

7th April 2020

Dear Parents and Students,

Duke of Edinburgh Award during Covid-19

Due to the Government's announcement to the Covid-19 pandemic the Duke of Edinburgh award at Oldfield School will be making some amendments to make sure students can continue with the award from home.

Over this period we would encourage participants to use this time to update their eDofE and continue any part of their Award that they can do, or perhaps swap to a new skill, volunteering or physical activity that falls within government guidelines in reducing the spread of Covid-19. I have started a list of alternative ideas that participants can do at home until we get back to normality.

Volunteering

- Support siblings with schoolwork
- Design a learning programme for young children
- Writing to elderly relatives and neighbours that are isolated.
- Research and design flyers for charity.
- Raise awareness of Covid-19 and how to prevent the spread – website, online poster, etc.
- Become an Energy Envoy – learn about saving energy and raise awareness of this. Projects can be found <http://www.energyenvoys.org.uk/content/welcome>. Please remember to stick to government guidelines about staying in, not all of the project ideas are currently advisable.

Physical

- Yoga – sessions can be found online
- Running – log using Strava, Fitbit
- Cycling – log using Strava, Fitbit
- Keep fit – sessions can be found online/PE with Joe every morning at 9 am on YouTube
- Circuit training with a difference – use household objects to set up a circuit course.

Skill

- First Aid – St John's Ambulance have a self-teach First Aid workbook that is specifically designed for DofE that can be downloaded. You will need the internet as there are links on there for supporting videos <https://www.sja.org.uk/dofeselfteachworkbook.pdf>
- Cooking or baking – learn new skills in the kitchen cooking new recipes.

- Design a recipe book using the ingredients that you have in your cupboard. Items such as egg are currently hard to come by, why not find alternatives to use to make cakes/buns etc.
- Play musical instruments – there are online courses and many music stars are doing weekly/daily sessions.
- Gardening – learn about the upkeep of the garden. Plant seeds, grow vegetables/plants. Decorate some plant pots.
- Build a website, learn to code. There are plenty of online courses and information.
- Design and make new board games.

Unfortunately, due to the Covid-19 outbreak and official government advice, we have decided to cancel expeditions until further notice. We will be reassessing the situation and use updated government advice closer to that time.

At the minute this includes the July Training Expeditions for Bronze and Silver. Further advice will be sent out in the coming weeks regarding expeditions and your patience in this matter is greatly appreciated. At this moment, I am sure you can all agree, the safety of our young people needs to be our highest priority.

I have added the following websites below which link directly to official guidance for this time.

Duke of Edinburgh advice

[DofE with a difference](https://www.dofe.org/coronavirus/faqs), everything you need to keep going during COVID-19
<https://www.dofe.org/coronavirus/faqs>

Government advice

The Government's Coronavirus (COVID-19) webpage is frequently updated as things develop, so please check it regularly at www.gov.uk/coronavirus.

Yours faithfully



Mr D. John
DofE Coordinator