

Duke of Ed:



This Edition:

|Issue 1|

[2] A NOTE ON COVID-19

How it has affected the DoE Program

[3] WHAT'S HAPPENING TO EXPEDITIONS? *Jason Ma, from the DoE Leadership Team answers this question*

[4] THE NEW IMP STUDENT MENTORING PROGRAM

An interview with Mr Matthew Manchester

[5] DOE ACTIVITIES FROM HOME

We compiled a list of activities that can be done while adhering to social distancing measures

[6] NATIONAL VOLUNTEERS' WEEK

A celebration of volunteers, nation-wide

[7] CARMEN'S STORY

We interviewed Carmen Wen (Fortian 2020) about her experiences in the Program

[9] WE NEED YOUR HELP!

We'd love your input in the next newsletter!

[9] CONTACT US!

*Got any questions?
We'd love to hear from you!*

Welcome to the new Duke of Edinburgh Newsletter, an initiative we are undertaking to help with the circulation of information for the Duke of Ed Program, as well as to help forge closer connections within our Fort Street community. If you aren't participating or aren't yet able to participate in the Duke of Ed program, you may be wondering why you are reading this - fear not! Even if you aren't normally involved in the Duke of Ed Award at the Fort, we'd still love for you to be involved with our little publication. We are keen for students to pipe up and have a say - the Program is just as much about achieving the goals you set yourself as it is about fostering a sense of community.

In this issue, we interviewed Mr Matthew Manchester, IMP Coordinator and Director of Bands, about the new mentoring initiative within the IMP. We also heard from Carmen Wen, who is currently in Year 12 at the Fort who recently completed her Gold Award. We understand that during these times your plan for your Award has probably gone out the window! To help, we created a list of fun and interesting activities that you can do for your award, whilst maintaining social distancing.

This newsletter has been designed so that we can all stay in the loop with the Program. We'd love to hear from you about your experiences with the Award, any suggestions you have for the Leadership Team, as well as hearing your feedback.

If you've got a cracker idea you want to share with us, send us an email at fshsdoe@gmail.com and we'll gladly get back to you!



WELCOME

A note on

COVID-19:

We are all aware that the current situation with learning from home means students are unlikely to be able to complete the Duke of Ed Program as they might have initially planned, however we are strongly encouraging students to continue with active participation. Duke of Ed can help us to take our minds off school work, in addition to having far-reaching benefits in many other areas of our lives.

As term 2 rears its head, we want to remind you to get cracking with logging your hours, as well as completing any outstanding documentation and administration issues that are getting in the way of you contributing to your award. Students who aren't at school can submit all documentation via email to Ms Page (see contact list, page 6), and year 9 students can submit forms to the Google Classroom. Feel free to contact the Duke of Ed Leadership team for any queries you may have.

The start of term 2 offers exciting new prospects for activities that can be undertaken when you are learning from home. Although this is a trying time for us all, participating in regular activities can help you to resume a sense of normalcy. Whether this means completely changing your skill, sport or service, or adapting it to your home environment, there are a wide variety of opportunities to help us all to continue contributing to our awards while learning from home.

In our next issue we will show how this year of COVID-19-disrupted learning has demonstrated why you don't just want to rely on only working hard in year 12, focusing only on a good ATAR. Universities are valuing the Duke of Edinburgh's Award now more than ever! We will talk about how universities have adapted their entry requirements over time, and the likely role of extra-curricular and leadership activities in future university admissions.

On another note, the International Duke of Ed office has approved several changes to how the Duke of Ed programs can work during Covid-19 - especially in relation to Adventurous Journeys. On page 3, Jason Ma, from the DoE Leadership Team, details what these changes may look like.

Adventurous Journey UPDATES:

Jason Ma (DoE Leadership Team) details some of the changes to the International DoE Office's Adventurous Journey requirements.

In light of the current situation of the COVID-19 pandemic taking place, questions have been raised regarding the Adventurous Journeys we offer at Fort Street. We at the DoE Leadership Team have been working hard to find out just how much these will be affected, and we have recently received notice from the NSW DoE Office.

The International Duke of Edinburgh's Award Foundation has made temporary changes to adventurous journey requirements for 2020 across the world due to the COVID-19 pandemic. In 2020, Bronze Award participants are not required to complete practice journeys, and the requirements for Bronze qualifying journeys will vary depending on government health guidelines in each country/region.

It seems unlikely at this point that the planned September Bronze expedition at the Colo River will go ahead. However if it has to be called off and NSW government guidelines change later in the year to allow camping, then we should be able to organise a two day trip to meet the requirements of the Bronze award, perhaps camping at Cockatoo Island. If NSW government guidelines later in the year allow walking but not camping trips, we are permitted under the temporary Duke of Ed regulations to have two consecutive day walks with students going home at night. If government guidelines in a region do not allow any organised walks to take place during the year, then the Bronze qualifying expedition will be waived and the Silver practice trip in 2021 will count for both the Bronze qualifying trip and the Silver practice trip. In that instance, students will be permitted to start their Silver award program once they have finished their physical recreation, service and skill components for Bronze, however they will not receive their Bronze awards until the completion of the Silver Practice Journey/Bronze Qualifying Journey. If the participant does not wish to continue to Silver, the international foundation is considering allowing a 'virtual' expedition, however they have not provided any details about this option so far.

The main change to the rules for adventurous journeys for Silver and Gold students is that practice journeys for both sections for 2020 have been temporarily reduced to two days / one night. The Silver expedition which was originally scheduled for term 2 has been rescheduled to Monday 2 to Friday 6 November. Since the expedition is now at the end of the year, only students who have substantially completed their Silver skill, service and physical recreation will be able to attend. If students turn 16 and have finished all sections of their Silver awards except for their expedition, they are able to start their Gold award but will not receive their Silver award until the expeditions are completed. Gold expeditions will be rescheduled as well. Requirements for residential projects have not been changed, so students will need to select their residential project ideas carefully.

I.M.P. MENTORING

Fort Street's Instrumental Music Program (IMP) has been in the process of establishing a new student mentoring program, designed to connect younger and older members of the IMP community. Student mentoring will help new IMP members to become better acquainted with the program, as well as providing a point of contact for already well-established IMP musicians. Students undertaking their Duke of Edinburgh Award who participate in this program will be able to count these hours towards the Service component of their award.

We decided to find out a little more about this initiative. In the video, Madeleine interviewed Mr Matthew Manchester, IMP Coordinator and Director of Bands, to learn more about the new student mentoring program. [Click here](#) to watch the interview, or follow the link: <https://youtu.be/KIZbuKvIWMM>.

Has this struck a chord for you? To find out more, contact the IMP at fortstreetimp@gmail.com.

SKILLS SERVICES SHOPPING STUDENT MENTORING ZOOMIVERSE DANCE ZUMBA PARKOUR JOGGING/RUNNING CYCLING YOGA CALISTHENICS SKATEBOARDING ONLINE BARRE CLASSES TAI CHI

Skills:

ARTS AND CRAFTS: EMBROIDERY, JEWELRY-MAKING, DRAWING, PAINTING, SCULPTURE, PHOTOGRAPHY, ORIGAMI, KNITTING, FILM-MAKING

LEARNING A MUSICAL INSTRUMENT

With online video conferencing software such as Zoom, Skype, Teams and more, many musical tutors are now giving lessons online - surprisingly successful!

DRIVING PRACTICE

You can still get your hours up!

LEARNING TO COOK

Knowing how to cook is a valuable life skill which will serve you well throughout your life

GARDENING

You don't need a huge outdoor space in order to be able to garden - balconies are great, too!

GRAPHIC DESIGN, CODING, DIGITAL SKILLS

These skills are great because they can be learnt via online tutorials - and can aid your employability in the future

MEDITATION

Learning to meditate can be a really valuable skill, especially when life gets complicated

Service:

LETTER-WRITING

A letter from someone who cares can be really valuable to the recipient who may be feeling lonely during self isolation, or who may be recovering alone in hospital. Try contacting a hospital nearby and asking if there is someone to whom you can write letters

SHOPPING FOR PEOPLE IN SOCIAL ISOLATION

There may be someone who is especially vulnerable near you who would really appreciate this!

IMP STUDENT MENTORING

QUILTING FOR AGED-CARE

PREPARING CARE PACKAGES FOR HEALTHCARE WORKERS

ZOOMIVERSE

SEWING/KNITTING FOR WRAP WITH LOVE, MIRACLE BABIES OR TRAUMA TEDDIES (RED CROSS)

Physical Recreation:

DOWNDOG APPS FOR AT-HOME WORKOUTS: Yoga, HIIT, 7min workouts

These apps are all developed by the same company and are all free until July 1 for students, when you sign up with your education email address

DANCE

ZUMBA

PARKOUR

JOGGING/RUNNING

Apps such as Strava can be used to track and time your runs - this is very helpful when logging your hours

CYCLING

YOGA

CALISTHENICS

Exercises that require little-to-no extra equipment, often relying on body-weight resistance, instead

SKATEBOARDING

ONLINE BARRE CLASSES

A combination of a workout, ballet and pilates

TAI CHI

If you have any suggestions for DoE activities that we've missed here, we'd love to hear from you!

NATIONAL VOLUNTEERS' WEEK

Fortians who volunteer as a part of their DoE Award continue to have great impacts on the community. We talk about just how good volunteering is!

It's National Volunteers Week this week. Last year, Fortians logged a whopping 3,486 hours of volunteering for the community through the Duke of Edinburgh's Award program.

Many Fort Street students engage in service activities at school, including being a part of the Student Representative Council, Charity Committees, Environmental Committee, Diversity Committee, Amnesty Committee, Peer Support program, Student2Student Reading Program and the Duke of Ed leadership team.

In addition to working to improve our own school and community, numerous students serve communities outside of the school, including at Vinnies, food kitchens, local libraries, primary schools, surf lifesaving, childcare, sports coaching, first aid, church, leadership of clubs, Park Run, martial arts teaching, animal welfare and aged care.

Studies have found that people perceive volunteers to be 25% more trustworthy than those who do not have experience with volunteering. It is estimated that formal volunteering contributes \$25 billion worth to Australia's economy. Volunteering has also been identified as having great significance, as it connects people to career paths and labour markets that are better paid and greater stability.

Well done, Fort Street!



CARMEN'S STORY

Carmen Wen (Year 12) reflected on some of the highlights of her Duke of Edinburgh Awards

[Do you have a favourite part of DoE?] The adventurous Journey, obviously. Every trip has been so amazing! From going on my first expedition and fracturing my ankle in Bronze - and not even having to do my qualifying trip! - to waking up with crazy sore arms from canoeing every morning in Silver, to the stunning views of Tasmania and the best 11 days on Gold.

[What Experiences and Opportunities has Duke of Ed given you?] Duke of Ed provided me with so many experiences and opportunities, allowing me to explore real life outside our seemingly small world. First of all, being in the outback for so many days in our expeditions meant a huge break, away from technology, and I honestly loved it. It felt really good to just be away from society and life, and have fun while overcoming so many challenges in the bush.

Although many people complain about the service component, I found that there was joy and satisfaction in going out of my way to help out the community — for two years (having stayed volunteering even after I finished my Duke of Ed), I enjoyed my Tuesday afternoons going to the library and helping out with administration, shelving and kids' reading programs.



Duke of Ed also gave me the opportunity to learn to plan trips which will definitely be really useful as someone who loves travelling. With some help from school staff and providers, Emily Grimes and I were able to successfully plan a whole 11-day hike in Tasmania for almost 20 people.

My 5-day residential project as a camp leader at Milson Island Sport and Rec was also a thrilling experience. Having been a young camper at those centres many times before, it was great to be a leader this time — I really enjoyed helping out and just having fun with the kids, especially when many of them are disadvantaged and from foster homes. I loved it so much, I'm even thinking of going back after high school perhaps for casual employment!

[Do you have many memories from DoE?] Duke of Ed provided so many experiences and opportunities, however the best thing is definitely the memories you make. Throughout trips we were able to bond as a group through the highs and lows, and I think that's something we will cherish forever. Having participated in an 11-day hike in the Term 3 holidays, you would think we'd get sick of each other — but by the end of Term 4 (our first term of HSC) we were already planning a catch-up trip for the upcoming holidays!

The mafia we played every night while snuggling up around the campfire will always be a highlight. There were breathtaking views in Tasmania — Three Capes and Mt Wellington were stunning! And again in Tasmania, the multiple snow fights. Even risking getting in trouble and causing injuries, we could never have resisted a snow fight at the top of Mt Wellington. And of course, we were able to explore Hobart — a beautiful city with my favourite vegan restaurant!

Contact Us:

Would you like to be featured in a future newsletter?

We'd love to hear about what you've been doing with your Duke of Ed Award.

HAVE YOU STARTED GARDENING AT HOME?

HAVE YOU BEEN LEARNING A MUSICAL INSTRUMENT?

Whatever it might be, send us an email, and we'll get back to you.

We can't wait to see what you've all been up to!

If you have any questions about Duke of Ed, feel free to contact the team via email. We are all happy to assist you with any questions or issues you may have, or to direct your enquiry to the right person.

We'd also love to hear from you about your own experiences with Duke of Ed. If you or someone you know has had interesting experiences with the award that you think others in our community would benefit from hearing about, we'd love for you to drop us a line! We are always on the lookout for stories and interviews for this newsletter so your feedback is greatly appreciated!

[General Editorial]

fshsdoe@gmail.com

[Duke of Ed Coordinating Teachers]

caroline.jerrems@det.nsw.edu.au

tori.jenkyn@det.nsw.edu.au

natalie.page8@det.nsw.edu.au