



Overview



1. The DofE Award
2. Bronze Training hike
3. The Expeditions
 - a) Dates
 - b) What to expect
 - c) Equipment
 - d) Food
 - e) First Aid and Safety
4. Finance
5. Any other questions

If you have any **questions** as we go through, please pop your hand up and ask them.

We are making a note of all questions and answers to circulate after the meeting.

1. The Duke of Edinburgh Bronze Award



To be allowed to participate in the expedition, students **must** have:

- 2 sections fully complete (months finished AND an **assessors report** uploaded)
- AND
- the other section must be in progress.

1. The Duke of Edinburgh Silver Award

Silver (Year 10+)	Volunteering 6 months	Physical 6 or 3 months	Skills 6 or 3 months	Expedition 3 days 2 nights
	Physical and Skills sections: one section for 6 months and the other section for 3 months			
	If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

To be allowed to participate in the expedition, student **must** have:

- 1 section fully complete (months finished AND an **assessors report** uploaded)
- AND
- Your other 2 sections must be in progress.

- All progress for their sections is being recorded on eDofE.
- Students may have the app on their phone or be accessing it via the website.

Assessors Reports

- **At the end** of the section time (3 / 6 / 12 months) the student will need to ask their assessor to write a report.
- This is done via an online form which can be accessed at: <https://www.dofe.org/assessor/>
- Students have been told about this and will continue to be reminded.
- It is important that the dates on the report match the dates on the student's planner on eDofE.

2. Bronze Training hike

Training Hike 1 Wednesday 5 th June	Training Hike 2 Wednesday 12 th June
Group 1 (Monday) First half of Group 2 (Tuesday)	Second half of Group 2 (Tuesday) Group 3 (Wednesday)

Letters will be sent closer to the time.

Expected to be normal school day hours.

Will need walking boots for this day.

3a. Bronze Expedition Dates

*1 night, 2 days. 5-6 hours
of hiking each day*



Assessed Expedition 1 Monday 8th – Tuesday 9th July	Group 1 (Monday)
Assessed Expedition 2 Wednesday 10th – Thursday 11th July	Group 2 (Tuesday)
Assessed Expedition 3 Sunday 14th – Monday 15th July	Group 3 (Wednesday)

For expedition 1 & 2 this will take place during enrichment week

For expedition 3 - this will take place into the last week of term.

3a. Silver Expeditions

Students will need to arrange with teachers to catch up on any missed work from when they are absent due to DofE.

There are 3 parts to the expedition section

1. The **practice** expedition
2 nights, 2 days. Roughly 6 hours of hiking each day
2. The **assessed** expedition
2 nights, 3 days. Roughly 6 hours of hiking each day
3. The **presentation** of their expedition
*This will happen in **September***

If a student cannot make the dates they have been assigned, they will need to email Miss Saban to arrange to join another expedition.

3a. Practice Expedition Dates

*2 nights, 2 days. 6 hours
of hiking each day*

Practice Expedition 1	Practice Expedition 2
Sun 19 May – Tues 21 May	Weds 22 nd – Fri 24 th May
Students will leave from St Bede's Sunday afternoon. Ms Saban will confirm the time.	Teams will be in college as usual on Wednesday and will leave after P5 to travel to the campsite

3a. Assessed Expedition Dates

*2 nights, 3 days. 6 hours
of hiking each day*

Assessed Expedition

Sunday 30 June to Tuesday 2 July

All teams

We will leave the morning of the first day and return in the afternoon of the third day.

3b. Expeditions – What to expect

DE
BRONZE






DE
SILVER



3c. Equipment

- Students have been given a **kit list**.
- It is on the back of their logbook / google classroom.
- Welcome pack contains a discount card for outdoor shops.
- Borrow as much as you can to save on the cost of equipment.

Their equipment will be checked before they leave school for the expedition.
If they do not have the necessary equipment they will not be able to attend.

 GOOutdoors.co.uk	 Blacks Blacks.co.uk	 millets Millets.co.uk	 Ultimate Outdoors Ultimateoutdoors.com	 Tiso.co.uk
Extra 10% off the GO Outdoors Discount Card price.	15% off the current selling price. Includes reduced price items.	15% off the current selling price. Includes reduced price items.	15% off the current selling price. Includes reduced price items.	15% off the retail price.

Always show your DofE Card or Digital DofE Card.
You'll get the best savings and help support young people to do their DofE.

3c. Equipment



Must be walking
BOOTS, not shoes.

Must have waterproof coat
AND over trousers



Clothing

Item needed	Notes
1 pair walking boots	Must be broken in
Walking socks	
Waterproof Jacket/coat	
Waterproof over trousers	
Fleece tops or similar	NOT hoodies
t-shirts	
Walking trousers	NOT jeans or heavy joggers
Shorts	Optional
Thermal base layers	Optional – weather dependent
Underwear	
Nightwear	
Flip flops/sandals	For campsite use only
Warm hat/sun hat/gloves	Weather dependent

3c. Equipment

Pupil Premium students will be able to borrow a rucksack, sleeping bag and roll mat.



Personal Kit

Item needed	Notes
Rucksack	Bronze – 60L minimum, Silver 65L minimum
Rucksack cover/liner/dry bags	Or 2 strong plastic bags
Sleeping bag	Mummy style is better than rectangular
Sleeping mat	
Sleeping bag liner	Optional – adds extra warmth
Torch	Head torch preferable
Food	Further information will be given closer to the time
Water bottle	At least 1L for bronze
Plate/bowl/cutlery/mug	
Tea towel, washing up liquid, sponge, rubbish bag	Could share in team.
Matches	In waterproof bag. Could share in team.
Wash kit/personal hygiene items	Could share in team. Including emergency toilet paper and insect repellent. Not all campsites will have showers.
Towel	Lightweight quick drying
Sun cream and after sun	Could share in team.
Notebook/pencil/watch	



3c. Equipment

Students will not be allowed to bring their own tents.



Group Kit – We provide this equipment – carried between the team.

Item needed	Notes
Tents	2 – 4 man
Camping stoves	
Camping stove fuel	
Maps	
Compass	

First aid kit



3d. Food



- **Students will need to provide (and carry!) the food they need for the whole expedition.**
- They will not be allowed to go to any shops during the expedition – this is breaking the rules of “self-sufficiency”
- Whatever food they bring, please make sure they will eat it!
- There will be a training on food for the students before they go. Here are some ideas to get you thinking...

The pre-expedition letter will include information about food restriction after we have checked the students allergies on each trip.

3d. Food



Breakfast



Porridge

The instant “just add water” sachets are perfect.

The porridge *pots* are good but take up a lot of room.

For some extra flavour a mini jam or Nutella is yum!



Cereal/granola bars

Easy, quick, no cooking required.

Not enough on its own.



Individually wrapped pastry

Croissants, Pain aux chocolat, brioche

3d. Food

Lunch and snacks



Cold pre-cooked pizza

The current year 13s think this is the best lunch.

Wraps/sandwiches

Oat cakes

Filled Pitta breads

Bagels

Crisps

Cheese snack bars

Fruit/veg

Soreen

Dried fruit

Flapjacks

Trailmix

Chocolate and sweets*

*great for morale, not great for the sugar crash!

Lunch



Snacks

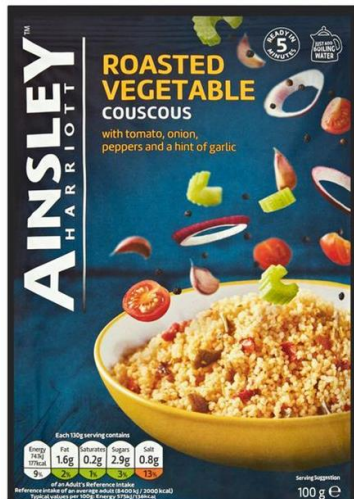


3d. Food

Participants must cook a substantial hot meal each day (except the final day)



Dinner



Pasta/tortellini with sauce/pesto

Cous Cous

Cured meats

(like choritzo or some processed sausages)

Rice/grain pouches

Instant noodles

(usually needs something else with it)

Expedition food pouches are available from outdoor shops. They are easy and tasty but they come at a price!

Students will be encouraged to meal plan together and work together to create their menu.

3e. First Aid and Safety



- All students will hand in a **health and permission form** before the expedition.
- Students have had **training in basic first aid** and what to do in an emergency.
- All teams will carry a **first aid kit** and one charged **mobile phone**.
- They will have an **emergency phone number** to ring if they have problems.

The **teams are remotely supervised** meaning that they are met by adults at checkpoints throughout their journey.

They are supervised at the campsite and overnight.

3e. Mobile Phone Policy



- As part of the 20 conditions it says:

15. Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.

Our mobile phone policy:

- Each team will be allowed 1 mobile phone for emergency use only during the day.
- They will be allowed a second mobile phone IF their chosen aim requires the use of one. The sim card will need to be removed.

3e. Medication



- Any medication and instructions that are currently handed in to college will be taken on expedition. Please make sure this is up-to-date.
- Anyone with Asthma needs to take an inhaler if they have one.
- If a student carries an epi-pen, all students in the team will be briefed about what to do in an emergency.
- Any other medical concerns, please come and talk to me.

3e. Periods

- It is possible that girls may be on their period during the expedition.
- We will have sanitary products with us if anyone needs it unexpectedly..
- **Period pants** are a great idea for expedition

Given there will **only be toilets at the campsites**, I recommend girls carry some plastic sanitary bags to safely store their waste until they reach a bin at the campsite.



3e. Illness



- If for any reason a student is unwell we will not be able to take them on expedition.
- This can be really disappointing for the student, but it's in everyone's best interest that they stay home and get well.
- Please let us know as soon as possible and if we can arrange for them to swap expeditions then we will.

4. Finance

Thank you for the timely payment of the deposit in October/November.

Latest payment was due in February.

Please check your SCOPAY account to see if you have made this payment.

Next payment date for Bronze: Monday 22 April



PP and some SEND students – discounts have now been applied to your accounts.

5. Any other questions

Feel free to ask now or email:

Mr Silver (Bronze, Gold, general queries): silverm@stbcc.org

Miss Saban (Silver): saband@stbcc.org

This PowerPoint and a FAQ will be emailed home shortly

Questions asked...

Q. How big are the groups for expeditions?

A. There are about 35 students taking part in the assessed expeditions. They will be 5 teams in each group for Bronze and 6 groups for Silver.
For the Silver practice expeditions there will be about 18 students in each group in three teams.

Q. Who are the assessors?

A. All of the assessors are members of St Bede's school staff. Currently: Mr Silver, Ms Saban, Ms Miles, Miss Bhatt, Mrs Pascoe and Mr McCarthy are either assessors or training to be assessors.

Q. What happens if someone is ill on expedition day?

A. If a student is unable to take part in the expedition on their appointed day it may be possible to put them on another expedition (either a later one or in next year's expeditions).

Questions asked...

Q. How many children per tent?

A. There will be 2 or 3 students per tent.

Q. Who will carry the tent?

A. The students will share carrying the tent between them – they can be split between the students sleeping in them (e.g. one carries the inner tent, another carries the outer).

Q. Can the students have cameras

A. Yes, cameras are okay, but not mobile phones- there will be only one emergency phone per group.

Q. Do first aid kits have paracetamol, etc?

A. No the first aid kits don't contain paracetamol or other medications.

Questions asked...

Q. Where are the logbooks and planners?

A. Logbooks have been shared on the DofE Google Classroom – all the Bronze students should have access to these. Please check with Ms Saban for Silver.

The planners are part of eDofE. Students need to log into their accounts and enter the details of their activities including dates. They should all have done this by now.

For Bronze students, if they haven't started their activities they need to do so soon as they need to have completed at least two sections before the expedition and have started their third.

Silver students need to have completed one section and have started the other two.

Questions asked...

Q. Can they change the length of time of time of each section.

A. Yes, they should be able to do this through eDofE. Please see slides 3 (Bronze) and 4 (Silver) for details of requirements.

If there are issues changing this ask the student to come and speak with Mr Silver.

Questions asked...

Silver Award only:

Q. Will there be any walking on the training day and does it take place in school.

A. The training day is on 21st April. There won't be any walking. Students will be training in areas like first aid, putting up tents etc.