

2 April 2020

Dear Y11 DofE students

### **Information regarding the Bronze Duke of Edinburgh Award**

I hope you all are well, and keeping safe at home, completing all your Google Classroom work!

I write regarding your DofE Award. Please do not worry about not being able to complete the different sections of the programme at the moment, in these challenging times.

You can still complete tasks and activities at home that can be evidenced towards your skill, physical and volunteering sections. Remember you can change these on your eDofE account online. If you need to reset your password, use the 'Contact' form to request this.

I suggest for example that you try virtual/online activities linked to sport and fitness for your physical element. At the moment there are plenty of freebies out there that you can follow. The daily PE lessons on YouTube with Joe Wicks @thebodycoach are perfect - a few photos and text evidence with your times, your feelings and so on can be submitted for part of your evidence.

Try learning something new online for your skill. There are lots of things you could choose like learning how to use sign language. As with physical, there are numerous free sites which you could use. Alternatively you could start cooking or gardening! Grow your own fruit, vegetables and plants. Make sure you upload photos as evidence.

For the volunteering section you could run errands for your vulnerable/elderly neighbours and check they are okay, following all government guidance of course, including social distancing. You could write letters to senior citizens or make pictures for residential care homes. Keeping in touch with relatives through various platforms, such as Facetime, Zoom etc. can all be used as volunteering evidence, and helps keep spirits up in these difficult times.

Myself and the other DofE leaders will be able to support you and ultimately sign off once there is enough evidence. So don't worry about that but PLEASE continue to log in to EDofE and upload all your documents! This is really important!

Hopefully, we will be able to complete our final Expedition in the summer, or beyond. That is something to look forward to!

Stay safe.

Useful reads:

<https://www.dofe.org/coronavirus/faqs-participants/>

<https://www.dofe.org/dofewithadifference/activities/>

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