

DUKE OF ED

Silver and Gold Participant Presentation



Proud to deliver



Welcome

Mrs Stacey Exner

Principal

Northern Beaches Secondary College

Proud to deliver



A large rectangular area with a dotted border, containing faint, illegible text and markings, likely representing a document or form.

SILVER AWARD

GOLD AWARD

SILVER AWARD

GOLD AWARD



Duke of Edinburgh Silver/Gold Award 2020



Step 1: Student
Information
bit.ly/2SmHNzf

1



Step 2:
Progressing
bit.ly/38IEldt

2



Step 3: ORB
Registration
bit.ly/37ml8Ge

3



Step 4: Assessor
Booklet
bit.ly/2OIAmQm

4



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Tonight:

- **Finishing the previous level**
- **Overview of the Award**
- **Commitment and Expectations**
- **Direct Entry**
- **Transferring to NBSC**
- **Assessors – GOOGLE FORM**
- **Hike dates and details**
- **Journey Written Reports**
- **Residential Project (GOLD)**
- **Reasons for non-approval of Award**
- **Invitation on the ORB**

Finishing the previous level of the Award REFER TO STUDENT INFORMATION BOOKLET – step 1

1. Set-up on the Online Record
2. Hours finished – logs signed off by assessors
3. 3 Assessor Summaries – Skill, Service, Physical Rec.
4. Send an assessor summary for Hikes
5. Qualifying Hike Journey report written and submitted to Somerset (Bronze) or Ms Busse/Youth Advance (Silver)
AND attached to the ORB
6. *Submit* all sections on the ORB
7. Send a courtesy email to Ms. Busse

AWARD BASICS

The Award's Ten Guiding Principles

Individual

Non-competitive

Achievable

Voluntary

Development

Balanced

Progressive

Inspiration

Persistence

Enjoyable





**Voluntary
Service**



**Physical
Recreation**



Skills



**Adventurous
Journey**



**Gold
Residential
Project**

BRONZE	3 months	3 months	3 months	2 days/1 night <small>(1 x practice journey & 1 x qualifying journey)</small>	N/A <small>Gold Level only</small>
14+ years Year 9	Averaging at least 1 hour per week. Plus additional 3 months for a Major Section-either Service, Skill or Physical Recreation *				
SILVER	6 months	6 months	6 months	3 days/2 nights <small>(1 x practice journey & 1 x qualifying journey)</small>	N/A <small>Gold Level only</small>
15+ years Year 10	Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Bronze Award not completed.*				
GOLD	12 months	12 months	12 months	4 days/3 nights <small>(1 x practice journey & 1 x qualifying journey)</small>	5 days/4 nights
16+ years Year 11-12	Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Silver Award not completed.*				

**REGULAR sections require REGULAR
activity**

Consistent EFFORT

1 hour per week

or

2 hours every 2 weeks

or

4 hours per 4 weeks



PHYSICAL RECREATION

Encouraging participation in **sport and other physical recreation** and **improvement of health and fitness**

- ▶ athletics
- ▶ basketball
- ▶ cricket
- ▶ cycling
- ▶ dance
- ▶ golf
- ▶ gym
- ▶ hockey
- ▶ kayaking
- ▶ martial arts
- ▶ netball
- ▶ rowing
- ▶ rugby
- ▶ running
- ▶ skateboarding
- ▶ soccer
- ▶ softball
- ▶ surfing
- ▶ swimming
- ▶ tennis
- ▶ walking
- ▶ yoga



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The Groove And Wellness Society



Young adults aged 16-30 years are welcome to join us for a dance and movement program to become part of our connected community. Learn Hip-Hop, groove and funk dance styles whilst adding to your physical and mental toolkit.

When: Thursdays (starting 6th February), 5:00 - 6:30pm

Cost: Free

Location: PCYC Northern Beaches, Dee Why

Spots are limited, secure your participation at:
www.thegaws.com/registration

✉ info@thegaws.com

📷 @thegaws

🌐 www.thegaws.com

📘 @thegaws





SKILLS

Encouraging the development of **personal interests** and **practical and social skills**

- ▶ animal training
- ▶ art
- ▶ astronomy
- ▶ chess
- ▶ coaching
- ▶ cooking
- ▶ crafts
- ▶ drama
- ▶ fashion design
- ▶ languages
- ▶ media production
- ▶ mindfulness
- ▶ model construction
- ▶ music
- ▶ photography
- ▶ pilot training
- ▶ public speaking
- ▶ reading
- ▶ singing
- ▶ web design

Non-physical (no sweat!)

MGC – Beginners Guitar lessons before class on a Monday morning. See Music faculty



VOLUNTARY SERVICE

Connecting with the community and giving service to others

- ▶ animal care - RSPCA / WIRES
- ▶ **Award Assistant** (ie a Duke of Ed “deputy”)
- ▶ conservation / bush regeneration
- ▶ emergency services
 - ▶ State Emergency Service (SES), Rural Fire Service (RFS)
- ▶ fund-raising
- ▶ helping at after school care
- ▶ hospital / nursing home visiting
- ▶ sporting club volunteer / Surf Life Saving Club
- ▶ litter reduction / clean-up campaigns
- ▶ working in at a charity shop
- ▶ youth leadership

Must be for a genuine cause

(not for a business / family / friend / neighbour)

- ✓ *School canteen*
- ✓ *Uniform shop*

a **SERVICE** opportunity

Lifeline Bookfairs

4 hours of Service for that month.

First in 2020:

Sunday Feb 16th; 2pm until approx. 5.30 pm

Ted Blackwood Hall, Warriewood. Cnr Jacksons and Boondah Rds

Tasks:

- load all remaining boxes of books and tables onto trucks and then unload at the Lifeline Book Room at 267 Harbord Rd, Brookvale.
- The tasks are fully supervised and the maximum weight of the boxes is 10 kg
- Interested students to email Lifeline directly

Other Book Fairs for 2020:

May	St Augustines College, Brookvale
August	Warriewood - Ted Blackwood Hall
November	St Augustines College, Brookvale



Crisis Support. Suicide Prevention.

Proud to deliver



Contact the coordinator, Glenice Bland:

glenicebland@gmail.com

0419 269 821

You must be registered for the Duke of ED program before recording community service hours from the Bookfair.



Community SERVICE opportunities

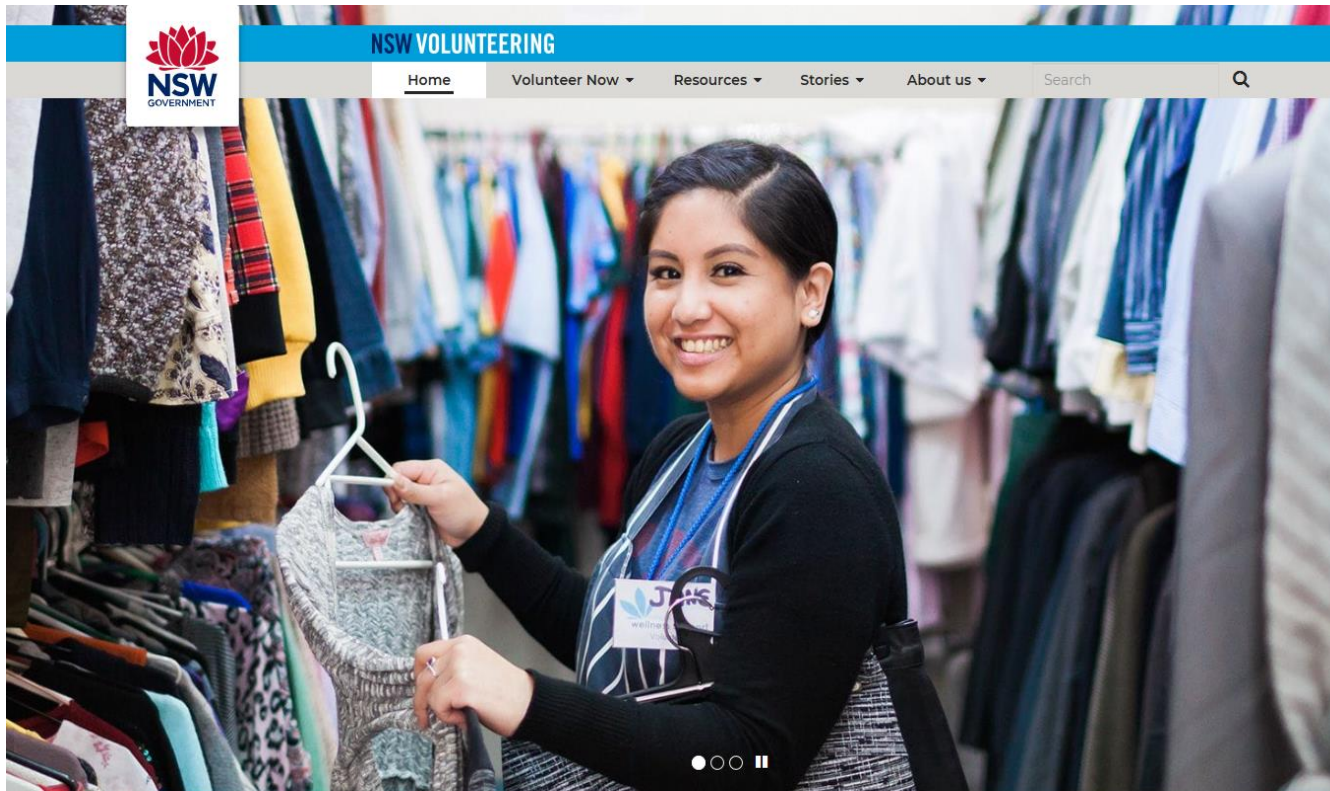
- Northern Beaches Library – website
- Manly Food Co-op

- Mackellar campus Canteen
- Cromer campus Homework Club

- North Curl Curl Bushcare – Saturday morning every two weeks
- Harbord Public School – working bee once per term Sunday afternoon

more SERVICE ideas

Volunteering NSW opportunities – U can make a difference
<https://www.volunteering.nsw.gov.au/>



U can make a difference

ASSESSORS

- ▶ suitably skilled, qualified and/or experienced adults (approved by an Award Centre)
- ▶ assist Participants to set suitable goals
- ▶ help Participants to develop a program, stay focused and encourage/recognise improvement (mentoring)
- ▶ record positive comments and give final signoff (via paper form or email)

Assessors should *not* be family members



- Must provide their Working With Children (WWC) number via the Google form. See STEP 4
- Consider asking a suitable teacher to be your assessor

- Distribute to new assessors only
- All assessor details must be uploaded to the ORB

Step 4: Assessor
Booklet
bit.ly/2OIAMQm

4



SCAN ME

TRANSFERRING to NBSC in 2020



PARTICIPANT TRANSFER FORM

For a Participant transferring from one Duke of Ed Award Unit to another

Participant information	
Name	Date of birth
<input type="text"/>	<input type="text"/>
Address	Home
<input type="text"/>	<input type="text"/>
Postcode	Mobile
<input type="text"/>	<input type="text"/>
Email	
<input type="text"/>	
Previous Award Unit information	
Previous Award Unit	
<input type="text"/>	
Previous Award Leader	
<input type="text"/>	
New Award Unit information	

No Problem ~ Welcome!

We need to complete a

Participant Transfer Form.

Available here tonight.

*Complete first two sections then leave it
with me or email it in later.*

*Then complete the NBSC registration via the
OR codes*

DIRECT ENTRANT Skipped a level?

Starting Dukes this year?

- **Yes, but not encouraged**
- **Must be approved by me**
- **Proven ability at first practice hike required**
- **Complete a MAJOR section**
(12 months Silver and 18 months Gold)

ADVENTUROUS JOURNEYS – THE HIKE



Ensures Participants are competent in the necessary knowledge and skills to safely undertake their Practice Journey

Prepares the team for their independent Qualifying Journey

Independent team journey

Observing, recording and reflecting



At NBSC we use **Youth Advance (Silver)** and the **Outdoor Education Group (Gold)** for Adventurous Journeys.

SILVER ADVENTUROUS JOURNEYS 2020



3-day SILVER Practice Pack & Paddle – venue TBA

Option 1: 5th – 7th April

Option 2: 3rd – 5th May

Option 3: 31st May – 2nd June

Option 4: 4th – 6th June

PLUS COMPULSORY TRAINING



3-day SILVER Qualifying Pack & Paddle – venue TBA

Option 1: 23rd – 25th August Option 2: 27th – 29th August

Option 3: 6th – 8th September

Option 4: 25th – 28th October

PLUS COMPULSORY TRAINING

AJ TRAINING 2019



SILVER Practice TRAINING

Compulsory

2 afternoons *must attend both*

3.30-6.30pm

Mon. 23rd and Wed. 25th March at Freshwater SC

SILVER Qualifying TRAINING

Compulsory

3.30-6.30pm

1 afternoon

Wed. 18th August at Freshwater SC

GOLD HIKES 2020



GOLD Practice Hike

Wednesday 22nd April – Saturday 25th April
(week 2 of term 1 school holidays)

Venue TBA - the Outdoor Education Group (OEG)

PLEASE LEAVE Interest TONIGHT

***Compulsory Hike Briefing - Wednesday 18th MARCH
6-8PM at Freshwater***



GOLD Qualifying Hike

Friday 11th Dec – Tuesday 15th December

Kosciusko National Park with OEG

***Compulsory Hike Briefing – Thursday 19th NOVEMBER
6-8PM at Freshwater***

HIKE REPORT – QUAL HIKE only



GOLD QUALIFYING ADVENTUROUS JOURNEY (AJ) REPORT TEMPLATE

- Use this template as a guide to help you compile a written report.
- The instructions/suggestions can be deleted as you go.
- Save your completed Report as a PDF, then upload it to your Online Record Book (ORB) with the following naming convention: Billy_Bloggs_Qualifying_AJ_Report.

Your Name:	
Your Award Centre:	Northern Beaches Secondary College

Insert a photo or a Google map showing the location

Journey Name	<i>Example: Group 2 Great North Walk Coastal Track, Royal National Park, March 2017</i>		
Journey Type	<i>Example: expedition, exploration</i>		
Mode(s) of Travel	<i>Example: bushwalking, canoeing</i>		
Dates	Start	/ /	Finish / /
Location Details			
Journey Goal / Purpose	<i>Example: the purpose of this journey is to investigate, and study aboriginal rock art found in Ku-Ring-Gai National Park</i>		
Supervising Organisation	<i>Example: the name of the school, community group or expedition company who supervised your journey</i>		

Journey Group Members

Supervisor name(s)	Supervisor(s)		
Group member name(s)	group member 1	group member 2	group member 3
group member 4	group member 5	group member 6	group member 7

insert photo of group here
(L-R) group member names

Pre-Journey Information

Suggested inclusions:

- A general description of the National Park/Forest & its location
- Outline the skills you acquired during your Preparation and Training and your Practice Journey
- Outline the physical fitness preparation for the Qualifying Journey
- Weather / environmental / timing notes prior to departure (see table below)

	Expected weather conditions	Expected terrain/environmental conditions	Distance (km)	Expected time (hrs/mins*)
Day 1				
Day 2				
Day 3				
Day 4				

*An average of at least 8 hours of purposeful effort per day is required for Gold. Purposeful effort means time spent towards accomplishing the purpose of the journey. Time associated with sleeping, cooking and eating is in addition to this time.

HIKE REPORT – QUAL HIKE only

1. Emailed to me within 3 weeks of the Journey
2. Uploaded to the ORB.
3. You must use the Duke of ED word template

Map



X = campsite

Food List

- 3.5 Litres of water
- 3 Breakfasts:
- Breakfast biscuits
 - Up & Go's for day 2 and 3
- 4 Lunches:
- Day 1: Salad Wrap
 - Day 2: Tuna and crackers
 - Day 3: Tuna and wraps
 - Day 4: Tuna and crackers
- 3 Dinners:
- Night 1: Pasta and Bolognese sauce
 - Night 2: Pasta and Bolognese sauce
 - Night 3: Salad and tuna wraps
- Snacks:
- Muesli bars
 - Dried apple
 - Dried mango
 - 2 fresh oranges
 - Mentos
 - Crackers

Clothing List

- 3x tee shirts
- shorts
- ¼ leggings
- Grey Jumper
- Rain jacket

Food Reflections

Breakfasts were easy and the biscuits had enough nutrition to keep me going until the next snack time. Even though Up & Go's are not really approved as hiking food, they were good to go with the biscuits.

My lunches were not that interesting, but with yummy snacks, it was fine.

Dinners were so good! The pasta was really yummy and filling. It would have made it easier if my cooking partner and I worked together.

Night 3 dinner and day 4 lunch were swapped because of a total fire ban.

My rubbish wasn't too bad. I had one large zip lock bag of rubbish.

Clothing reflections

Had every thing I needed.

I kept warm enough at night and during the day it was easy to wear leggings.

HIKE REPORT

REFLECTION GOLD HIKE REPORTS

Conclusion: I think overall I much preferred our qualifying- Kepler Track, over the practice- Milford. Again it is so pretty and snow is so great, I love it. This hike the environment I preferred a lot more, there were also no tourist groups and it was a lot more challenging- but still manageable. Here is where I learnt the most about myself and others and it was the more rewarding hike which is good because it was our last ever. I still don't know how I feel about this being our last hike, I am most definitely going to miss everything about Duke of Ed and it is such a special experience to share with a group of girls from school, I would highly recommended it to anyone. We've had some of the craziest and funniest memories, where there are just too many to include them all in this report and this report only just skims the surface of how eventful and memorable all our hiking days were.

Thoughts and Reflection: 1. **Feelings about the trip** – such as what you and the group learnt about yourselves and what were the highs and lows of the trip? What didn't you like or enjoy? I think most of the trip itself was all a high, the few lows were just times where we experienced difficulty in the terrain, as in huge hills and some of us got a bit impatient with those slower walkers who always wanted to rest and take a break or put on and take off a layer, it did get repetitive. And also just it was a lot of time spent with the same people and sometimes that did feel like a bit much. 2. **What were the most memorable events/things you encountered on your journey?** Most memorable would be swimming in the waterfall, starting both the hike (there's something about the beginning and it's just a good feeling),

Four categories:

1. Personal Training Courses
2. Environment and Conservation Projects
3. Service to other people and communities
4. Activity based



For the Residential Project section you'll need a sense of adventure and discovery as you go on a team journey, expedition or exploration.

It will involve you undertaking a shared activity or specific course with people you don't know that will build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others. It's a big, exciting and very fulfilling experience that will leave you with a great sense of achievement.



"I was in seventh heaven when we completed our Adventurous Journey successfully."

**Koushik,
India**

Example ideas

There are many different opportunities for completing a Residential Project. Some suitable categories and examples are listed below. It is worth re-emphasising that the activity must be purposeful and not considered as a holiday.

Personal training courses

- Residential language course
- Leadership training
- Skills development
- Ecology study course
- Youth camps
- Youth parliaments

Environment and conservation projects

- Environmental clean up
- Volunteer work with national parks
- Research on habitats and ecosystems
- Restoration of buildings

Service to other people and communities

- Provision of facilities
- Construction projects
- Assisting as a leader at an annual camp for young people
- Working with overseas aid charity
- Working in a care home or hospital

Activity based

- Outdoor adventure courses
- Sports coaching
- Sport skills development
- Crew member on a tall ship



For this Section, Participants must:

1. Be undertaking the Gold Award.
2. Undertake shared *purposeful activity* away from their home for a total period of no less than five days and four nights. It's meant to be fun but not a holiday!
3. The Project must be *in the company of others who are not their usual companions*.
4. A Participant may require briefing or training prior to or during the Residential period so that they are able to contribute fully to the activity and derive full benefit from the experience.
5. Residential settings may typically be in centres, youth hostels, sail training ships or camps. Billed homestays are acceptable.
6. Provided it conforms to the general conditions, the type of residential experience is to be the young person's own choice, freely made and without any financial gain.
7. The project must provide opportunities for *broadening interests and experiences - it is the ideal incentive to try a new activity*.
8. Participants must gain approval from their Award Leader before registering for the Residential.

RESIDENTIAL – GOLD IDEAS

- Camp Kedron April 14-19 2020 cost = \$180 <https://www.youtube.com/watch?v=bwV09zJhe30>
- HSC Study Camp
- Assistant leader at a Department of Sport – kids camps <http://www.dsr.nsw.gov.au/kidscamps/> e.g. Berry, Milsons Island
- Music camps **not with your usual friendship group**
- Scout / Cadet Camp
- Language learning tours / cultural immersion in another country – **not with your usual school friends.**
- Youth Parliament
- Camps International - BORNEO
- Edmund Rice Camps
- Volunteer for an organisation or church group who work with homeless or refugee communities
- National Parks and Wildlife Services – voluntary work with Rangers in the field improving hiking tracks
- Brewarrina Youth Exchange – Warringah Youth Ambassador (Justin Burke)
- Assistant leader at Riding for the Disabled camps
- Deepening Sadhana – meditation course – mangrove mountain
- Wildmob Wilderness Conservation Camps <http://wildmob.org/events/> or more local National Parks and Wildlife
- **Red Earth Connections** <http://www.youthadvance.com.au/duke-of-ed-residential/>

SILVER AWARD

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Duke of Edinburgh Silver/Gold Award 2020



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bit.ly/37ml8Ge

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Step 4: Assessor
Booklet
bit.ly/2OIAmQm

4



Progressing to Silver or Gold in 2020

See QR
code and
Bitly at
STEP 2

Action:	Steps:	Due:	Tick when done:
Finalise your previous Award	Upload all sections to the Online Record Book or submit hard copies to Ms Busse. Refer to 'Completing your Bronze/Silver Award Instructions' and State Office checklists in the Student Information booklet. Send a courtesy email to Ms Busse to notify her of your completion.	Week 5 (28 th Feb)	
Register with NBSC - complete the registration forms, and pay registration fee.	Complete and submit (email preferred with POP payment) signed and completed <i>NBSC Registration Forms</i> (attached) to Ms Busse, or to your campus front office. <ol style="list-style-type: none"> <i>NBSC registration form</i>, with \$170 registration fee <i>General NBSC Permission to Publish form</i> 	Beginning of Week 6 (2 nd Mar)	
Accept invitation to progress online via the Online Record Book (ORB)	<ol style="list-style-type: none"> Access the Online Record Book registration page via the QR code or this link: https://www.onlinerecordbook.org/fo/?isAwardStaff=true An "invitation" to start the next Award level will appear on your homepage. This will only appear if you have been signed off and approved at the previous level. Ms Busse will <i>activate</i> you for the new level once <u>all</u> of the previous steps are completed <p>NEW STARTERS:</p> <ol style="list-style-type: none"> Register as a new participant. Complete all fields, clicking on the <i>Continue</i> button to continue through the sections. Enter <i>Australia</i> into <i>Select Country</i> field Enter <i>NSW</i> into <i>Select your Operating Authority</i> field Enter <i>Northern Beaches Secondary College</i> into <i>Select Award Unit</i> field. Enter your Award Leader's details as: Vicki Busse, vicki.busse@det.nsw.edu.au (02) 9939 6942 	Beginning of Week 6 (2 nd Mar)	
Register for the Practice Hikes	<ol style="list-style-type: none"> Register for your first Practice Hike with Youth Advance (Silver)online (includes a fee), and GOLD refer to permission notes from Ms Busse. **Check email in week 6 for instructions** Return NBSC hike permission note to Ms Busse.  	Week 6 (6 th March)	
Working with Children Information for Assessors	Distribute Assessor Information Booklet/Agreement link to assessors. Each assessor must provide their complete details including a Working with Children number in the Google Form provided. <ul style="list-style-type: none"> Department of Education teachers do not need to provide their WWC number but they do need to be asked if they can be your assessor. Assessors cannot be immediate family members. 	Week 7 (13 th March)	

PROGRESSING ON THE ONLINE RECORD BOOK ('ORB')

To move to the next Award level you can do so by pressing the 'You can now register for the next Award level. [Click here](#) to register for your next Award' hyperlink on the homepage.

After clicking to move to the next Award level the following registration page displays:

ONLINE RECORD BOOK (ORB)

- 1 Welcome
- 2 Award Level
- 3 Contacts
- 4 Participant Details
- 5 ORB Account



[Frequently Asked](#)

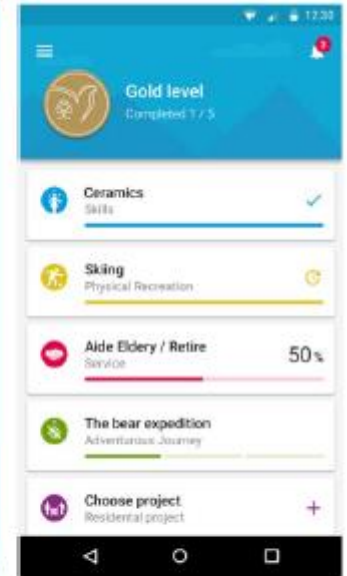
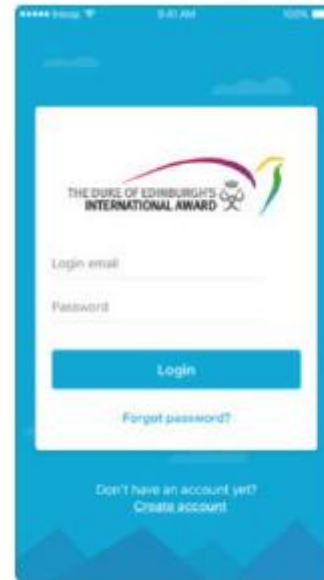
Welcome to the Online Record Book

You are now registering as an Award participant.

Select Country

Select your Award Centre

Continue



GOOD to KNOW

- **Consistency** across sections – same as previous year. Change your **GOAL. Is it measurable?**
- Continue to **challenge** yourself
- **Assessors** – use the same (must be 18+)
 - Any new assessors must be sent the Google Form – see step 4
- No **MAJOR** if you have NOT skipped a level.
- **GOLD** – you must be 16 to start
- **Driving as a Skill** – okay, but your parent can not sign you off, no hours after you get your P's
- **ATAR points (GOLD - 3 UNSW & Macquarie Uni only and SILVER – 2 Macquarie Uni)** – 30th September
- **ORB** - for all activity

Reasons for non-approval

- **Qualifying Hike report insufficient** – no route planning or daily recount
- **Logging of hours** – limited information in description or a *cut and paste* from week to week
- **Assessor** – not relevant to the activity you are completing.
- **GOLD** – not 16
- **Driving as a Skill** – counting hours after P's obtained.
- **Community Service** – not a business, must be a charity.

Campus Contacts

Mackellar Girls

Ms Richardson

Ms Busse (Tues)

Mr Beeby

Year advisers

Manly

Ms Brien, Ms Chuong

Mr Pimentel and Ms Walker (PDHPE)

Cromer

Mr Hanna, Ms Marsters

Mr Amery

Balgowlah Boys

Ms Tadros

Mr Mills

Ms Barnsley

*Speak with other students at your school.

*NBSC has over 300 active students doing the Award

*In 2019 40+ students finished Gold



Northern Beaches Secondary College

Innovation Excellence Choice

T: 02 9939 6942

E: nbscollege-m.school@det.nsw.edu.au

About us	Curriculum opportunities	College opportunities	The campuses	Professional learning	Contact us	Media Release	
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Duke of Edinburgh's Award

← College opportunities	
Year 7 gifted and talented project	+
Languages Short Film Festival	
<u>Duke of Edinburgh's Award</u>	x
Photos and Videos	



Bronze registration 2020

[Step 1: Student Information](#)

nbsc.schools.nsw.gov.au

COORDINATOR / AWARD LEADER CONTACT DETAILS

Ms Vicki Busse

NBSC College Learning and Innovation Centre
Freshwater Senior Campus
Tuesday @ MGC

Phone: (02) 9939 6942

Email: vicki.busse@det.nsw.edu.au



Proud to deliver



**THANKS FOR COMING ALONG
ENJOY THE YEAR
STAY ORGANISED AND ON TOP OF YOUR AWARD**

