

Silver & Gold expedition - Parents' evening



CHURCHILL ACADEMY
& SIXTH FORM







The background of the slide is a photograph of four people standing on a grassy hillside at sunset. They are silhouetted against the bright orange and yellow light of the setting sun. The people are standing close together, with their arms around each other's shoulders, suggesting a group of friends or a team. The overall mood is warm and positive.

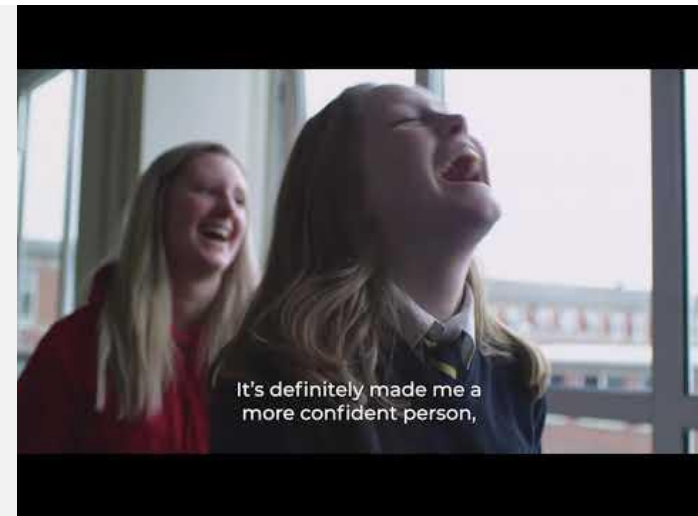
Silver & Gold DofE

What's involved?

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone from school year 10 can take part.

To achieve your Silver Award, you'll need to complete your own programme of activities in these four sections:

-  Volunteering
-  Physical Recreation
-  Skills
-  Adventurous Journey



How do I choose my activities?

There's a wide range of activities to choose from – most activities can count towards DofE. Maybe you want to try something completely new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration on DofE.org.
- Chat to your Leader to make sure an activity counts for the right section and that you've set yourself enough of a challenge.
- Most of all, choose activities you'll enjoy – it will make them easier to stick at it.
- They can be the same as what you did for your bronze award, or different!



Silver

How long will it take me?



Activities for each DofE section take a minimum of one hour per week in total, over a set period of time, so they can be fitted in around your studies and life outside school.

You'll need to participate regularly and show that you're committed to your DofE during this time.

Silver (Year 10+)	Volunteering 6 months	Physical 6 or 3 months	Skills 3 or 6 months	Expedition 3 days 2 nights
	If a Direct Entrant to The Award (did not do Bronze) then an extra 6 months is required in either: in the Service section, or the longer of the Skills or Physical Fitness sections. Participants select which category to dedicate the extra months.			

Silver Expedition – 2026

Exploring the countryside and spending 2 nights away with your friends. Your expedition will give you lifelong memories.

You'll plan and complete a practice expedition in year 10, spending three days and two nights away. In year 11, after your GCSEs, you will complete your Assessed expedition. You should aim to have all your other sections completed by this time.

Your expedition will improve your communication and leadership skills and whilst you'll come home with a rucksack full of washing, you'll have an experience you won't forget.



Key dates

Silver Practice	Year 10	20th-22nd July	Bannau Brycheiniog	Pen y Fan - Dolygaer
Silver Assessed	Year 11	20th-22nd July	Bannau Brycheiniog	Pen y Fan - Dolygaer
Gold Practice	Year 12	25-29th June	Snowdonia	
Gold Assessed	Year 13	25-29th June	Snowdonia	

Trips Code of Conduct

In order to ensure a safe and successful trip for all, we expect students to behave in an acceptable and responsible manner. Students are representing themselves and the Academy and expectations in relation to behaviour are the same as if they were in school.

Students will:

- Abide by the Student Code of Conduct and Behaviour Policy, as if they were in school;
- Listen to and obey instructions and rules from members of staff and centre personnel;
- Behave in a sensible, courteous and respectful manner;
- Remain always in groups of no less than three and adhere to times given for return to a meeting point;
- Be responsible for their personal possessions and respect each other's belongings;
- Respect the rights of others to enjoy their trip.

Trips Code of Conduct

Students will not:

- Behave in such ways as to endanger others;
- Smoke, drink or buy alcohol;
- Bring, purchase, have in their possession, or consume any illegal substances;
- Bring, purchase or have in their possession any offensive weapon.
- Use mobile phones or personal devices without the express permission of a teacher (unless specific guidelines are issued by trip leaders on an individual basis and as required by the particular circumstances of the trip);
- Use social media without the express permission of a teacher (unless specific guidelines are issued by trip leaders on an individual basis and as required by a particular circumstances of the trip). Should an incident occur students should not post on social media or contact anyone prior to the school making relevant parties aware (so that parents/carers of any students involved are informed by staff rather than hearing about the incident through other channels.
- Wear inappropriate or offensive clothing;
- Enter other student's rooms or tents without permission;
- Bring, purchase or have in their possession any explosive material or anything which could cause fire.

Trips Code of Conduct

Sanctions:

Appropriate consequences for failing to meet the requirements as to conduct will be decided by the group leader. These could be exclusion from activities, loss of evening activities, earlier curfew, constant supervision or in extreme cases the student may be returned home either accompanied by an adult or to be collected by a parent/carer (in each case at the cost of parents/carers).

In addition, the Academy may take further action following the trip, including removing students from forthcoming trips (with the loss of any money that has already been paid for the forthcoming trips).

Parents/carers may also be required to meet the cost of any loss or damage caused by a student which is not covered by the Academy's insurance.

Trips Code of Conduct

Residential trips (Applicable to Gold only)

- Listen to all guidance given in relation to fire drills and emergency exits at the place of accommodation, and for all modes of transport;
- Be punctual at all times;
- Attend all activities, unless medically excused;
- Remain in their allocated rooms or tent after curfew each evening;
- Be encouraged to speak to the staff present regarding any difficulties they experience on the trip (rather than calling parents/carers).

Maps and Route cards

We will provide maps with the route drawn on, on the morning of the expedition.

Teams should print off and bring with them the route cards which they completed during the planning time or later via google classroom.

All participants should already have the route plotted on their eDofE profile via the OS online mapping link in their expedition section.

Expedition Aim and Requirements

Planning an expedition – participants must plan how they're going to do their expedition:

Team Goal	Expeditions must have a clearly defined team goal – this could be researching an area of interest, contributing to a community action project, or developing soft skills.
Environment	The environment chosen must become progressively more challenging through the award levels – environments could include rural, urban or restricted spaces.
Accommodation	Accommodation should be by camping or other simple self-catering accommodation e.g., bunkhouses.
Time of year	Expeditions will usually take place between the end of March and the end of October. There should be a reasonable gap between the practice and qualifying expeditions.
Mode of travel	Participants must choose an appropriate mode of travel for the environment they'll be journeying through. Journeying must be by participants' own physical effort, although mobility aids may be used where appropriate to the needs of the participant.
Food	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).

Expedition Aim and Requirements

On expedition – Supervisors/Assessors should ensure:

Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals, and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).

Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.

Participants must actively participate in a debrief with their Assessor at the end of the expedition and, at Silver and Gold level, a presentation must be delivered after the expedition.

We will adapt for weather as required - for example ensure extra water is available if there is extreme heat.

Aim of expedition

- Presentation or report
- Video, powerpoint, scrap book, folder, etc... (3 mins if presenting)
- Send to DofE coordinator/assessor as soon as possible after the expedition
- Same aim for all of your team entered into eDofE
- Make it fun
- Everyone must be in it
- Be prepared well ahead of time (cameras?)
- It should include some research about the environment you travel through
- Have a look online for ideas

Main differences from Bronze

- Fewer checkpoints during the day
 - Silver groups camp with staff nearby
 - Gold groups camp on their own
- More water, food & clothes needed
- Keeping dry – Discipline for multi-night exped!
- Harder navigation
- Wilder terrain (Does not mean higher)

The expeditions - Safety

There is a potential risk when doing any expedition

To minimise this risk, we have in place:

- Participant training & experience
- Gold – no fires – up to you to ensure gas is outside tent)
- Basic first aid & first aid kits
- Medical equipment checks – Inhaler/epipen
- Emergency procedure cards
- Emergency mobile phone – with each group
- Staff ratios and experience
- Satellite Trackers - 1 per group
- Staff at checkpoints
- Vehicles

Rucksack fitting and packing

If you are borrowing a rucksack please bring all of your kit in a large bag/suitcase and transfer it on the morning of the expedition

Fitting:

1. Position waist strap over hip bone and do up tightly
2. Check angle of strap between shoulder and bag
3. Take the bag off and adjust the back system so this angle is horizontal
4. Put on again and tighten straps – adjust till comfortable

Packing:

Common sense. Heavy by your back. Sleeping bag in bottom. Things needed quickly nearer outside. Use several dry bags rather than one.

Kit

Kit lists are available tonight in paper and will be sent out later this week via email.

Waterproofs and hiking/walking boots are essential.

We have spoken to the students about the possibility of borrowing rucksacks, sleeping bags etc.

If you are unsure of anything kit related email dofe@churchill-academy.org

Kit - TEST IT

Try
Everything
Several
Times

In
Training

Food & Drink

Try and have breakfast on the 1st day as this will be an early start and a long day of travelling and walking.

You will need to carry enough food (snacks & meals) for your entire trip. You can replenish water at checkpoints and campsites.

Don't try to survive 3 days on Haribo alone. Wayfarer meals are recommended (other brands are available...)

Bits to mention

- eDofE – Finish your other levels
- eDofE – Update your sections
- Check Google classroom (complete route cards and some online training)
- Finance have asked...please pay via parentpay (it's on there now!)
- Information on drop off times, kitlists etc will be emailed out shortly.

- Any questions?