

5th October 2020

Gold Duke of Edinburgh Award

Dear Parent / Carer,

We wanted to update you with our plans for running your child's postponed Duke of Edinburgh expedition. Our hope is that every student who has worked towards their Gold DofE award will still have the opportunity to have their efforts recognised and be able to complete their expeditions. The DofE Gold qualification remains extremely valuable in terms of your child's education and personal growth, and we want to do everything we can to ensure they are able to achieve it.

The expeditions

The assessed expedition will take place on the following dates, with our Gold DofE expedition provider, Sam Sykes:

Assessed: Monday 19th – Friday 23rd October (first week of October Half Term)

Sam Sykes are following government guidelines for social distancing. Your child will have access to their own personal tent, cooking equipment and navigational tools. Additional sanitiser and cleaning equipment will also be provided at the campsites. Should you have any further questions about these measures, please do not hesitate to contact us and we will be happy to provide you with Sam Sykes full risk assessment.

Students will travel by train to and from Penrith station in the Lake District. They will then have private taxis to take them to and from their walking routes, organised by Sam Sykes. On the 19th October they need to **meet us at Euston station at 6:45am**. Their return train to Euston will arrive at **10.30pm** where one of us will meet them again at Euston station before they are free to make their own way home. A full itinerary of their trips, the campsites they will be staying at and their key contacts at Sam Sykes is attached to this letter.

Further advice on the following topics can be found on the Sam Sykes website:

- Packing a rucksack: <https://samsykesltd.co.uk/dofe/resources/how-to-pack-a-rucksack-for-dofe-expedition>
- Food: <https://samsykesltd.co.uk/dofe/resources/d-of-e-food-what-to-bring-on-a-dofe-expedition>
- What kit to bring: <https://samsykesltd.co.uk/dofe/resources/what-kit-do-you-need-to-bring-on-anbspdofe-expedition>

Please note that if your child would like to borrow a waterproof rucksack cover, sleeping mat or sleeping bag, KAA has high quality equipment they can use free of charge. If your child would like to use this equipment, they need to email Miss O'Regan or Miss Speakman (i.oregan@kaa.org.uk or j.speakman@kaa.org.uk) before the end of the Autumn 1 term to arrange for them to collect it.

We appreciate that these are uncertain times to be running a residential school trip and should you have any questions or concerns, please do not hesitate to contact us. As the safety of your child is our highest

priority, we will keep the trip under review and may need to make changes to these plans in the event of additional safety measures. Current Department of Education (DfE) guidance is that UK school trips are fine, including for SEND students, as long as COVID secure measures are in place. DfE are not currently recommending overnight UK trips as a rule, although for older students such as your child we are confident that Sam Sykes has good systems in place, and that all necessary precautions have been taken.

The aspects

As you are aware, the Volunteering, Physical and Skill aspects are also a crucial part of your child achieving their Gold DofE award. In light of social distancing, DofE have issued some changes around how your child can continue to complete these aspects at home. Given the significant time commitment required by Gold DofE, **every student should have been working towards completing their aspects over the summer holidays and should ensure they finish them as soon as possible.** Please see attached for further guidance on these. Should you have any further questions about this, please contact us.

Kind regards,

Isabelle O'Regan & Jazmin Speakman
Duke of Edinburgh's Award Coordinators
i.oregan@kaa.org.uk | j.speakman@kaa.org.uk

KAA@Home Duke of Edinburgh Aspect Guidance

Lots of things are changing at the minute and I'm sure one of them is the ability for you to carry out your various aspects as part of your Duke of Edinburgh Award. Fear not, there have been big changes made to the way you carry out your aspects and we have an update on them below.

Lots more info on that summarised below can be found at www.dofe.org/dofewithadifference/

The main changes

“Participants can now change section activities more than once. Time spent on previous activities will still count towards completion.”

This means that if you can no longer carry out your volunteering role you can change to something new (check out the ideas below). When you can return to your original volunteering role just change it back and all the time spent volunteering counts towards your award.

“Participants can now volunteer for family members, for example by mentoring or coaching younger siblings.”

Previously, volunteering that involved your family was not allowed. However, these are likely the only people you are seeing these days and so DofE has updated to reflect this. Volunteering can't be completion of your usual chores or general helping out but can include...

- mentoring a younger sibling and helping them with their schoolwork or homework.
- coaching a sibling or another family member to learn an instrument or develop another skill.
- organising a sports session or arts and crafts session for someone they live with to participate in.

To change any details of what it is you are doing you simply need to log in to your eDofE account, choose the aspect (volunteering, skill, etc) and select the option to 'change activity'

What can I do?

Below we have summarised some things you might want to do for your various aspects during this time. Also check out the opportunity finder for a range of online courses that can count towards a range of aspects, many of which are free... <https://www.dofe.org/opportunity-finder/opportunity-for-dofe-participant/?remote=1>

| Physical | Skill | Volunteering |
|---|--|---|
| <ul style="list-style-type: none"> – Complete the couch to 5k, or many of the other NHS fitness sessions – Do an hour's YouTube fitness video each week (you can try Bootcamps, pilates, dance) | <ul style="list-style-type: none"> – Complete a MOOC (Massive Open Online Course) in an area that interests you – Complete an online typing course with Spark 4 Kids, Type It or Qwerty Kids | <ul style="list-style-type: none"> – Help fundraise for a local charity – Virtual volunteering by Zooniverse or Missing Maps (projects range from classifying galaxies to |

| | | |
|--|---|---|
| <p>routines and more)</p> <ul style="list-style-type: none"> – WiiFit games – Completing different walks in your local area – Sport skills (i.e. practising skills to develop in your favourite sport) – Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge) – Try Yoga through the Down Dog Yoga app | <ul style="list-style-type: none"> – Learn how to code with Spark 4 Kids – Explore The Great Indoors with weekly activities from the Scouts and Girl Guides – Learn to cook in your own kitchen – Learning sign language – Learn first aid with St John Ambulance – Reading; write and share a book review of each one you read – Meditation – Headspace app | <p>counting penguins)</p> <ul style="list-style-type: none"> – Prepare some meal parcels, go shopping or walk the dog of people who are affected by coronavirus – Skype talk / face time / WhatsApp call to the elderly neighbour to keep them from being isolated – Maintain Facebook or Instagram page / websites for a local group or charity |
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If you are interested in any of the opportunities above, or need assistance with changing your activities then please get in touch with Miss O'regan (i.oregan@kaa.org.uk) or Miss Speakman (j.speakman@kaa.org.uk).