



October 2022

Dear Parents and Bronze Students

Re: Bronze Training, Practice and Qualifying

The Duke of Edinburgh's Award (DofE) is a scheme of activities open to all young people between the start of year 9 to 24 years old, regardless of ability or disability. There are 3 award levels, Bronze, Silver and Gold available, starting at year 9 with Bronze. All participants complete 4 challenges – **skills, physical, volunteering** and expedition, the first 3 are chosen by the participant to be realistic and achievable by them. It is not competitive. The completion of the award, at any level, cultivates perseverance, organisation, team skills and determination and is well regarded by higher education and employers.

Summary

At Bronze Award level, participants must complete the 3 sections as listed above. Each of the sections requires regular commitment, two sections for 3 months and one for 6 months. To begin the student must register, pay and then insert information into electronic DofE - name, date of birth and contact details. It is up to the participant to choose their activities, add their goals, assessors name and submit their plan to me to check (Appendix III) before adding to their DofE account. There is an eDofE app and plenty of useful DofE U-Tube videos to assist. If you are interested, please fill out and return the attached registration form at Appendix III to tpavli@fromecollege.org

There is also a two day/one night qualifying expedition to complete in rural countryside. This requires all participants to complete basic first aid training, learn campcraft skills, plan a menu for meals, select appropriate clothing and equipment.

Please complete the consent form and the annual medical form found on the Frome College website under Students> Extra-curricular activity or attached, (if you have not already completed the medical form). Forms to be handed in to Student Services.

Once registered each student will be issued with a brand-new compass, survival bag and whistle.

Activity	Dates	Minimum 4, maximum 7 in a team.
Local day walk after in March or April	TBC	
	TBC	
Qualifying Expedition 2 days -	12 and 13 May 2023	
	19 and 20 May 2023	



Equipment

Tents will be supplied for all expeditions. You can use your own but do consider size and weight. No one individual will carry the whole tent.



Trangia Stoves will be supplied to each team, with fuel. These are recommended stoves for school groups. A list of the essential and recommended equipment is available on the college website.

Principal
Emma Reynolds

Bath Road
Frome
Somerset
BA11 2HQ

Tel: 01373 465353

email office@fromecollege.org
www www.fromecollege.org

Water Bottle

A sturdy, reusable water bottle - minimum 1 litre. Not a single use water bottle from the shops. Save the planet!

Rucksacks

We have available to loan - 65 litre rucksacks suitable to school groups and suitable for those with a small frame. You can use your own, and 65 litres is sufficient for all levels of the award.

Note: Full expedition kit must be brought by each student. The participant may not be able to begin the expedition if the essential equipment is not brought. This is for safety. A full kit list can be found on the school website under Students> Extracurricular> DofE. A suggestion is to purchase sturdy boots around Christmas to not be caught out by the inevitable growth of feet for this age group!

Expedition Food

This will be discussed and demonstrated on the training days. It is recommended 3000 – 5000 kcal per day per person.

Day hikes and training days – a sandwich or equivalent, plenty of snacks, not just sweets etc. Contained in a bag, to keep all the rubbish in for later disposal.

Outline Costs for training and expeditions:

Registration and compass etc as detailed in the summary above - **£55.00**

Day Walks and 2-day Expeditions – all campsite fees, fuel for stoves, supporting minibuses, school insurance - **£40** (to be paid early 2023, date TBC)

To register please return the form before Monday 7 November. Parentpay will then be opened for you to pay the registration fee of £55 by Friday 2 December. **Parents of Pupil Premium students should tick the box on the form, and I will apply for funding for you. This award is fully funded for these pupils.** Pay point letters are available upon request. Please contact the Finance Team on 01373 469006 with any payment queries.

Please be aware: We will be limiting the number of places to 60 on a first come, first served basis. To reserve a place please complete the form.

I would be grateful for your response before Monday 7 November to allow for planning and the booking of campsites, including the consent and medical forms if you haven't already done so. Note: Students can print off forms at college from their account.

Yours sincerely



Theo Pavli
Outdoor Education Coordinator (DofE and CCF (Royal Navy))
Email: tpavli@fromecollege.org

ANNUAL FROME COLLEGE PARENTAL CONSENT FORM- Year 9**Please return this form before 22 November 2021**(Please return this form to Theo Pavli at tpavli@fromecollege.org or a hard copy to Student Services).**Subject: Joining the Duke of Edinburgh's Award Scheme**

I would like my son/daughter to take part in the Duke of Edinburgh's Award Scheme. I understand that students are responsible for arranging their own volunteering, skill, and physical section activities. The school can only be responsible for activities run by the school and cannot accept responsibility for activities provided by other organisations.

I Parent/Carer of Tutor Group.....

Have read and fully understood and am satisfied with the details supplied about the above- mentioned activity and agree to my son/daughter taking part in it. I know of no medical reason why he/she should not participate. A completed medical form is also required before the student can take part in activities run by DofE. (This form is below and located on the Frome College website under Students> Extra-curricular activity).

I am aware that photographs of activities may be taken and used for publicity and promotion of the group. Links to selected DofE photographs may be shared within the group. Some may be used in college publications.

Occasionally we will send out a list of this group's students by email re events. This is to ensure no one has been missed and to confirm teams. If you do not wish your son/daughter to be listed, please indicate here. I do/do not wish my son/daughter to be listed. (Please delete as appropriate).

I AM AWARE THAT:

- a. Except for visits abroad insurance arrangements are the same as for pupils in school, ie. That the Authority only provides cover against proven negligence by the Authority and its employees.
- b. I should consider making my own insurance arrangements for personal accident cover for my son/daughter for school activities in the UK.

Signature Parent/Carer	Date
Contact name:	Contact Tel number:
Email address:	
(Please print carefully)	
Email address 2	

Email addresses will be the main way that information is circulate.
FROME COMMUNITY COLLEGE
ANNUAL MEDICAL INFORMATION

Appendix 11(i)
 FORMSSV3(a)

Students under 18
 (at the start of the Academic Year)

Date: All DofE Expeditions and Trips for 2022-2023

Parts A and B to be completed and returned to the party leader **as soon as possible**

PART A – CONFIDENTIAL MEDICAL QUESTIONNAIRE

Student's Name:		
Parent/Guardian/Next of kin name & initials:		
Home Address:		
Contact Tel No in case of emergencies:	Home:	
	Mobile:	
Name and Address of family Doctor:		
Tel No of family Doctor:		
Student's NHS No:		

1. Has your son/daughter had any of the following:

	Yes	No
Asthma or bronchitis		
Sight or hearing impairments		
Heart condition		
Fits, fainting or blackouts		
Severe headaches		
Diabetes		
Allergies to any known drugs		
Any other allergies, eg material, food, medicine, pollen, dust		
Other illness or disability		
Recent bed wetting		

	Yes	No
Sleep-walking		
Travel sickness		
Anaphylaxis		

2. If the answer to any of the questions is YES, please give details in the space below:

3. Has your son/daughter received vaccination against Tetanus in the last ten years?	YES	NO
4. Has your son/daughter received medical or surgical treatment of any kind from either your family doctor or hospital during the past three months?	YES	NO
5. Has your son/daughter been given specific medical advice to follow in emergencies?	YES	NO
If the answer to either of questions 4 and 5 is YES please give the details here: (including dosage of any medicines/tablets).		
	Medication; Dosage and frequency;	
Details of any special diet.		

PART B – CERTIFICATION

I consent to my son/daughter receiving any necessary medical treatment for any injury or illness during DofE expeditions and trips in 2022-2023.

Signed:	Date
---------	------

(Father/Mother/Legal Guardian)

Bronze Award Programme Planner

Appendix III

Students Name:

Volunteering, Physical and Skills sections

	Volunteering	Physical	Skill
Time to complete You must do one section for 6 months	3/6 months	3/6 months	3/6 months
Activity			
Where? Where are you going to do it?			
When? When do you plan to start? You aim to finish by?	Start	Start	Start
	End	End	End
What? What are you going to do?			
Who? Who is going to support and <u>assess you?</u> (name) It cannot be a parent or member of the family. <u>Their contact email/telephone number</u>			



Principal
Emma Reynolds

Bath Road
Frome
Somerset
BA11 2HQ

Tel: 01373 465353

email office@fromecollege.org
www www.fromecollege.org