



13 September 2019

Dear Parents/Carers

The Duke of Edinburgh’s Gold Award – Year 12

I am pleased to inform you that we are again offering The Duke of Edinburgh’s Gold Award as an extra-curricular activity to our Year 12 students. The Award is a nationally recognised qualification for young people, designed to encourage them to develop independence, commitment, leadership and teamwork through involvement in a personalised programme of activities.

The Five Parts to the Gold Award

The Award requires those taking part to complete five sections in the academic years of September 2019 – July 2021:

- **Skills:** developing a new skill or continuing to improve an existing skill
- **Physical:** participating in physical activity, including sport
- **Volunteering:** being involved in an activity that benefits others
- **Expedition:** completing a training and assessed four-day (plus an acclimatisation day) hike with overnight camping
- **Residential:** spend five days and four nights taking part in a shared activity, with people you have not met before. A link for more information about the residential can be found here: <https://www.dofe.org/doing-your-dofe/activities-sections/residential/residential-requirements/>

The Physical, Skills and Volunteering sections must be undertaken once a week, with the Volunteering section being completed over 12 months. For the Physical and Skills sections, your child must spend 12 months on one and 6 months on the other – your child can decide which way round you do it. If your child is going to do the Gold Award without having competed the Silver Award, he/she will need to spend a further 6 months either Volunteering or on one of the Physical or Skills sections. The Gold Award will therefore last at least 18 months unless your child has completed the Silver Award, where it will last at least 12 months. Although students will be assisted in selecting appropriate activities and monitored throughout the delivery of the Award, completion of these sections will primarily be the responsibility of the students taking part. A suggested activities sheet is attached.

The Expedition section will be run by an approved DofE provider, and requires students to undertake a full day’s training session as well as one practice and one assessed expedition – each of which is five days and four nights. The plan is to visit the Brecon Beacons for the practice expedition and Snowdonia for the assessed expedition; this will be confirmed nearer the time. Please see the dates below and attendance on all dates is compulsory.

	Year 12
Training	TBC
Practice Expedition	Thursday 2 – Monday 6 April 2020*
Assessed Expedition	Monday 13 – Friday 17 July 2020*

*Subject to numbers

Commitments and Costs

Students must commit to completing all five parts of the Gold Award, with a view to completing by the end of Year 13 (summer 2021). The students are responsible for arranging and organising their own individual Residential part of the Award. Any costs incurred will be in addition of costs for registration and Expedition. Parents/carers must commit to support this.

The cost of registering for the Gold Award, for undertaking the Expedition and transport is **£525 (based on minimum numbers required)**. Tents and cooking equipment are provided. Students will require their own personal expedition equipment, for example waterproofs and a sleeping bag. A kit list will be provided nearer the time.

There are a **maximum of 20 places** available and if you would like your child to participate in this, we request a non-refundable deposit of **£100** to be paid using our on-line e-payment system, with your existing sQuid account. You will be able to do this from **7pm on Sunday 22 September 2019** (closing date is 10pm on Sunday 29 September 2019).

Please return the attached permission slip to the Finance Office once payment is made. For your information, the remaining payment dates are listed below. Please note that all payments can be made at any time but each one **must** be paid by the date stated. Due to the nature of the Award, all monies once paid are non-refundable.

Payment Required	To be Paid By
£100 deposit	29 September 2019
£85	30 October 2019
£85	30 November 2019
£85	30 January 2020
£85	28 February 2020
£85	30 March 2020

If you are unsuccessful in obtaining a place for your child, and would like to be added to the reserve list, please email to enquiries@coxgreen.com, for the attention of the DofE Manager, requesting this.

If you have any queries please do not hesitate to contact the school office by email to enquiries@coxgreen.com.

Yours sincerely



Ms F Walsh
Headteacher

Please note:

- *Places are subject to the school Behaviour Policy. Any student who receives an internal or fixed term external exclusion will have their place withdrawn and no refund will be made unless the place can be re-sold. In addition, if the school assesses that the attendance on a trip is a Health and Safety risk to the student or to others, a place will not be allocated to that student or a place will be withdrawn and there will be no refund made.*
- *This expedition section of the Award is run via BXM Expeditions. To enable your child to attend the trip, we will be sharing your child's personal data with the travel company and any partners of the travel company that are required for the running of the contract (e.g. airlines, hotels, etc.).*
- *Payments are to be made by the dates specified. Late or non-payment may result in your child's place being withdrawn from the trip. If you choose to withdraw your child for reasons not stated above, any costs attributed to date, must still be made.*

PERMISSION SLIP

The Duke of Edinburgh's Gold Award

Student Name: _____
(please print)

Form: _____

- I confirm I have paid the £100.00 (non-refundable) deposit via my child's sQuid account.
- I note due to the nature of the Award, all monies once paid are non-refundable.
- I confirm my child will attend the Training, Practice Expedition and Assessed Expedition dates as stated in the letter dated 13 September 2019.
- I confirm my child is committed to undertake and understands the five sections (Skills, Physical, Volunteering, Expedition and Residential) of The Duke of Edinburgh's Gold Award, which needs to be completed by the end of Year 13 (summer 2021).
- I confirm that my child will independently organise the Residential part of the course, understanding the requirements set out by DofE, and any costs incurred will be in addition to the payments on sQuid.

Please return your permission slip to the Finance Office by Monday 30th September 2019.

Signed (Parent/Carer): _____

Date: _____

Print Name: _____

Signed (Student): _____

Date: _____

Application - to be returned to Mr Morris, Sixth Form Office (by 30 September 2019)

We anticipate that the Gold Award will be very popular. In the event that this Award is over-subscribed, we will look at the 'extra information' section on the application form, where students explain how they will benefit from this Award. Please fill this section in very carefully.

Application to Participate in The Duke of Edinburgh's Gold Award

Section 1 – to be completed by the student

Name: _____

Form: _____

What clubs/extra-curricular activities do you currently take part in within and outside of school?

What could you do for your Skills section (1 hour a week)?

6 months 12 months 18 months

What could you do for your Physical section (1 hour a week)?

6 months 12 months 18 months

What could you do for your Volunteering section (1 hour a week)?

6 months 12 months 18 months

Extra information. In this section, explain **why** you want to do The Duke of Edinburgh's Gold Award and **how you think you will benefit from it**. Complete this section carefully and in detail.

Student Name (please print): _____

Form: _____

Student Signature: _____

Date: _____

Section 2 – to be completed by the parent/carer

Name of parent/carer _____

Tel No: _____

Email address: _____

Your child's personal details: First name:		Surname:
Gender: Male <input type="checkbox"/> Female: <input type="checkbox"/>		Date of Birth:
Your child's school email address:		
If your child has registered for the DofE previously, please record the name of the Centre and their eDofE ID number below:		
Centre:		ID number:

Please indicate if your child has any of the conditions below, and provide further information.

<input type="checkbox"/>	Problems with sight or hearing	<input type="checkbox"/>	Mental health conditions
<input type="checkbox"/>	Osteoarthritis, rheumatoid arthritis, fibromyalgia or ME	<input type="checkbox"/>	Impairments due to injury to the body or brain
<input type="checkbox"/>	Any conditions which affect certain organs such as heart disease, asthma and strokes	<input type="checkbox"/>	Has or have had cancer
<input type="checkbox"/>	Learning disabilities	<input type="checkbox"/>	Multiple Sclerosis
<input type="checkbox"/>	Learning difficulties such as dyslexia and dyspraxia	<input type="checkbox"/>	Any other condition
<input type="checkbox"/>	Autistic spectrum disorders	<input type="checkbox"/>	None of these conditions

If you have indicated a medical condition above, please provide further information in the box below.

I wish my son/daughter to be considered for The Duke of Edinburgh's Gold Award. I confirm that he/she will:

- Undertake between 6 and 18 months of Skill development, Physical activity and Volunteering
- Attend the one-day Expedition training session, the five-day Practice Expedition, and the five-day Assessed Expedition
- Independently organise the Residential part of the course, understanding the requirements set out by DofE
- I understand that if my son/daughter does not complete the above activities then they may be asked to leave the Award
- I understand that if my son/daughter's attitude and behaviour falls below that which is acceptable, then they may be asked to leave the Award
- I understand once my child has been accepted, any monies paid are non-refundable

Please tick below if:

My child receives Free School Meals I would like to be considered for financial assistance

Signed (parent/carer): _____

Date: _____



Suggested Activities Sheet

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 ideas that you could do to help you create a programme of your own.

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 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
Cercoc
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
Water polo

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
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/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
Groundsmanship
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 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