

health and well-being national challenge 2024

scouts

link to entsha



"Take care of your body. It's the only place you have to live."

Jim Rohn



be prepared



SCOUTS South Africa has adopted the **Health and Well-being Challenge** as our **National Challenge for 2024!** Health and well-being are fundamental aspects of a Scout's development, and they play a crucial role in the overall Scouting experience, contributing to the overall development of Scouts and preparing them for a healthy and fulfilling life.

why participate in the national challenge?

Besides the obvious benefits of highlighting health and well-being to the Scouts and providing a programme to assist them in the awareness of their own well-being, there are several other advantages in terms of the Scout Advancement Programme.

Entsha

The National Challenge 2024 has been linked to the Entsha Scout Advancement Programme. There are several opportunities to complete, or partially complete, some of the advancement requirements by participating in the National Challenge. These are listed below – please refer to the *Scout Wiki* or *My Scout Journey* book for the details of the full requirements.



Star Patrol and Star Troop Award

In addition, participation in the *National Challenge 2024* will greatly assist the Patrol and Troop in achieving the Star Patrol and Star Troop Awards as there are several National Challenge activities that will contribute towards qualifying for Star Patrol and Star Troop.

Sustainable Development Goals (SDG3)

By completing all the requirements of the *Health and Well-being National Challenge 2024*, Scouts will *automatically qualify* for the SDG 3 Badge, *Good Health and Well-Being*, and thereby become an active participant of the global Scout Movement's drive to empower young people for global environmental action.

National Challenge Planning



- ★ Planning your National Challenge Activities at a Patrol-In-Council qualifies as 1 of the 4 PICs needed for **Star Patrol** - which takes place in your Patrol Corner.
- **Trail to Traveller:**
Personal Development: Scout Movement – iv. Participate in a Patrol in Council meeting.
- **Track to Discoverer:**
Personal Development: Leadership – i. Attend three Patrol in Council meetings.
- **Road to First Class:**
Personal Development: Leadership – i. Lead your Patrol in obtaining at least a Bronze Star Patrol Award.



Task 1 - Connect

- ★ The fun Patrol activity could be 1 of the 2 Patrol Activities required for **Star Patrol**.

- **All Scouts:** Earn the Recruiter badge.

- **Trail to Traveller:**

Service: Movement Service – i. Bring two friends to visit to your Troop meetings or Troop activity OR Participate in a Patrol activity where you wear your uniform (or Scout T-shirt & scarf) for an event in a public place.

Personal Development: Scout Movement – iii Demonstrate your leadership by planning a Patrol day activity, including the permit, programme, catering, etc.

Personal Development: Body, Mind and Soul – i. Complete one of the following Scoutcraft badges. – which includes the Patrol Activities Scoutcraft Badge.



- **Track to Discoverer:**

Service: Movement Service – b. Organise a wide game or similar activity in a public area in uniform.

- **Road to First Class:**

Service: Movement Service – b. Recruit two new Meerkats, Cubs or Scouts. OR c. Organise and run a recruitment drive.

Personal Development: Leadership – i. Lead your Patrol in obtaining a Patrol Activities Scoutcraft Badge.

Task 2 – Give and Engage

- ★ 'Give' 6-hours service, which counts towards the 25-hours needed for **Star Patrol**.

- **Trail to Traveller:**

Service: Service – i. Be an active member of your Troop's service activities and spend at least six hours participating in them.

(Individual) *Service: Environment* – i. Complete one of the following – b. Clean up litter; c. Assist at an animal shelter; d. Clear alien vegetation; e. Clean part of a waterway.

- **Track to Discoverer:**

Service: Movement Service – i a. Write an article or report on a Scout event that you have attended (National Challenge Community Service Project) for a paper or Troop blog or website.

- **Road to First Class:**

Service: Community Service – i. Plan and run a community project. Spend at least 10 hours over at least one month by yourself or with your Patrol in meeting this need.

(Individual) *Service: Community Service* – i. Plan and run a community project. – a. Caring for a sick person; b. Helping at an old age or children's home; c. Helping prepare a food garden; d. Helping younger children who are disadvantaged.





Task 3 – Take Notice



- ★ 'Take Notice' would qualify for your one Patrol Hike required for **Star Patrol**.
- **Trail to Traveller:**
Adventure: Expedition – i. Participate in one day or overnight expedition of at least 10km in distance.
- **Track to Discoverer:**
Adventure: Expedition – i. Plan and run a day expedition of at least 10km for your Patrol.
- **Road to First Class:**
Adventure: Expedition – i. Plan and take your patrol on an expedition of at least 20km. This expedition must be over two days and have an overnight component.

Task 4 – Be Active

- ★ 'Be Active' could be the 2nd Patrol Activity required for **Star Patrol**.
- **Trail to Traveller:**
None
- **Track to Discoverer:**
Service: Movement Service – b. Organise a wide game or similar activity in a public area in uniform (or Scout T-shirt & scarf).
- **Road to First Class:**
Personal Development: Leadership – vii. Plan and lead a friendship activity with a Patrol from another Troop.



Task 5 – Keep Learning

- ★ 'Keep Learning' will assist in the Patrol Member's advancement for **Star Patrol** items 1, 8 and 10.
- **Trail to Traveller:**
Safety Awareness: In Water – i. Earn the Swimming Scoutcraft Badge.
Scout Skills: Skills Set – i. Complete at least two of the following Scoutcraft badges. – which includes the Climbing Scoutcraft badge.
Personal Development: Body, Mind and Soul – i. Complete one of the following Scoutcraft badges. – which includes the Dance Scoutcraft Badge, Fitness Scoutcraft Badge and Religion and Life Scoutcraft Badge.
- **Track to Discoverer:** *Adventure: Expedition* – i. As part of your preparation for this expedition you must have achieved the First Aid Scoutcraft badge.



Adventure: Navigation Skills – i. Complete one of the following Scoutcraft badges - which includes the Hiking Scoutcraft Badge.

Scout Skills: First Aid – i. Complete the First Aid Scoutcraft Badge

Scout Skills: Skill Set – i. Complete an Interest badge from the Skills set (Scoutcraft badge) obtained in the Traveller advancement level. – which includes the Canoeist Scout Interest Badge and Rock Climbing Scout Interest Badge.



- **Road to First Class:**

Adventure: Expedition – i. As part of your preparation for this expedition you must have achieved the First Aid Scoutcraft badge.

Safety Awareness: Self Defence – i. Earn the Master-at-Arms Scout Interest Badge

Living Outdoors: Outdoor Skills – i. Earn one of these Interest badges. - which includes the Hike Leader Scout Interest Badge and Wave Rider Scout Interest Badge.

Scout Skills: Skills Set – i. Complete a second Interest badge or an Interest badge from the Skills set obtained in the Traveller section. - which includes the Boatman Scout Interest Badge, Canoeist Scout Interest Badge, and Rock Climbing Scout Interest Badge.

Task 6 – Healthy Habits

- There are no programme advancement opportunities for 'healthy habits'.

However, Engaging in a healthy lifestyle contributes to both physical and mental well-being. By instilling healthy habits during Scouting encourages a lifelong commitment to your health, mental health and well-being and enhances your ability to navigate challenges in life.



This Health and Well-Being Challenge document should be read in conjunction with the following documents, all of which can be found on the SCOUTS South Africa website [HERE](#).
(Ctrl + Click to follow the link)

- *Health and Well-Being National Challenge 2024 – Scouts: Background*
- *Health and Well-Being National Challenge 2024 – Scouts: Challenge Guidelines*
- *Health and Well-Being National Challenge 2024 – Scouts: Challenge Checklist*
- *Health and Well-Being National Challenge 2024 – Scouts: Programme-On-A-Plate*

Acknowledgements: – WOSM *Safe from Harm Mental Toolkit*
Scouts for SDGs



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national challenge task	star patrol award	trail to traveller	track to discoverer	road to first class	comments / notes
<p>task 1: connect</p> <ul style="list-style-type: none"> ● Participate in the Health and Well-being Troop Meeting Programme on a Plate. ● Planning the National Challenge 	1 x Patrol in Council Meeting	<i>Personal Development : Scout Movement – iv</i>	<i>Personal Development : Leadership – i</i>	<i>Personal Development : Leadership – i</i>	
<p>task 1: connect - (Patrol)</p> <ul style="list-style-type: none"> ● With your Patrol, participate in a FUN Patrol Activity, away from your Scout meeting place, and 'connect' with one another. 	1 x Patrol Activity	<i>Service : Movement Service – i</i> <i>Personal Development : Scout Movement – iii</i> <i>Personal Development : Body, Mind and Soul – i</i>	<i>Service : Movement Service – b</i>	<i>Service : Movement Service – b</i> <i>Personal Development : Leadership – i</i>	
<p>task 1: connect - (Individual)</p> <ul style="list-style-type: none"> ● Contact Scouts from three different countries through JOTA/JOTI. or ● Connect with one Scout in another country and communicate with them for a minimum of three months. or ● earn the Recruiter badge. 		Earn the Recruiter badge	Earn the Recruiter badge	Earn the Recruiter badge	
<p>task 2: give and engage - (Patrol)</p> <ul style="list-style-type: none"> ● Give of your time to others where you participate with your Patrol in a six-hour Patrol Community Service project. 	6-hours service, Counts towards the 25-hours required.	<i>Service : Service – i</i>	<i>Service: Movement Service – i a</i>	<i>Service : Community Service – i</i>	
<p>task 2: give and engage - (Individual)</p> <ul style="list-style-type: none"> ● Do one act of kindness every day for a period of one month. 		<i>Service : Environment – ii b.c.d.e.</i>	<i>None</i>	<i>Service : Community Service – i</i>	

national challenge task	star patrol award	trail to traveller	track to discoverer	road to first class	comments / notes
<p>task 3: take notice - (Patrol)</p> <p>●Go with your Patrol on a Patrol Day-Hike of no less than a minimum of two hours or ten kilometres.</p>	Patrol Hike	<i>Adventure : Expedition – i</i>	<i>Adventure : Expedition – i</i>	<i>Adventure : Expedition – i</i>	
<p>task 3: take notice - (Individual)</p> <p>●Take a daily walk of a minimum of one kilometre, or a daily run for a minimum of two kilometres a day for a period of ten days / alternate days for twenty days.</p>	<i>None</i>	<i>None</i>	<i>None</i>	<i>None</i>	
<p>task 4 – be active - (Patrol)</p> <p>●Play an active game against another Patrol in your Troop.</p>	1 x Patrol Activity	<i>None</i>	<i>Service : Movement Service – b</i>	<i>Personal Development : Leadership – vii</i>	
<p>task 4 – be active - (Individual)</p> <p>●Start a daily exercise routine of endurance and stamina exercises for 15 minutes a day for a period of a week.</p>	<i>None</i>	<i>None</i>	<i>None</i>	<i>None</i>	
<p>task 5 – keep learning</p> <p>●Complete, or have completed, TWO badges.</p>	Patrol Member's advancement. Items 1, 8 and 10	<i>Safety Awareness: In Water – i</i> <i>Scout Skills: Skills Set – i</i> <i>Personal Development: Body, Mind and Soul – i</i>	<i>Adventure : Expedition – i</i> <i>Adventure : Navigation Skills – i</i> <i>Scout Skills: First Aid – i</i> <i>Scout Skills: Skill Set – i</i>	<i>Adventure : Expedition – i</i> <i>Safety Awareness: Self Defence – i</i> <i>Living Outdoors: Outdoor Skills – i</i> <i>Scout Skills: Skills Set – i</i>	
<p>task 6 – healthy habits</p> <p>●For a period of 30 days practice FIVE healthy habits. Keep a daily record of the healthy habits achieved and how you feel over the period.</p>	<i>None</i>	<i>None</i>	<i>None</i>	<i>None</i>	