



St Mary's Catholic High School

Bronze 2018/19

Programme of Events

DofE Award sections

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Take a look at the Award sections below to start planning your own personal and unique journey.

- **Volunteering**
- **Physical**
- **Skills**
- **Expedition**

Volunteering



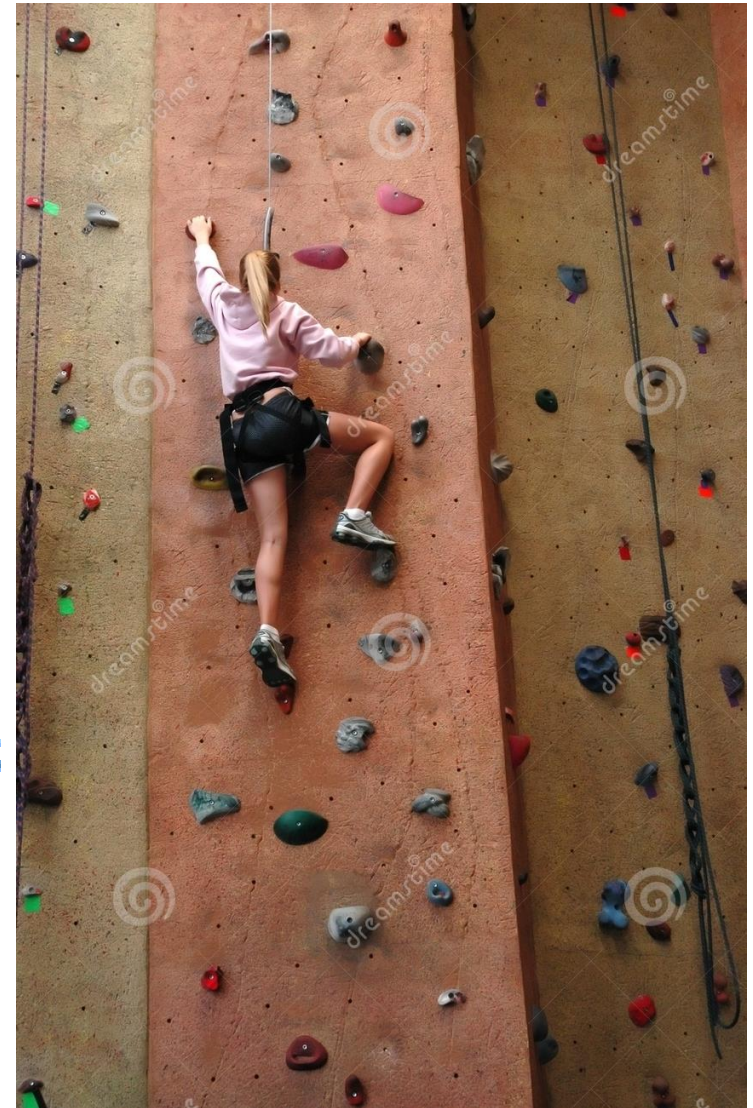
Volunteering is all about making a difference to other people's lives. Perhaps you're interested in animals or conservation? Or you might like to work with older people or raise money for a cause that means a lot to you? From teaching children cyber safety to starting a local recycling campaign, the Volunteering section of your DofE enables you to give your time to help others and change things for the better.

You'll really put your heart into volunteering through your DofE. Like Kyle, many find this section the most rewarding and continue to volunteer long after achieving a DofE Award.

Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless.

Improve your football, rock climbing or dance skills or try a completely new sport or activity. Join a team or do it on your own. You don't have to be super fit or world class - with the DofE, it's about setting your own challenges, giving 100% and being the very best you can be.



Skills



The Skills section is about discovering what you're really good at. Maybe you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website?

By developing practical and social skills and nurturing your personal interests and talents, you'll boost your self-esteem and your CV.

DofE Award sections

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Take a look at the Award sections below to start planning your own personal and unique journey.

→ **Volunteering**

→ **Physical**

→ **Skills**

→ **Expedition**

You must carry these activities out for 3 months.
Which ever you enjoy the most you need to complete a further 3 months.

Expedition

As part of a small team, you'll plan and complete a practice and final expedition that will truly stretch your horizons. You'll improve your communication and leadership skills and take a rucksack full of memories home with you.

eDoE log on training.	Tuesday 29 th January 3.10pm-4.10pm. In room 9
Route planning instruction evening	Tuesday 26 th February 3.10-4.10pm In Room 9
Route planning event	Saturday 2 nd March 9-1pm (you can leave when complete) In the LRC
Expedition Training	Friday 15 th March 2.00-4.30pm In school – various locations
Equipment loan	Tuesday 23 rd April 3.10-4.10pm TBD
Practice expedition	Friday 26 th April – Saturday 27 th April Ribble Valley – West Bradford
Assessed Expedition	Friday 10 th May – Sunday 11 th May Ribble Valley – West Bradford
Equipment Return	Thursday 16 th May 3.10-4.10pm TBD

Costs
£100 - £150;
including
registration, cost of
both expedition
weekends & kit hire

- To indicate you are interested in your child participating you need to complete a registration form and return to school with the non-refundable DoE registration fee of £25.00.
- Included in the envelope your child should also attach a Letter of no more than 500 words explaining why they want to participate in the Duke of Edinburgh's Award Scheme and both should be placed in the box outside the main office by the end of school on Friday 30th Nov.
- Competition for places has been strong in the past so pupils are advised to think carefully about the qualities required to complete the award and write about these in their application. They also need to say what they plan to do for the skill, volunteering and physical aspects of the award.
- I will inform the pupils of the outcome of their application before the Christmas holidays, after which further details will be posted.

NEXT STEPS