

The DofE

"The DofE is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be"



The DofE is...



You achieve an Award by completing a personal program 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 in the UK or abroad

Silver Award

SILVER

Volunteering 6 months

Physical

**one section for
6 months, the
other for 3 months**

Skills

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



Volunteering

Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.
- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

One hour per week



Physical

Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

One hour per week

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



Skill

Aim

- To inspire young people to develop practical and social skills and personal interests.

One hour per week

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



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.

The DofE at SWCHS

- Leaders and contact information
 - Ms R Colenso rcolenso@swchs.net
 - Miss E Carne ecarne@swchs.net
 - Miss S Mortimer smortimer@swchs.net
 - Mrs C Hulland chulland@swchs.net
- We run activities to prepare the students for their final expedition and include things such as route planning, navigational skills, menu planning, team building activities and over all expedition training
- Attendance is compulsory
- 3 strike rule



Silver @ SWCHS

Silver expedition training will be Tuesdays after school

We will meet after school
on 29 March, 26 Apr
and 3 May

Training session
Fri 6th evening
and Saturday 7th May
camping on school field

We will cook, camp, then pack up
and walk with a Rucsac on Saturday

April 2022							<	>	Calendar	Month	Print	Calendars ▾
Mon	Tue	Wed	Thu	Fri	Sat	Sun						
28	29	30	31	1	2	3						
				School CL...								
4	5	6	7	8	9	10						
Easter Holidays												
11	12	13	14	15	16	17						
Easter Holidays				Good Frid...								
18	19	20	21	22	23	24						
Easter Mo...	School O...											
25	26	27	28	29	30	1						
2	3	4	5	6	7	8						
Bank Holi...												

Progression to the expedition



- All 3 plans are loaded by Feb 21st onto eDofE , and have been approved by Feb 25th
- Log one month of evidence of eDofE and get it approved by March 4th

Then by return after Easter students must have

- All 3 sections have 3 months of activity logged (this could be dates , photos, plans) and a summary of what has been achieved so far
- (If they have started but will not have done all 3 sections for at least 3 months they must have spoken to your virtual team leader explaining the situation, they may then agree that you have done enough to continue)

Silver @ SWCHS

Final expedition
Sun/Mon/Tues
17/18/19 July

This will be in
Suffolk

July 2022



Calendar

Month

Print

Calendars ▾

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	1	2	3
		Lower School Play				
4	5	6	7	8	9	10
AdditionalL...	Sixth Form Induction Week					
			Year 11 Pr...			
11	12	13	14	15	16	17
		School C...				
18	19	20	21	22	23	24
				School CL...		
25	26	27	28	29	30	31

Equipment and Important Notes



- Kit list handout
- Discount information is in your DofE welcome pack, if you tell a store selling hiking goods that you are DofE, they may give you a discount
- We can lend certain equipment
 - Cooker (Trangia + Meths)
 - Survival Bag
 - Rucksack
- No Jeans
- Hoodies/Shorts/Leggings only to be worn in camp
- We don't expect you to go out and spend a fortune!

Kit List

GROUP:

NAME:

Group Kit	Carried by....	Packed
Tent inner		
Tent outer		
Tent poles/pegs		
Trangia Stove		
Food		
Fuel		
Washing-up liquid and scourer		
First Aid Kit		

Personal kit (Clothing)	Packed
Walking boots	Wear !
Walking socks (1 per day)	
T-shirts/base layers (1 per day)	
Fleece top/jumper	
Walking trousers (not jeans)	
Underwear/Bra	
Nightwear	
Comfy footwear(for campsite)	
Shorts, Sunhat (warm weather)	
Woolly hat/scarf/gloves (Cold weather)	
Waterproof coat/top and trousers	

Personal kit (other)	Packed
Rucksack and liner (55-65 litre)	Wear !
Sleeping mat	
Sleeping bag	
Water bottle/Platypus	
Knife/fork/spoon	
Mug and plate/bowl	
Matches (in sealed bag)	
Tea towel	
Emergency contact procedure	
Maps (and map case)	
Compass, route cards	
Head torch/Torch and spare batteries	
Emergency whistle	
Alarm clock/watch	
Notebook and pencils	
Money	
Camera	
<u>Binliners</u> (for keeping things dry and for rubbish)	

Personal kit (toiletries/medical)	Packed
Personal basic first aid kit	
Blister plasters	
Sun cream/mosquito repellent	
Toothbrush and paste	
Deodorant	
Personal toiletries	
Small towel	
Toilet paper	

The only kit that can be attached to the outside of your rucksack is a sleeping mat, which must be in a waterproof bag

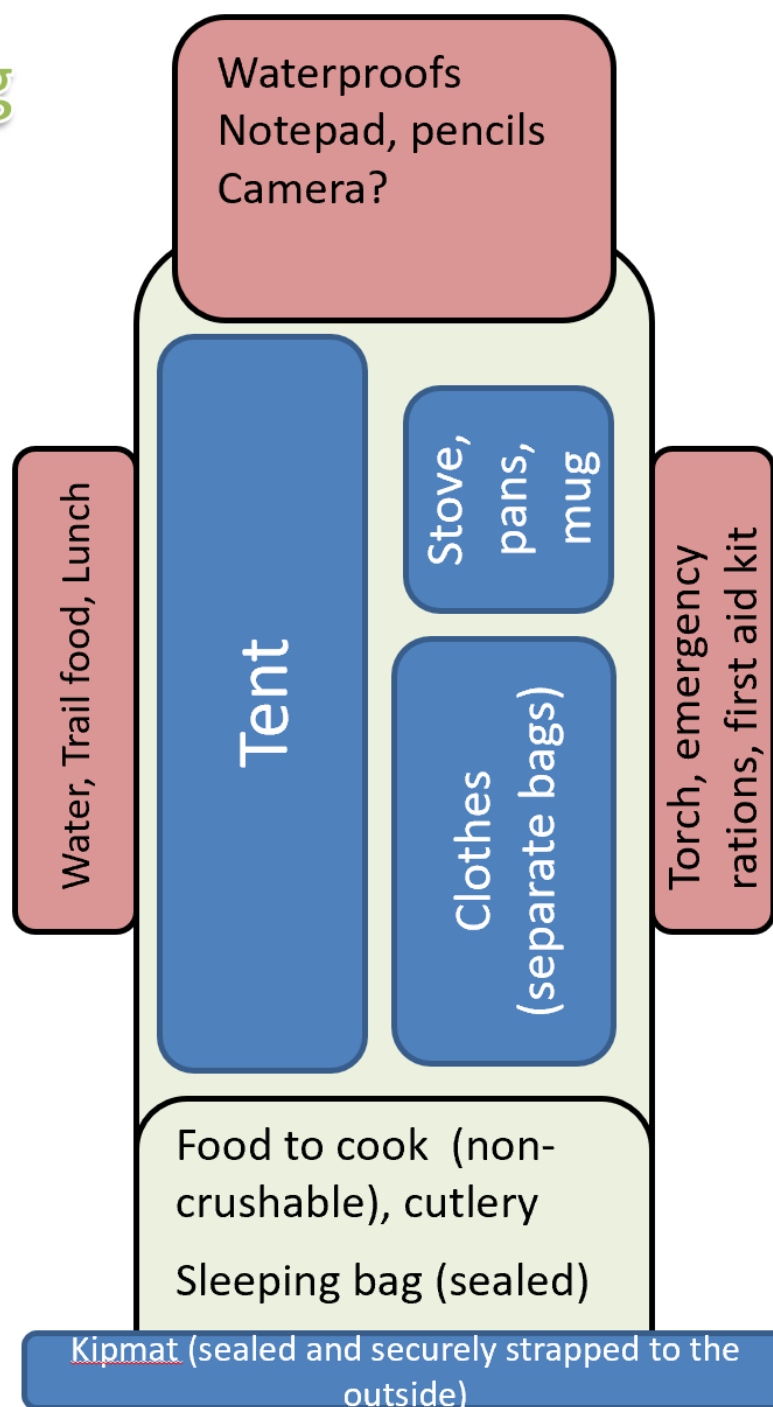
Advice for Buying Kit

- Boots – sturdy and waterproof with ankle support Brush off the mud when dry after you get home. Don't spend a fortune! Comfort is most important.
- Walking socks – keep your feet as dry as you can to avoid blisters.
- Tents – the cosier the better, make sure you all know how to put it up (and quickly). 3-man tents usually only sleep 2 comfortably (buy one that is for one more person than you need)
- Sleeping bags – stuff them in, don't roll them – wrap in a black bin bag to stay dry. 2-3 season and mummy-shaped is best!
- Kipmat – the only thing that can be attached to the outside of your rucksack (in a sealed binbag too!)
- Clothes – Use a layering system to trap air (which will keep you warmer)
 - Inner layer (T-shirt/synthetic base layer)
 - Middle layer (fleece/jumper)
 - Outer layer (waterproof and windproof jacket)
 - Legs – NO JEANS or thick cotton tracksuit bottoms!! (why?) Synthetic tracksuit bottoms are best or walking trousers (maybe with long-johns underneath?). You must have waterproof over-trousers too.
 - A hat is essential (to protect you from the sun!)
- Ideally, you should have a map case to contain your map, route card and compass.
- Rucksack – 55 to 65 litres with lots of outside pockets for easy access to water, food, waterproofs, notepads, pencils, camera etc.
- A Head torch is a good investment too.

Rucksack Packing Suggestions

Key Points:

- Red sections are easy to access.
- Heavy items should be near the top of the main section and close to your back.
- Stuff clothes (in bags around bigger items in the main section)
- Use the bathroom scales to see how heavy it is – NO MORE THAN $\frac{1}{4}$ OF YOUR MASS !!
- Keep sharps away from the edge of compartments.
- **Search** 'How to pack a rucksack' on Google Videos if you want 10 minutes of even more of this!
- Students should pack their rucksack rather than parents so they know what is where!
- The only thing that should be outside of your bag is your kipmat.



Wearing it:

- The hip belt should take most of the weight and should be at the top of the hip bone.
- Shoulder straps should be tight-ish, ensuring the rucksack is high and against your back.
- **Be 'as one' with your rucksack**

Rules for DofE at SWCHS

Strikes issued for:

- Failure to notify nominated staff of planned absence prior to the day or regularly missing sessions
 - Behaviour
 - Late reply slips and payments
-
- On receiving the third Strike, students will be asked to leave DofE.
 - **No refunds are available as campsites and coaches have been booked.**

Students will need to read messages in TEAMS

How do the students pass the award?

- Completion of all 4 sections
 - Skill
 - Volunteering
 - Physical
 - Expedition



- use their website eDofE to upload plans and evidence for Silver award
- Assessor reports for Skill Volunteering Physical and Expedition can be added two ways;
 - **either by uploading the filled in paper assessor report**
 - **or by giving your Assessor your eDofE number for an electronic report**

Final Expeditions



Wisepay for Silver Expedition

We will use Wisepay for the Expedition

More details will follow when we have an accurate costing

Thank you for attending and
supporting students with DofE.

DofE is a student award. We encourage students
to sort out their sections and completions.
Staff will be happy to help with any enquires
during the weekly meetings and through the
TEAM.