

To Parents/Carers of pupils in Year 10

7th October 2022

Dear Parent/Carer,

Duke of Edinburgh's Silver Award 2022-2023

Saint Cecilia's Church of England School will be offering the opportunity for pupils to undertake the Duke of Edinburgh's Award (Silver Level) through the school during Year 10.

The aim of the scheme is to help young people plan and undertake their own programme of activities, which allows them to develop mentally, physically, emotionally and spiritually; in turn becoming more motivated, disciplined and balanced as individuals. It's not all about expeditions! The award is equally about them learning new skills, exploring cultural heritage, assisting people within the community, or just doing what they love. Ultimately, the award helps to bring the best out of young people in a non-competitive environment. The skills they develop are truly valued by employers and will continue to reward them long into their working lives.

As with the Bronze Award, undertaking the Silver Award is at least a one-hour weekly commitment for 6 to 12 months, and pupils will have to carefully consider whether they are able to devote this amount of time to the award. The scheme requires the completion of four elements:

	Volunteering <i>Helping people in the community</i>	Skills <i>Covering almost any hobby, skill or interest</i>	Physical <i>Sport, dance and fitness</i>	Expedition <i>Training for, planning and completing an expedition on foot</i>
Completed Bronze Level	6 months	One for 6 months and the other for 3 months		2 x 3-day, 2-night expeditions; Practice: New Forest Assessed: South Downs
Direct entrant (has not completed Bronze Level)	<i>As above, but must undertake a further 6 months in the Volunteering or the longer of the Physical or Skills sections.</i>			

Our wish is to make the award as accessible as possible, and efforts have been made to keep costs to a minimum. There will, however, be unavoidable costs in the delivery of the award, and a fee of £100 will be charged per pupil (see breakdown below).

Should you currently be experiencing financial difficulties and are therefore unable to meet the costs outlined below, please contact our finance department to discuss a payment plan. Pupils who are in receipt of free school meals will also be eligible for subsidised funding. Please email dofe@saintceccilias.london in the strictest confidence if you require financial support.

Please be aware there will be additional costs associated with completing the Silver Award.

<u>Silver Award</u>	
£30	Entry fee – Record book, online registration and profile on www.edofe.org
£30	Practice expedition – Training, accommodation, insurance
£40	Assessed expedition – Training, accommodation, insurance, assessor fees
TOTAL: £100	

<u>Additional costs</u>
- Transport to and from expeditions (by public transport)
- Expedition equipment (please note the school can provide tents and cooking equipment for a £10 refundable deposit per item)
- Expedition food

An application form is attached to this letter. As there is a financial implication involved in undertaking the award, I ask that the application form is signed by both the pupil and a parent/carer. An initial payment of £30 is requested to issue your child with a 'Duke of Edinburgh Record Book' and an account on the eDofE website. These resources are provided by the DofE and must be paid for prior to ordering. There will be a payment option set up on ParentPay for this.

Once this payment has been processed, your child can begin the different elements of the award and log their chosen activities on their eDofE account for verification. They are able to complete Silver Award activities whilst finishing their Bronze Award.

A further payment of £70 will be required in March to cover the expedition costs. This must be paid by **Monday 27th March 2023** for your child to attend the expeditions. The expedition will take place in May or June subject to availability and staffing.

Pupils need to be registered as soon as possible if they wish to complete the award by the end of Year 10. Therefore, please return the attached reply slip to our DofE email (dofe@saintcecilias.london) with the required £30 payment via ParentPay by **Monday 24th October 2022** at the latest. Please note all pupils are eligible to participate in the Silver Award, however pupils who do not hand in their forms and payment on time, will not be able to sign up.

I hope that your child will see this as an exciting opportunity and will consider participating in the Silver Duke of Edinburgh's Award programme. For a more detailed understanding of the award, please visit the Duke of Edinburgh's Award website (www.theaward.org).

Yours sincerely,

Rachel Skinner
Teacher of Science, Turing House Leader, and Duke of Edinburgh Award Co-ordinator

Saint Cecilia's Church of England School

Duke of Edinburgh Silver Award 2022-2023

To: Miss Rachel Skinner, Duke of Edinburgh's Award Coordinator, via dofe@saintcecilias.london

Pupil's Name: _____ Mentor Group: _____

Date of Birth: _____

Email address of pupil: _____

(For receiving your eDofE account login details and messages from eDofE)

My child has completed is in the process of completing their Bronze Duke of Edinburgh's Award

Provisional activity and location (if known):

Volunteering: _____

Physical: _____

Skills: _____

Total payment due: **£30**

I have paid via ParentPay

Signed: _____ (parent/carer)

Date: _____

Please email this to dofe@saintcecilias.london once complete.
You may also hand a signed copy to Reception by Monday 24th October 2022.

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 children to read in libraries
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

Please note there are many opportunities within school to volunteer, such as helping in the library or helping out at an after-school club.

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
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
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

Please note if your child is involved in an extra-curricular sports club at school this can count as their physical.

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
Yoyo extreme

Science & technology

Aerodynamics
Anatomy
Astronomy
Biology
Botany
Chemistry
Ecology
Electronics
Engineering

Entomology
IT
Marine biology
Oceanography
Palaeontology
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/alpac a 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
Grounds keeping
Growing carnivorous plants
Plant growing
Snail farming
Vegetable growing

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
Woodwork

Please note there are many opportunities to develop skills as part of an extra-curricular club in school, particularly in art or DT. If your son/daughter already has musical instrument lessons, this can count as their skill. Please note many sports are excluded from the skills section. However, the completion of a project on a sport is allowed. E.g., The history of football.

Duke of Edinburgh's Award – Silver Expeditions - Equipment List

<u>per group</u>	Number
Trangia/Stove **No BBQ's allowed**	1
Fuel/Gas	1
Matches	1
Cleaning equipment (sponge, washing up liquid, bin bags)	
Map (<i>Provided by school</i>)	1
First Aid Kit	1
Compass (<i>Can be provided by school</i>)	1

<u>per person</u>	Number
Tent	1 per 2 people
60L Rucksack with waterproof covering	1
Sleeping bag	1
Roll mat	1
Torch	1
Watch	1
Whistle	1
Notebook and pen	1
Knife, fork and spoon	1
Plastic mug, plastic plate and bowl	1
Water bottle (enough for 1 day's walking)	1
Food for dinner (must be cooked at campsite)	P- 1 day/ A- 2 days
Food for breakfast	P- 1 day/ A- 2 days
Food for lunch	P- 2 days/ A- 3 days
Snacks	P- 2 days/ A- 3 days
Waterproof coat and waterproof trousers	1
Walking trousers/tracksuit bottoms/leggings	2
Fleece or jumper	2
T-shirt, long sleeve top	3
Walking boots	1
Hat, gloves and scarf	1
Underwear and walking socks (<i>including spare set</i>)	4
Suncream	1 small bottle
Wash bag (as minimal as possible)	1
Any medication needed + spares ** (Pupils MUST have their medication on them and spares for leader)	2