



# Blessed Hugh Faringdon Catholic School & Sixth Form Centre

*'True Teaching'*

**Headmaster:** Dr Simon Uttley FRSA KHS

Fawley Road, Reading, Berkshire RG30 3EP

Email: [admin@hughfaringdon.org](mailto:admin@hughfaringdon.org)

Telephone: 0118 957 4730

Website: [www.hughfaringdon.org](http://www.hughfaringdon.org)

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*Serving the community in Reading since 1958*

September 2023

Dear Parents, Careers, and Students

## Duke of Edinburgh Award 2023-2024

Thank you for showing an interest in completing the Duke of Edinburgh Award this academic year. Blessed Hugh Faringdon Catholic School has been running the Award for many years, it is always a great success, and we would love for you to join us.

In completing the Award students develop the skills and attitudes they need to become more rounded, confident people. This is good for everyday life and are qualities that colleges, universities and employers are attracted to, investing in their future. Areas of development include:

- Self-belief and self-confidence
- A sense of identity
- Initiative and a sense of responsibility
- A real awareness of their strengths
- New talents and abilities
- The ability to plan and use time effectively.
- Learning from and giving to others in the community
- Forming new friendships
- Problem solving, presentation and communication skills.
- Leadership and teamworking skills

You'll also make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.

Our participants also tell us that doing their Award gives them character traits like confidence and resilience, that can boost their mental health and wellbeing and help them face and overcome personal challenges.

To achieve an Award young people must show persistence, commitment and personal development. It's not something that can be achieved through a short burst of enthusiasm in one weekend. However, they may fit their Award activities around their school, college or work commitments, carrying them out in their own personal time. They can be done partly as one of a range of options in supported/core time or as part of an after-school or lunchtime programme.



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They may choose to use something they are already doing as an Award activity – or go for something completely new. Each progressive level demands more time and commitment from participants. There is no real time limit when it comes to completing an Award programme. As long as they are under 25 years old when they complete all their activities in their programme, they're free to work at a pace that they're comfortable with to achieve their Award. This chart shows the minimum time participants must do their programmes for. Whilst timescales are given in months, participants need to give a regular commitment averaging at least an hour a week during this time.

Bronze (14+)				
Those who aren't 14 yet but are in the school year in which their peer group turn 14 may be able to start a Bronze DofE programme.				
Volunteering	Physical	Skills	Expedition	
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition	
Participants must also undertake a further three months in the Volunteering, Physical or Skills section.				
Silver (15+)				
Those who aren't 15 yet, but are in the school year in which their peer group turn 15 may be able to start a Silver DofE programme.				
Volunteering	Physical	Skills	Expedition	
6 months	One for 6 months / one for 3 months		Plan, train for and complete a 3 day, 2 night expedition	
If participants haven't achieved their Bronze Award they must undertake a further 6 months in Volunteering or the longer of their Physical or Skills section.				
Gold (16+)				
Volunteering	Physical	Skills	Expedition	Residential
12 months	One for 12 months / one for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights
If participants have not achieved their Silver Award they must undertake a further 6 months in Volunteering or the longer of their Physical or Skills section.				

The Bronze Award is offered at Years 9, 10 and 12. The Silver Award at Years 10 and 12. The Gold Award is only offered to those who have previously completed their Silver Award and are in Year 12.



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There are four sections of the Award to complete at Bronze and Silver level and five at Gold. With assistance from DofE Leaders, your child will select and set objectives in each of the following areas:

## Volunteering

Giving service to individuals or the community. This cannot be for a business or family member but can be for a charity or for a not-for-profit organisation.

- Raising money for a charity
- Being a football coach
- Helping at an after-school club.

## Physical

Improving in an area of sport, dance or fitness activities.

- Joining a local athletics club
- Improving their martial arts skills
- Taking weekly dance lessons.

## Skills

Developing practical and social skills and personal interests.

- Learning how to juggle
- Improving musical skills
- Build a website, blog or video diary.

## Expedition

Planning, training for and completing a supervised adventurous journey as one of a team in the UK or abroad. It can be by canoe, kayak or boat; on foot; on horseback; by wheelchair or by bicycle.

BHFCS runs the Expedition Section in-house and dates for the events of this can be found below.

## Residential

At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home doing a shared activity.

- Assisting at a kids' summer camp
- Helping deafblind young people and adults to enjoy a holiday in France.
- Joining a conservation camp.



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## Calendar for the 2023-2024 Academic Year

Activity	Date	Notes
Login Session	16 Oct	After school in C1 3.15pm to 4.15pm Registration must be completed by 13 Oct to receive login
Bronze Training Launch	30 Nov	After school in C1 3.15pm to 4.15pm
Bronze Check-In Session	29 Jan	After school in C1 3.15pm to 4.15pm Online training must be complete by here
Bronze Training	29 Feb	After school meet in A1 3.15pm to 4.15pm Practical skills building from online training
Silver Training	7-8 March	9am to 3pm each day Meet at Carpark entrance to school
Bronze Training	14 March	After school meet in A1 3.15pm to 4.15pm Practical skills building from online training
Silver & Gold Practice	23-24 March	Planned expedition to Forest of Dean
Silver Planning	15 April	After school in C1 3.15pm to 4.15pm Planning for Qualifying Expedition
Bronze Training Day	20 April	9am to 3pm Meet at Carpark entrance to school
Silver Qualifying & Gold Practice	3-5 May	Planned expedition to Dorset.
Bronze Practice	24-25 May	Planned expedition to Bradfield
Bronze Planning	3 June	After school in C1 3.15pm to 4.15pm Planning for Qualifying Expedition
Bronze Qualifying	21-22 June	Planned expedition to Henley-on-Thames
Gold Qualifying	18-22 July	Planned expedition to Brecon Beacons



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Drop-in sessions run on a Monday Week A after school in C1 for anyone who needs help throughout the year.

## Expedition Kit

On Expeditions students are required to provide some of their own kit. An example of the kit list is below.

- **Clothing** to be worn - tracksuit/shorts/leggings, t-shirt (***no thin straps as students will be carrying a large rucksack***), lightweight jumper, waterproofs, sunhat. Bring a spare set of clothes.
- **Footwear** - trainers that are suitable for walking in or walking boots.
- **Utensils** - spork (or knife, spoon, fork set), bowl, water bottle.
- **Other** - Head Torch, Mini First Aid Kit (Plasters, Suncream), Toiletries, Watch, Whistle, Torch
- **Sleeping** - sleeping bag, roll mat (sleeping mat), pillow (some use rolled up clothes as a pillow).
- **Carrying** – Rucksack, and waterproof rucksack liner (A large bin-bag works well).
- **Medication** - Please bring any medication as required.
- **Food** as discussed in group.

Students will be provided with some equipment, maps, compasses, tents and a gas stove. Please note, personal mobile phones are only allowed to be used on the journey to and from the expedition. Groups will be provided with an emergency phone, and tracker as needed to ensure safety.



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## Costs

Included in the cost of completing the Award is Expedition costs (transport, camping fees, training) as well as enrolment in the Award programme.

	Bronze	Silver	Direct Silver	Gold
Instalment 1 Due by 13 Oct	£30	£30	£30	£30
Instalment 2 Due by 26 Jan	£80	£50	£80	£50
Instalment 3 Due by 15 March	£50	£50	£50	£30
Total	£160	£130	£160	£110

Pupil premium students qualify for a discount please email me directly to discuss this.

If you would like to speak to me to discuss anything about the course, please ring the school or email me with your queries on [e.wright@hughfaringdon.org](mailto:e.wright@hughfaringdon.org)

Kind regards

Eloise Wright  
Duke of Edinburgh Award Co-Ordinator