

Dear Parents and Carers,

Continuing the Duke Of Edinburgh at Home

I would like to start by wishing you all the best at this difficult time. I am writing now as I hope everyone has had a chance to settle into their newlook schooling and might now have the time along with the 'headspace' to refocus on their DofE goals.

Adapting Sections to Continue at Home (Physical, Volunteering, Skill)

It might be difficult to imagine how section activities can continue when we are all unable to go out and about. However, as an example, all sports require fitness and strength and this can be achieved by doing strength and conditioning sessions, HIIT workouts and many other forms of training that can replace team practice for **all** sports. In many cases a small adaptation is all that is required to continue with activities at home. I would encourage all participants to contact their section assessors to discuss a plan for continuing each section while at home. It may not be possible to continue all sections, however I suggest that participants commit to finding a solution for at least two.

At this time, I think the DofE can really help with the challenges of isolation and uncertainty that we are currently facing. Remaining physically active, learning something new and reaching out to those in need has rarely been as important as it is now.

Expedition Section

I am in the process of producing a series of videos and quizzes that will prepare participants for the expedition section of the award. For now we are not able to predict when these expeditions might take place, but I hope to be as prepared as possible so that we can hit the ground running when the opportunity arises. Pupils will receive information about this training via Teams.

Microsoft Teams and Communication

I have created Teams for each DofE Group and would encourage pupils to contact me through their Team. You may wish to email me directly as a parent or carer, if so please use this email address: ekemp@radnor-sevenoaks.org. I would ask that where possible questions are raised by the participants themselves, this is really important in allowing them ownership of their DofE. It is often the case that questions one participant may have will benefit many others and Teams is a perfect platform for sharing that information.

Please take a minute or two to explore this useful link [DofE.org/DofEWithADifference](https://www.dofe.org/DofEWithADifference)

Kind regards,

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