass painting
Interior design
Jewellery making
Knitting
Lace making
Leatherwork
Lettering & calligraphy
Macramé
Marquetry
Model construction
Mosaic
Painting & design
Patchwork
Photography
Pottery
Quilting
Rope work
Rug making
Snack piping
Soft toy making
Tattooing
Taxidermy
Textiles
Weaving and spinning
Wine/beer making
Woodwork

Official DofE Participant Enrolment Form

Please print clearly in **CAPITALS**. You must complete all of the questions.

DofE Centre and group details (if you know them):

DofE Centre: Penair School	DofE group: Bronze 2017-18
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DofE level:

Bronze <input checked="" type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/>
Have you registered for any previous levels of the DofE? No <input type="checkbox"/> Yes <input type="checkbox"/>
If YES – please give the name of the DofE Centre you were registered at: eDofE ID number (if known) :

Personal details:

First name:	Last name:
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>	Date of Birth: / /
Primary language English <input type="checkbox"/> Welsh <input type="checkbox"/> Other <input type="checkbox"/>	
Date you wish to start your DofE programme if known (enrolment date): / /	

When you first sign in to eDofE you will be asked to record some personal details such as your contact details, ethnicity and personal circumstances along with details of any medical needs you may have. This data is used to enable your Leaders to support you doing your DofE programme and for the DofE's statistical and reporting purposes. You will always have a 'prefer not to say' option. The email address provided will be used for all correspondence.

Contact details:

Email address:	
Address (line1):	
Address (line 2):	
Town/City:	
County:	Postcode:

Telephone:	Mobile number:
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Emergency contact details:

Emergency Contact name:	Relationship to you:
Emergency contact telephone number(s):	

Declaration:

I agree to enrol as a participant on a DofE programme. I understand that I will be managing my programme using the online eDofE system. I acknowledge that this system has a set of terms and conditions that I agree to. These terms and conditions are available at www.eDofE.org

Print Name	Signature	Date
		/ /

Consent to enrol from parent or guardian (if applicant is under 18 years old).

I agree to my son / daughter / ward doing a DofE programme. I note that it is my responsibility to check that any activity my son / daughter / ward undertakes for their DofE programme is appropriately managed and insured, unless the activity is directly managed or organised by their DofE group, centre or Licensed Organisation.

Print Name	Signature	Date
		/ /

Note:

Data supplied on this form and in eDofE and information about DofE activities recorded in eDofE will be used by the DofE Charity, the Licensed Organisation and DofE centre to monitor and manage DofE participation and progress by young people and manage and support Leaders.

The DofE Charity will use personal data to communicate useful and relevant information to either help participants complete a DofE programme, Leaders/LOs to run DofE programmes more effectively or help the DofE Charity to improve the quality and breadth of its programmes.

Occasionally the DofE Charity may send you information relating to commercial offers. If you do not wish to receive commercial information from the DofE Charity you can choose not to by amending your contact preferences in your eDofE profile at any time.

For Licensed Organisation/Centre administration only:

Date registered onto eDofE	/ /
Expected start date	/ /
Participant Fee received	Yes <input type="checkbox"/> No <input type="checkbox"/>
Username	
User ID number	

Pupil Details Form

Pupil name:	
Date of birth:	
Tutor group:	
Pupil email address:	
Parental email address:	
Intended activity for Volunteering section:	
Intended activity for Physical section:	
Intended activity for Skills section:	
Please provide details of any relevant qualifications or experience for expeditions (e.g. first aid, family camping or walking holidays, 10 tors, Scouts etc)	