EARLSTON HIGH SCHOOL

Parent & Carer Briefing

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Topics being covered

Outline of DofE Programme
Benefits of DofE
Safeguarding
Supervision of Activities
The school offer
How can you help



Parents and Carers

EARLSTON HIGH SCHOOL

It’s their journey, but you’re coming along for the ride!



The Duke of Edinburgh's Award in numbers

April 2025 - March 2026

589,237 Young people actively doing their DofE

2021-22
321,622

START **345,908** Young people started their DofE journey

Over **6 million** volunteering hours given by young people

£45.4m Estimated total value of volunteering hours given in support of others

EHS
£18,000

Awards started

★ Bronze 236,550

★★ Silver 78,257

★★★ Gold 31,101

177,638 Awards were achieved

Awards started by marginalised young people

51,497 (14.9%) Experiencing poverty

95,644 (27.7%) From minority ethnic backgrounds

32,267 (9.3%) Have additional needs

30.9% Of 14 year olds in the UK started their Bronze DofE

EHS
55%

DofE

YOUTH WITHOUT LIMITS

38,951 Leaders and volunteers delivering DofE programmes

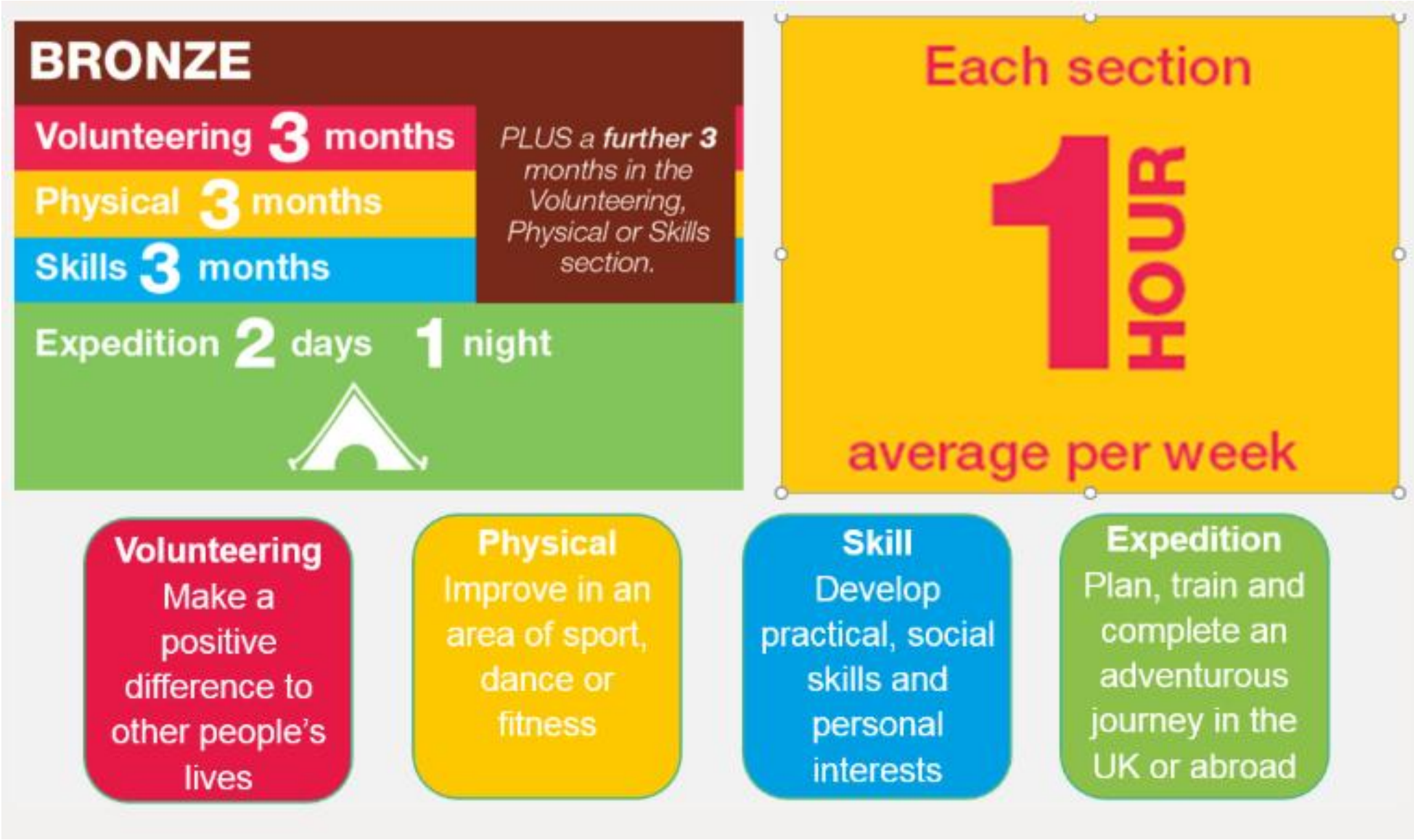
5,023 Licensed Organisations delivering the DofE

DofE.org

The Duke of Edinburgh's Award is Registered Charity no. 1072490, and in Scotland no. SC038254, and a Royal Charter Corporation no. RC000808.

What do participants have to do?

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How do participants evidence their participation?

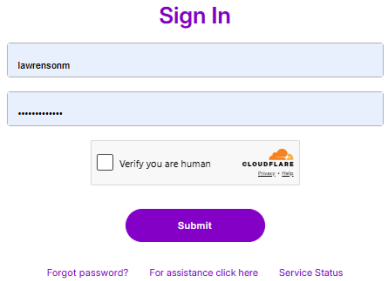


On receipt of payment we will set each student up with an online account already t known as eDofE

We will back date the enrolment start date to early September.

Students will be encouraged to download an app to their phone to make it easier to update their account.

Top Tip: If your child forgets their password, they can reset this themselves via the edofe landing page

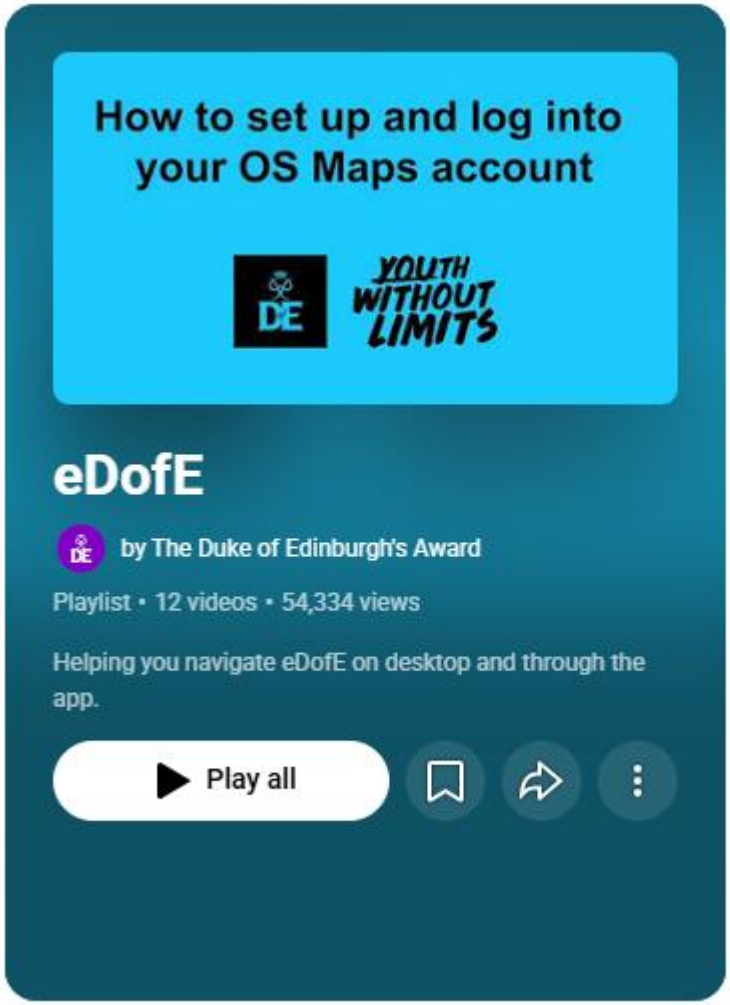


DofE THE DUKE OF EDINBURGH'S AWARD | EARLSTON HIGH SCHOOL

DofE have a series of comprehensive eDofE training videos to help guide participants through the system. They can find these videos on

the DofE's YouTube channel

www.dofe.org/do/edofe/





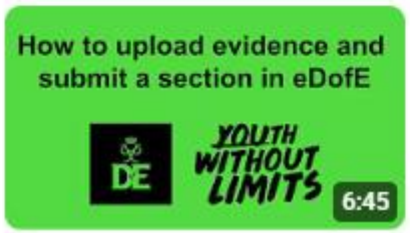
How to: set up your #eDofE OS Maps account
The Duke of Edinburgh's Award
▷ 458 1 mo ago



How to: use Mapping in #eDofE
The Duke of Edinburgh's Award
▷ 210 1 mo ago



How to: access your certificates in #eDofE
The Duke of Edinburgh's Award
▷ 84 1 mo ago



How to: upload evidence and submit a section in #eDofE
The Duke of Edinburgh's Award
▷ 2.5k 4 mo ago

Benefits of DofE

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When your child does their DofE programme they'll develop the skills and attitudes they need to become more rounded, confident adults. Qualities that colleges, universities and employers are attracted to. So when you support your child's pursuit of their Duke of Edinburgh's Award, you're investing in their future.

You can expect to see your child develop in the following areas as they work through their DofE programme:

Self-belief and self-confidence

Initiative and a sense of responsibility

New talents and abilities

Learning from and giving to others in the community

Problem solving, presentation and communication skills

A sense of identity

A real awareness of their strengths

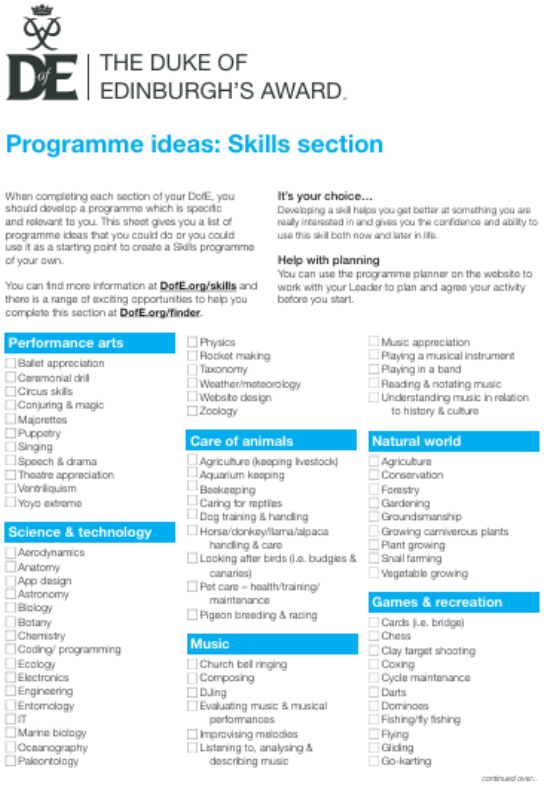
The ability to plan and use time effectively

Forming new friendships

Leadership and team working skills.

Choosing Activities

Copies of programme ideas sheets are available from the DofE website and edofe resources area



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Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at **DofE.org/skills** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...
Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning
You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts
- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology
- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology
- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

Care of animals
- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/ maintenance
- Pigeon breeding & racing

Music
- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music
- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

Natural world
- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Games & recreation
- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting

continued over...



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Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at **DofE.org/physical** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...
Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning
You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports
- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/ Pentathlon/ Aquathlon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolining
- Wheelchair fencing
- Wrestling

Water sports
- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance
- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing
- Scottish/Welsh/Irish dancing
- Street dancing/ breakdancing/hip hop
- Swing
- Tap dancing

Racquet sports
- Badminton
- Mallet
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness
- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

Extreme sports
- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts
- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports
- American football
- Baseball
- Basketball
- Boccia
- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No: RC000806
Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU **DofE.org** 20/09/18



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Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at **DofE.org/volunteering** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...
Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning
You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see **DofE.org/volunteering** for the requirements).

Helping people
- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

Community action & raising awareness
- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

Working with the environment or animals
- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

Helping a charity or community organisation
- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop

Coaching, teaching and leadership
- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls' Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- Sports leadership
- Music tuition

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Safeguarding

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Earlston High School is licensed to run DofE through Scottish Borders Council. We have a clear requirement placed upon us to safeguard our students, with our own policies and procedures in place for safeguarding and health and safety etc.

However, when a young person does their DofE activities they're likely to come into direct contact (i.e. not through the school) with many other organisations and individuals such as charity shops, music instructors, and sports clubs.

It's the responsibility of parents/carers/guardians of participants under 18 to check that the activities done with these organisations are delivered in a safe and proper manner.

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So, before starting any activity, we recommend you make a few basic checks:

You could ask to see relevant policies, like a child protection policy or staff code of conduct.

You could find out who the main point of contact is, to speak to if you have any concerns.

You should feel satisfied that an activity is safe, for yourself or your son or daughter, before getting started.

Supervision of activities

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All DofE Leaders and Expedition Supervisors at Earlston High School undergo checks and training to ensure young people have access to a high quality programme.

However, given the scope and breadth of DofE programmes, your child may choose to undertake activities that are not directly managed or organised by the school (i.e. at their local gym or conservation group).

If this is the case, you, as their parent/guardian/carer, are responsible for ensuring that the activity is properly managed and insured, and that the adults are suitably qualified and checked.

What can the school provide



Access for all students to the programme and progression through the award levels

Ongoing programme support, co-ordination and training from experienced and qualified leaders

Sign post students to opportunities in school or in the wider community

Provide all expedition training and ventures in-house, led by nationally qualified instructors.

Provide access to group expedition equipment

How can you help

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Just as you support and guide your child in other areas of their life, they'll appreciate the same for their DofE.

This could include encouraging them to keep their eDofE account up to date, giving them lifts to activities and providing financial support for kit and equipment.

DofE programmes can be challenging so you can really help to keep them motivated and support success.

Tips to help your child

EARLSTON HIGH SCHOOL

It's personal: Help ensure that the activity choices they find are exciting, but realistic for your budget, transport and local facilities.

Get the evidence

Remind them to keep gathering their evidence, e.g. photographs, diary entries, and regularly uploading it into eDofE. (They can download an app for their mobile)

Help find an Assessor

Every young person needs to find an Assessor to sign off each DofE section. The Assessor can be anyone who knows about or organises the activity. It might be the gym or sports instructor, art teacher, club or volunteering event organiser and so on.

PLEASE NOTE: Assessors cannot be a family member or their friends.

Here's a participants response to doing their DofE Expedition.

"I feel like I've always said it's type 2 fun.
When you're doing it, it's not always fun at all.
But when you look back it's actually the best thing ever."



Still smiling. Even after 48 hours of persistent rain!

Tips to help your child

EARLSTON HIGH SCHOOL

Financial support

Your child will receive a welcome pack with a personalised DofE Card when they start their Award. This gives at least 10% off at recommended retailers, helping you save on expedition kit and other items needed for their DofE.

Prove it

As their programme comes to an end you can remind them to make sure their Assessors write their reports so that they can complete the section. They will be shown how they can do this further into the year.

Use it

Ensure they include their DofE involvement and achievements in their CV or personal statement. The award provides a rich source of experiences that can be used as examples at an interview.

Expedition support and costs

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Volunteer support for the delivery of the expedition section can have a real impact on the cost of delivering the programme.

We have a core team of teaching staff who support the delivery of our expedition offer, but this can fluctuate year on year, and numbers enrolling have doubled since we relaunched the programme after the pandemic.

On training and practice expeditions we have to meet the required ratios of qualified instructor to student teams.

We have the option to buy in support from SBC Outdoor Education Service, but this can add significant costs to delivering the programme.

We are always open to parents and carers offering to support us, particularly those of you with National Governing Body Awards.
We can also look to support volunteers to work towards gaining accreditation.

Become a volunteer

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The success of any DofE programme is dependent on a team of volunteers to support young people with their programme.

Many of our teaching staff volunteer to support students, either as activity leaders or assessors.

Do you have a skill or interest that would enable you to act as an assessor for a student?

You don't need special qualifications to be a DofE helper – from giving guidance and advice or training and assessing young people's progress, to driving a minibus, expedition support or helping with administration, there's a role for everyone.

If you volunteer, we'll make sure you undergo the right safeguarding checks and are supported with high quality training.

More information

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Your child has access, via their ipads, to MS Teams.
In the S3 Whole Year Team there is a file area called S3 DofE, where they/you can find all the presentations, meeting dates and support materials.

To find out what activities your child can do for each section go to:
www.dofe.org/do/ideas/

To help plan out activity ideas go to:
www.dofe.org/do/programmeplanners/

Questions???

Thank You for attending

Contact Us

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