

11<sup>th</sup> May 2020

Dear Parent/Carer,

**Re: Keeping going with your DofE/ temporary programme changes.**

In light of the current situation and following recent announcements from the DofE head office, I am writing to inform you of changes that have been made to the programme in order to enable your child to keep working towards their DofE Bronze award.

***Temporary programme changes***

- *Participants can now volunteer for family members, for example by mentoring or coaching younger siblings.*
- *Participants can now change section activities more than once. Time spent on previous activities will still count towards completion.*
- *DofE staff members may be able to act as Volunteering, Physical and Skills section Assessors, if required.*
- *When expeditions are able to resume, Silver and Gold Expedition Assessors will temporarily be allowed to be known to the expedition group.*

In addition to the changes outlined above I have also attached a document providing a list of suggested activities for the three sections. Please use this for ideas of activities that can be carried out within the guidelines set out by the Government.

With regards to the expeditions we will be working hard to put into place plans for these to take place at a later date (possibly in the Autumn term or potentially next Spring) to make sure the students still have the chance to complete their DofE expeditions with us.

If you have any questions please do not hesitate to contact me [jsanderson@raynespark.merton.sch.uk](mailto:jsanderson@raynespark.merton.sch.uk)

Yours faithfully,

*J Sanderson*

**Mr J Sanderson**  
**Head of PE**

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## **Ideas for continuing with the skill, physical and volunteering sections from home**

### **Volunteering:**

- Do some virtual fundraising for St Johns Ambulance  
<https://www.sja.org.uk/globalassets/documents/dofe/dofe-virtual-fundraising-aap.pdf>
- Create a fundraising plan for a charity
- Join the Missing Maps project: <https://www.missingmaps.org/#contribute>
- Prepare some sessions for future Beaver, Cub, Rainbow, Brownies, primary school pupils once they resume
- Various virtual volunteering ideas  
<https://www.thesubath.com/volunteer/virtualvolunteering/>
- Skype/Facetime/WhatsApp call elderly neighbour to keep them from being isolated
- Maintain Facebook or Instagram page/website for a local community group or charity
- <http://Zooniverse.org> do lots of citizen science projects (e.g. watching rainforest web cams for chimps)

### **Physical:**

- Complete the Couch to 5k running programme or use tracking apps like Strava to show your walks, cycles or runs and upload them as evidence
- Do an hours Youtube fitness eg Pilates, dance, yoga etc. (there are lots about e.g. Joe Wicks every morning at 9am!)
- Do circuit training in the garden
- Complete different walks in your area and upload photos/tracking info on them as evidence
- Fitness challenges (e.g. 100 press-up challenge, plank challenge, step challenge)
- Practice your sport skills (e.g. footwork for football, racquet skills for tennis/squash or table tennis)

### **Skills:**

- Learn sign language
  - Learn first aid with St John's Ambulance
  - Learn to play an instrument – use Youtube or other online videos to help you
  - Complete a MOOC (Massive Open Online Course) in an area that interests you  
<https://www.mooc.org/>
  - Learn to knit, sew or crochet
  - Make birthday/greetings cards (including decoupage)
  - Learn some DIY skills – help out with jobs at home
  - Learn to garden – set up a vegetable or herb plot at home
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- Learn to cook – add photos of you cooking (NOT just the finished article) and add info about what you have cooked and how you found it
  - Create an App to help with online learning for primary students
  - Learn to conjure/do magic tricks
  - Learn coding and programming skills online
  - Research your family: set up a family tree online and use resources to find out more about them. Chat to your family about their memories and family stories. Ask them to send birth and death certificates. How far back can you go?
  - Reading – write and share a book review of each one you read
  - Painting, drawing or model making
  - Table top gaming
  - Film making or vlogging
  - Learn to build a website
  - Put up a bird feeder and learn about the different birds coming to visit it
  - Meditation – use the Headspace App
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