

Our Ref: AW/DT.542

19th June 2016

Dear Parents/Carers

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Duke of Edinburgh's Award Scheme

We currently run the Duke of Edinburgh's Award Scheme at the school. The award has three different levels: Bronze, Silver and Gold; each level being progressively more demanding than the last!

Students can begin the award scheme at Bronze level when they are 14 years of age; we are therefore now offering the scheme to our current Year 9 to begin in September.

The Bronze Award consists of four sections, Volunteering, Physical, Skill and an Expedition. Each participant must complete a minimum of three months activity for each of the Volunteering, Physical and Skill sections and must extend one of these sections to six months. The Expedition will be a two day walk with overnight camp and we will complete a training expedition and a practice expedition, as well as the final assessed expedition.

The D of E award is not only enjoyable to do but achieving an award will develop skills, confidence and a view on life that everyone is looking for; from employers to colleges and universities. Participants will be getting recognised for doing things they want to do (and may even be doing already). They will make a difference to other people's lives and their community, be fitter and healthier, make new friends and have memories to last a lifetime!

Volunteering is all about making a difference to other people's lives.
Some examples are:-

- give one day a week to a charity by volunteering in one of their shops
- give a Saturday morning at Stepping Stones Nursery
- give one night a week to Stowmarket Rainbows
- help out at the Museum of East Anglian Life

The Skills section is all about developing practical and social skills and personal interests. By choosing to develop a particular skill it not only develops a new talent but will also boost self-esteem.
Some examples are:-

- learn to rock climb
- learn a musical instrument
- develop an existing skill

Through the Physical section students should achieve greater physical fitness through participation and improvement in physical activity. Some ideas for what could be undertaken are:-

- rock climbing
- cycling
- swimming
- football
- running
- any reasonable activity of your choice

The expedition training will take place on every other Thursday after school, during which we will learn about First Aid, Navigation and Route Planning, Campcraft, Cooking and the various nutritious values of food etc. The practice expedition will run during the May Bank Holiday Weekend (5th – 6th May 2018) and the Qualifying expedition from 30th June – 1st July 2018.

The cost to enrol on the D of E Award scheme is £25.00 and subsequent payments will be required for transport, campsite fees, external assessor fees and food etc., which I will do my best to keep to a minimum.

I have two daughters, who have both participated in the Award; Emily, who has achieved each of the three levels and Hannah, who is in the process of enduring her Gold Award. I have seen first-hand what a fantastic opportunity it is for young people and the benefits that this sort of experience can bring, which is why I would highly recommend it to you.

In order to secure your child a place on the scheme, please complete and return the section below to Mr A Wright by Friday, 7th July 2017.

Yours sincerely

Mr A Wright

Mr A Wright
D of E Co-Ordinator

Please return to Mr A Wright, by Friday, July 7th 2017.

Area	Duration (please tick)		What I intend to do
Skills	3months <input type="checkbox"/>	6 months <input type="checkbox"/>	
Physical	3months <input type="checkbox"/>	6 months <input type="checkbox"/>	
Volunteering	3months <input type="checkbox"/>	6 months <input type="checkbox"/>	

My son/daughter would like to be enrolled on the Bronze Duke of Edinburgh Award Scheme.
I enclose a cheque made payable to Stowmarket High School for the sum of £25.00.

Student Name: _____

Form: _____

Signed: _____ (Parent/Carer)

Date: _____