

January 2023



UXBRIDGE
HIGH SCHOOL

Dear parent/carer

Duke of Edinburgh Award

I'm pleased to inform you that UHS is offering the Silver Duke of Edinburgh's Award (DofE) to students in Year 10.

The DofE is a great chance for your child to broaden their horizons, discover new interests and talents, have fun with friends, develop essential skills for their future and achieve an internationally renowned Award.

As DofE Manager for UHS, I wanted to send you some information about what a DofE programme involves, the benefits for your child and how they can sign up.

About the DofE

The DofE is non-competitive and open to all young people, it's about setting personal challenges and pushing personal boundaries. There are three levels of DofE programme which, when successfully completed, lead to a bronze, silver or gold award.

Through their DofE, students will make friends and memories and build traits like confidence, resilience and self-esteem, which can benefit mental health. They'll gain skills and attributes for work and life, like problem-solving, team-working and self-motivation, and they'll achieve an award that's recognised by top employers and can help them stand out when applying for universities or jobs.

To achieve their silver award, participants must complete four sections: skills, volunteering, physical and their expedition.

Every young person's DofE programme is personal to them. They can choose what they'd like to do for their skills, volunteering and physical sections, and most activities can count. We will provide guidance and support, and students can either choose to continue an activity they already do or discover something completely new.

Participants who complete their skills, volunteering and physical sections will also receive a DofE Certificate of Achievement, which is a formal recognition by the DofE for their efforts at this extraordinary time.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit around studying, hobbies and social lives. For more details about programmes and timescales visit DofE.org.

About the expedition

The expedition section involves your child working as part of a small team to plan their expedition's aim, choose a location and do some training to make sure they're fully prepared, before spending three days and two nights in the countryside.

POSITIVE • RESPECTFUL • OPEN MINDED • UNIQUE • DETERMINED

Principal: Louisa Seymour BEd

The Greenway, Uxbridge, Middlesex UB8 2PR | T: 01895 234 060 | office@uhs.org.uk | www.uhs.org.uk

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Ahead of this, they will take part in a training day in school covering basic expedition principles and introducing them to expedition equipment. They will also do an expedition practice spending two days and one night in the countryside.

There will also be a number of group sessions in and afterschool in which your child and their group will plan their route and prepare. Participants will only be able to do their expedition if they attend the organised training.

The expedition practice is due to take place on Friday 19th May to Saturday 20th May 2023 and the actual silver expedition is aimed to be during the activity week, which is the last week of the summer term, from Monday 17th July onwards. The details about pre-expedition training will follow.

eDofE and the DofE app

Participants can create their DofE programme and record their progress using eDofE, the DofE's digital system, available online at eDofE.org and through the DofE app – downloadable for free from Google Play and the App Store.

If your child decides to enrol, we will set up their eDofE account and they will receive details of how to sign in and get started. We will also hold an eDofE launch session to give them some guidance on how to navigate on the website.

Signing up

The cost of taking part in the DofE is £24 per participant. This covers your child's participation place and welcome pack, which will be sent to their home address and includes their personalised DofE discount card. Extra costs will then take place for the expeditions to cover the campsite, transport and catering cost.

If your child would like to take part, please complete the below **online form** with them by **Friday 20th January 2023**:

<https://forms.office.com/Pages/ResponsePage.aspx?id=T6a4Qoa2K0uNTbNDGb5rC9XuVXAPaoNKrs-MalFNqwtUM0hOSjlSREwyU1c4NDlQRlNMQ0dZMkVEUi4u>

Selections will be made based on their motivation. Students taking part in the DofE will need to commit and complete their activities on a weekly basis to be accepted on the expeditions.

If the cost could prohibit your child from taking part, please do get in touch with the school as financial support may be available to you.

For more explanations on the DofE Silver award, please go through the power point that has or will be communicated with your child this week on their Teams group. If you would like any further information, please feel free to contact either myself (fmenezes@uhs.org.uk) or Mr Martin (pmartin@uhs.org.uk) who will be accompanying the Year10 students this year to help them to complete their DofE Award.

Many thanks for your support and we look forward to helping your child to achieve through their DofE.

Yours sincerely

F Menezes
DofE Manager

P Martin
DofE Leader