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Dear Parents,

Duke of Edinburgh's Award – Bronze

As you may well know, we have now launched 'Bronze D of E' to the Third Form at Shrewsbury and I expect many of them to sign up to the award, which, in effect, gives your child the opportunity to complete the Bronze Award over the next year and beyond.

When pupils return after half term exeat they will have the opportunity for register formally for Bronze DofE, so perhaps you could have a chat with your child over the next couple of weeks.

For pupils who do not sign up for Bronze, it is still possible to complete Silver or Gold by 'direct entry' later on in school or even at university.

When names are finalised later this term we publish all documents, group lists and kit/clothing lists on our website under: <http://www.shrewsbury.org.uk/page/bronze> If you are not familiar with DofE then some brief details are at the end of this letter.

Outdoor Week (Monday 10th June to Saturday 15th June 2019)

In the Summer Term we run 'Outdoor Week' as the natural culmination of the Bronze programme. Outdoor Week takes the entire year group out of normal lessons and involves them in a varied and educational outdoor programme. For three days, pupils will live under canvas in a 'base camp' in the Shropshire Hills during which they do the qualifying Bronze Expedition. For the other three days, pupils undertake community project work (such as footpath maintenance) and team competition days but with the outdoors as the theme for the week. Note that the Battlefield trip (organised by the History Faculty) will be taking place from 13th to 15th June and those doing that can still undertake their Bronze expeditions during the earlier part of the week.

What if my son/daughter does not opt for Bronze?

Those pupils will still attend Outdoor Week (as well as the Battlefield trip if they wish) – and we have created a programme that we believe is of high value. The pupils will undertake community project work and team competition days, but still with the outdoor theme.

Practice Weekends

Those who opt for DofE will be doing one of two Practice Expedition Weekends in the Summer Term. The dates are 11/12th and 18th/19th May 2019 – so please perhaps keep those dates free when thinking of possible family events, as your child may well be out overnight on one of them.

Charges

We do charge a nominal sum of £50 to cover the extra costs of Outdoor Week – however, you should also be aware that we also charge £120 for those attempting Bronze to subsidise practice and qualifying expedition costs. These charges will appear on your Lent Term bill.

Clothing and Equipment

We will supply all tentage, stoves, first aid, safety equipment but only have a limited stock of clothing items for loan. It is very helpful if pupils can provide their own gear (i.e. walking boots and two-piece waterproofs) as this significantly reduces pressure on our stores.

The Expedition Packing list on our website at <http://www.shrewsbury.org.uk/page/expedition-kit-lists-and-conditions> and may help with birthday gift ideas between now and June!

Please note that for DofE participants, there is a standard 15% DofE discount available at retailers such as GoOutdoors, Blacks, Millets, Tiso, etc. However, just mentioning DofE at some retailers often leads to a discount. We have a good amount of clothing and equipment to lend, but it is appreciated if pupils have their own waterproof jacket (storm-proof zips, hood, etc) and a decent pair of walking boots, ideally with ankle support. There is no need to spend lots of money on specialist equipment unless you are the sort of family that does lots of camping! We have tents, sleeping bags and so on to loan.

With best wishes,

Nick David
12th October 2018

THE DUKE OF EDINBURGH'S AWARD – BRONZE

What is D of E?

D of E is widely recognised as the premier personal development award by employers, universities and the general public.

To gain the award participants must:

- a) show progress in a nominated **sport** (any school sport will do)
- b) show progress in a nominated **skill** (eg debating, music, coding society, bee-keeping etc)
- c) plan and undertake a two-day (overnight) **expedition** (on foot)
- d) complete a period of '**volunteering**' in the community (organise a charity event, do something for your house; community recycling, etc)

A principal feature is self-motivation – D of E is not an 'activity' in itself but it serves to accredit worthy undertakings (such as the four elements listed above) – and in this way it should provide an incentive for pupils to pursue many things that are already on offer at Shrewsbury. By no means all gain the Award; those who do will have to show commitment and self-reliance, but importantly, all are given the opportunity.

When are the expeditions?

All pupils must undertake separate practice and qualifying expeditions. The latter takes place during Outdoor Week. All Third Formers, whether doing the Award or not, will take part in Outdoor Week, a multi-activity week with DofE expeditions undertaken in the beautiful Shropshire Hills.

How can parents help?

Please have a chat with your child over Exeat and discuss what they plan to do. The principle of DofE is that we do not 'push' participants; only those with self-motivation will complete it and thus it is up to them to keep it going and show initiative and forethought.

Tutors will assist and guide them through the Award, but any support from you is most welcome.



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
- Bowling
- 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
- Ceroc
- 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
- Matkot
- Racketlon
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis

Fitness:

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Gymnastics
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Trampoline
- 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
- Boccia
- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Hockey
- Hurling
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Rogaining
- Rounders
- Rugby
- Sledge hockey
- Stoolball
- Tchoukball
- Ultimate flying disc
- Underwater rugby
- Volleyball
- Wallyball
- Water polo

- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- Astronomy
- Biology
- Botany
- 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/llama/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

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
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism

Games & sports

Cards (i.e. bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Dominoes
Fishing/fly fishing
Flying
Gliding
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
Signalling
Writing

Creative arts

Basket making
Boat work
Brass rubbing
Building catapults & 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 pipping
Soft toy making
Tatting
Taxidermy
Textiles
Weaving and spinning
Wine/beer making
Woodwork

Expedition section

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

On foot

- Studying insect life on the South Downs.

- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route around three of the places that inspired Wordsworth's poems in the Lake District.
- Considering the impact of tourism on the flora and fauna of the French Alps.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code round the Mourne Mountains.

By bicycle

- Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Doing a cycle of remembrance, taking in the historic wartime sites in Normandy.
- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Exploring the Norfolk Broads using sailing dinghies.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along the Danube in Germany booking camp sites in advance.
- Planning a cross-channel journey in a yacht.
- Using simple mapping techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.
- Planning a Bronze sailing expedition on Lake Ullswater in the Lake District.

By canoe or kayak

- Recording the wildlife found on the Strangford Lough canoe trail.
- Taking a series of photos to come up with a guide to a section of canal systems.
- Making a study of the locks and lochs on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a wilderness trip in Canada using the canoe trails used by the original settlers.
- Choosing several points along a river and measure speed of flow, width and depth and comparing the

differences along their route, trying to explain why this may be.

By wheelchair

- Following a disused railway track noting the current use of previous railway buildings.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.
- Creating an expedition music play list that reflects the team's experiences.

On horseback

- Planning an expedition on horseback in the countryside including identifying suitable farm camp sites and bridleways.
- Exploring accessibility and bridle paths in the Brecon Beacons.
- Planning an expedition with sea views in Devon, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

Residential section

Going on a residential gives you the chance to learn how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

Service to others

- Teaching English overseas.
- Helping out on an overseas pilgrimage (i.e. to Lourdes or Mecca).
- Being a leader at an overseas children's camp that promotes healthy eating and exercise.
- Rebuilding a school roof

in Lesotho.

- Helping deafblind young people and adults to enjoy a holiday.
- Being an assistant to support an eco-friendly waste project at an outdoor education centre.
- Assisting at a summer camp for Brownies.
- Helping at an orphanage.

Environment and conservation

- Attending a conference on climate change as a youth representative for your local authority.
- Studying coral bleaching in Australia.
- Joining a tree planting project with The Woodland Trust.
- Monitoring the bat population in the New Forest.
- Doing dry stone walling in the West Tyne Valley in the shadow of Hadrian's Wall.
- Helping the preservation team of a narrow gauge railway in mid Wales.

Learning

- Undertaking a cookery course.
- Doing a falconry course.
- Studying traditional dance.
- Studying art history in Florence.
- Doing a photography course run by a university and exhibiting your work.
- Learning to snowboard on an intensive course in Scotland.
- Improving your Spanish language skills on a course in Madrid.
- Learning to write and produce music and putting on a show for locals.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.

Activity based

- Taking part in a week-long discovery of stage combat in Wales.
- Going white water rafting in New Zealand past glaciers and mountains.
- Taking part in a multi-faith residential, studying different religions.
- Joining an historical re-enactment of the Battle of Bosworth.
- Joining an ACF activity week with members of different detachments.