



SUMMER TERM 2024

## 1ST EVER JUNIOR DUKE WORLD CHAMPIONSHIP: A TRIUMPH OF SKILL AND STRATEGY

In a tremendous display of enthusiasm and ingenuity, children from every corner of the globe recently gathered in their own schools for the inaugural Junior Duke World Championship. This new event saw young talents showcase their ironing prowess in a unique competition that captured the world's attention.

The rules were simple: participants were to iron as many pillowcases as possible within a tight 20-minute timeframe, one after the other using just one ironing board and one iron.

This being the first event of its kind, at Junior Duke HQ, we were keen to find out how everyone would engage. We were delighted by the take-up and the comments from teachers. We hadn't considered that different schools would use such strategy!

Among the contenders, systems were used, shaving seconds off their collective time.

The winning school, **Hutchesons' Grammar School** (Glasgow) used a seamless blend of efficiency and teamwork. As one young ironing prodigy diligently pressed out the wrinkles on a pillowcase, a teammate stood ready at a nearby table, swiftly folding the freshly ironed linen. With clockwork precision, the ironing and folding stations operated in perfect harmony. They were very closely followed by **The British School Al Khubairat** - just two pillowcases fewer!

What we were so impressed by was the camaraderie and



**Hutchesons' champs**

sportsmanship displayed by all participants, in schools everywhere.

Whether exchanging tips and techniques or cheering on fellow contestants, these young champions embodied the ethos of fair play and cooperation.

The judges at HQ enjoyed seeing photos and reviewing video evidence. There was excitement and joy in every school's entry.

And when the dust settled, it was not just the winners who emerged triumphant, but all who had taken part in this inaugural event.

Many thanks to all of the enthusiastic teachers who helped make this happen in their schools.

Looking ahead, the Junior Duke World Championship promises to become a regular tradition, inspiring generations of young minds to dream big, work together, and reach for the stars.

So here's to the future, where the next generation of leaders, innovators, and champions will continue to shine brightly, one perfectly ironed pillowcase at a time.



Kyleakin Primary, Scotland



The British School Al Khubairat, UAE



The Grove, England



Dubai Gem Private School, UAE

# EMBRACING CHANGE: FROM SABBATICAL TO NEW HORIZONS

As the Founder of the Junior Duke, I would like to share with you a significant update in my journey with the Award. My sabbatical last year has evolved into a permanent transition, marking an exciting new chapter in my life. After 28 years as a primary teacher in Glasgow, I found myself at a crossroads because word of the Junior Duke, which I had created in 2006 purely for my school, had spread to schools in almost 40 countries and required more of my time. My Head Teacher very kindly offered me a sabbatical so that I could get processes in place which would mean that the Award could run more smoothly and therefore, enable my return to the classroom. The year provided me with the best thing ever: time. I realised I could delve deeper into enhancing the Junior Duke Award. Through this process, I discovered numerous avenues for development within the program and it has been great fun to see my 'baby' spread its wings and fly!

This realisation prompted a difficult decision – was it time to bid farewell to a job I love with the familiarity of the classroom and the fun and friendship of the staffroom? While I cherished every moment I spent teaching, the allure of expanding and enriching the Junior Duke proved irresistible.

(It turns out that I have very few photos of things happening IN my classroom but I have plenty of the additional things I loved as part of the job of 'primary teacher'!)

Transitioning to full-time work on the Award has been quite an adventure. It is vastly different from days in my classroom. Yet, the journey is immensely rewarding and filled with excitement as I explore new possibilities for the Award's development and spend time talking to Duke Teachers in: council, Additional Learning Needs, independent and International schools around the world.

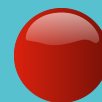
Zoom is great!

Although I miss the daily joys of teaching and all of the additional things the job entails, I am invigorated by the prospect of shaping the future of the Junior Duke and its community, empowering young minds and fostering holistic growth. It also means I am available for Zooms so do please get in touch!

As I embrace this new chapter, I am grateful for your support and encouragement. Your enthusiasm, helpful comments and regular posts on social media fuel my vision and propels the Award towards improving confidence, independence and resilience and, ultimately, wider achievement for our youngsters.



# MORE WORLD CHAMP NEWS...



## 2ND JUNIOR DUKE WORLD CHAMPIONSHIP: A GLOBAL SHOWCASE OF KNOT-KNOWLEDGE

March marked another fun chapter in this new era of Junior Duke World Championships, as young talents from four continents put their knot-tying skills to the test. This time, the challenge was to tie ten double bows in shoe laces as swiftly as possible, igniting a flurry of excitement and determination among participants aged 6 to 9. Many of them had to learn the skill before they could even participate. Win win!

In a display of speed and precision, teams raced against the clock to showcase their mastery of the art of shoelace tying. Among the contenders of the mini category, the spotlight shone brightly on **JSS Private School** in Dubai, whose team blazed through the challenge with impressive efficiency, completing the task in a remarkable 230 seconds. They were closely followed by **Fairgreen** in Dubai then **The Grove** in England.

In the older category, **Fair Field Junior** (England) won with 197 seconds, narrowly beating the impressive **Fairgreen** and **Qatar International School**.

This achievement not only highlights the talent and dedication of the winning teams but also underscores the spirit of cooperation, team spirit and friendly competition that defines the Junior Duke World Championships.

As children from around the world celebrate their skills with passion, they inspire us all to reach for new heights and embrace the joy of learning.

We particularly enjoyed hearing that pupils in **Zanzibar**, who often have no need of shoes to go to their school, still joined in with the skill whilst on the sunny grass near the beach!

Congratulations to all the participants!



Fair Field Champs, UK



JSS Private School Champs, UAE



Qatar International School, Qatar



BIS Boston, USA



The Grove, UK



I.S. of Zanzibar, Tanzania

They may not have tied their ten double bows in the fastest time but the judges loved this photo of the contenders from Mulberry House School in England.



## BEING ASKED TO BE GORDONSTOUN'S CHIEFTAIN!

It is with great pride that I tell you about a recent special moment. I was asked to be the Chieftain for Gordonstoun's annual Highland Games! (The school King Charles III and Prince Phillip attended!) As I stood before eager teams from 15 nearby primary schools (including two 'on tour' from Edinburgh), I explained to them about a significant milestone from my own past. Thirty years ago, in 1994, that very month, I had the privilege of representing the first ever Scottish Universities team in the 2nd ever Women's Rugby World Championships.

Despite our team's limited preparation time (of just two weeks) and the outcome of our matches, I fondly recall the sheer joy from every moment on the field and off. We laughed, forged lifelong friendships, and embraced the experience with unwavering enthusiasm.

In sharing this anecdote with the young contenders at the Highland Games, my intention was simple. I hoped to convey that regardless of victory or defeat, the essence of any endeavor lies in the memories created and the bonds formed along the way and, as **Gordonstoun's** motto resounds, in moments when you need to dig deep, always remember that 'there is more in you' - Plus est en vous.

There was so much fun had throughout the day with haggisies hurled, wellies & cabers tossed, hills run, slippery poles balanced on, tug-o-wars battled and a lot of laughter and cheer whilst making money for charity. Also, many medals were won!

Enormous thanks to the Head Teacher of Gordonstoun Junior School, Cath Lyall, for the kind invitation to be the Chieftain for the day and for running the Junior Duke within her school with such enthusiasm.



**Cath Lyall, Kenny Stewart (Games organiser) and me, Dawn Waugh**



**It was fun trying to knock each other off the slippery pole!**



**The standard of Highland dancing was impressive and, by some as young as three!**



**Teams waited eagerly to find out which school had been the overall winners. The rain nearly held off till the very end of prize giving!**

## OUR JUNIOR DUKE PROMISE



volunteers replanting



Scots pines growing in the poly tunnels



Glen Affric

At Junior Duke HQ, we understand the significance of our footprint on the planet. With the realisation of the number of workbooks we distribute globally, we recognise the responsibility to minimize our environmental impact. That's why we are committed to being as environmentally responsible as possible.

In line with this commitment, we are proud to announce our ongoing partnership with Trees for Life, a Scottish charity dedicated to environmental conservation. Last year, thanks to your support, our donations helped Trees for Life plant trees along riversides. These efforts aimed to mitigate rising water temperatures, safeguarding the habitat for salmon returning to their spawning grounds. The trees provide crucial shade, regulating water temperatures, and will contribute to healthier pH levels by shedding leaves into the rivers.

This year, our contributions will support Trees for Life's 'rewild and recover' project. These week-long initiatives focus on environmental restoration while providing counseling and outdoor education to young adults facing mental health challenges. Located near Glen Affric in the north of Scotland, groups will plant a minimum of 500 trees daily. Therefore, through children participating in the Junior Duke this year, at least ten thousand new trees will thrive this summer, enriching our ecosystems and fostering mental well-being. While our current initiatives are Scotland-centric, we are eager to explore partnerships with carbon-capturing charities worldwide. If you know of organisations aligning with our mission, we invite you to share your suggestions (email [dawn@juniorduke.com](mailto:dawn@juniorduke.com)).

Together, we can continue to make a positive impact on our planet, one tree at a time.

photos by: Paul Campbell, Louis McAllister and Trees for Life

## BEST ADDITION TO A SCHOOL WEBSITE

Occasionally, we need to search schools' websites for extra info and we often find some very interesting articles and inspirational additions!

Many schools list their school staff, along with their roles. Something I personally think is a great idea. However, **Newberries** went the extra mile by adding their school dog, Dotty! Her role in the school is 'welcoming pupils, listening to children read and pupil wellbeing.'

More schools need a Dotty!



## FAVOURITE INSTA POST

We have upped our game a bit with social media this year but still have a long way to go!

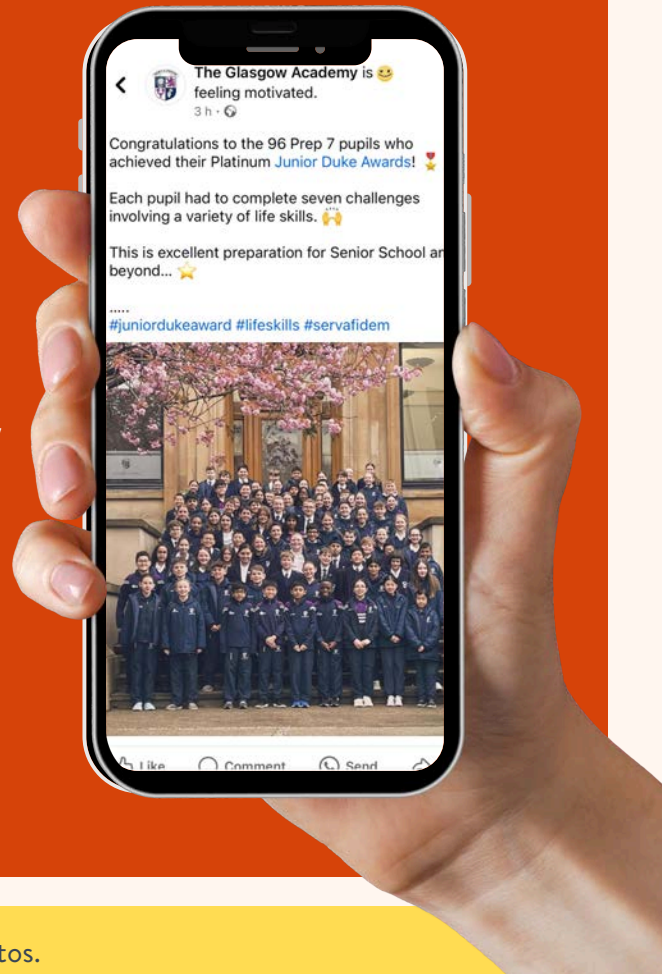
However, we have really enjoyed seeing posts from schools around the world tagging us into their posts!

Thank you very much for that.

It made us think that we'd like to offer a termly prize for the best posts linking the Junior Duke to your school.

So far, this year, we saw this cracking group photo from **The Glasgow Academy** who managed to have 96 pupils complete their Platinum level!

And, this is the photo which made us smile the most! Such a proud face in **Dubai International Academy Al Barsha!**



## ONLINE WORKBOOK OPTION

We are firm advocates for our traditional paper workbooks because of the myriad benefits they offer. From immediate face-to-face feedback from assessors around the school, to the pride children take in their handwriting and seeing their workbooks on display, these colourful keepsakes serve as tangible reminders of skills learned for years to come.

However, we recognize the evolving landscape of education, including the rise of virtual schooling. To adapt to these changing needs, we've developed an online version of our workbooks for virtual schools.

This digital option allows for quick photo uploads, ensuring a seamless experience on a laptop (we don't want to encourage usage on a small phone so there is no App).

Yet, we acknowledge potential concerns. There's a risk of parents taking sole responsibility for typing 'self reflections' and uploading

photos.

Also, teachers may be tempted to provide feedback at their convenience, reducing the crucial, interactive element of face-to-face assessments throughout the school day. Pushing pupils to visit various staff to converse is a big part of the Award. Despite these apprehensions, we've created this online platform for schools who find it fitting for their unique circumstances. We remain committed to providing the paper workbooks for most whilst also giving options that best serve the diverse needs of our Junior Duke community.

Thank you for your continued support and feedback as we navigate these exciting changes together.



Teachers see a clear record of how each child is getting on.

Teachers can see what each of the levels entails - including reasons to choose each task and skills covered (this info has also been added to the workbooks)



## MORPHING SHIELD

In the beginning, there were no flags on our shield because it was an Award for just one school in Scotland.

Then, as schools in more countries took part, flag bunting was added to the International workbooks to celebrate their inclusion. With the addition of more schools, more flags were required but they couldn't all fit on the bunting so button badges were designed.

However, now that there are schools in forty countries offering the Award to their pupils, and we can't possibly add that many button badges as it would look too busy and take up the entire front of the workbooks, we have made the decision to remove the flags altogether!

We don't want to offend anyone by not including the correct flag and hope you like the simplicity.



## ORDER DEADLINES ELIMINATED

In a move to prioritize student success and to eliminate stress at the start of the school year, we'd like to announce the removal of deadlines for your school's order! Now, you have the flexibility to place your school's order as soon as you are ready. By removing this constraint, you may begin the Award when you are ready, but please ensure that you are giving your students as much time as possible to achieve success without stress.



## TOP PUPIL FROM 1994

In my first ever class, I taught a very clever wee boy. His name was Gregor. I still have the glass vase he gave me as a gift at the end of the year!

I met him earlier this year for a coffee and our first catch up since June of 1995. He's 40 now, a journalist with a lovely young family and, it turns out that he and his wife run a PR firm.

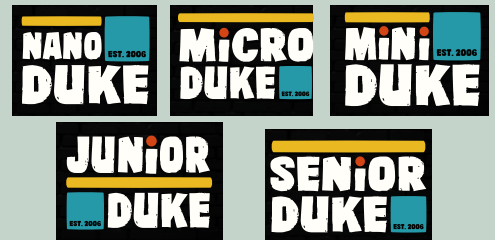
He still has the same smart demeanour and still gives carefully-considered answers in a casual, smiley, friendly manner. The more we chatted, the more I remembered about him and I knew the Junior Duke needed his help.

His team at Story Shop worked together to develop the Junior Duke's first logo!

It was so good to work with him again and to see how far he has come! This time, however, I felt like the pupil!

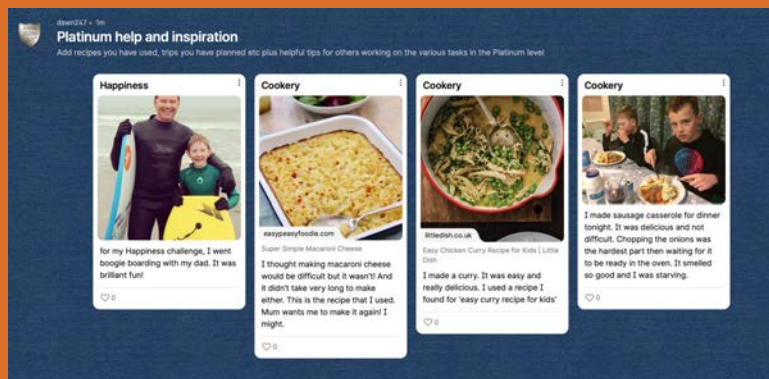
Isn't being a teacher great?!

We are so lucky to be part of others' lives! And, even luckier if we can follow some of their journeys!



## SHARING IDEAS – POLL

Teachers worldwide, we have a question to put to you - Would you support using a platform like Padlet for students to share Junior Duke ideas, recipes, and inspiration for each challenge? Would it be best to use just for the older year groups, all year groups or definitely no year groups at all?! We would love to hear your thoughts. If a positive poll, we would add a QR code to the workbook to take children to the site. [CLICK HERE TO TAKE THE POLL](#)





## UPSKILLING

We hear about all sorts of skills being improved but these two girls from Verbier and Horsham have done a brilliant job learning how to crochet and knit. You should see all of the things they have made! Well done to Romilly and Elodyn.



## MONEY SKILLS

Phinley did an amazing job of learning the recipes for five budget meals. He learned to shop on a budget, prep food, cook it with the right amount of seasoning and how to stay safe around a hob and oven.

**Baked Chicken Noodles Cost Break Down:**  
 1 Portion  
 Ready Cooked Noodles 50p Spring Onion + 2 10p  
 1/2 Red Onion 10p 1/2 Carrot 10p Teaspoon  
 Sugar 10p Oyster Sauce 10ml 25p Honey  
 Teaspoon 20p  
 = £3.35

**Chicken Pie Cost**  
 500g Chicken £5.50 Pastry Short  
 Crust £1.19 Steamed Veg £2.00  
 Total £8.69 x4 portions  
 1 Portion = £2.17

**Spaghetti and Meatballs**  
 6 meatballs £3.00 Passata 49p  
 Tomato Puree 1/2 tube 35p  
 Spaghetti 1/2 packet 40p  
 Total £4.24 3 Portions = £1.41

**Chicken Roast**  
 Chicken Breast wrapped  
 in bacon sausage and  
 stuffing £2.99 Potatoe  
 20p Veg 50p Total =  
 £3.69

**Toad In the Hole**  
 Sausages x8 Batter Mix 80p  
 Potatoes £1.50 Broccoli 49p  
 Carrot 35p  
 Total = £6.14 6 Portions  
 £1.02

## COMPARING PRICES AND RESEARCHING BEST DEALS ON AN IPHONE

Provider	Cost per Month	Initial cost on phone	Length of contract	Capacity	Data	Total	Perks
EE	£31.00	£30.00	2yrs	256GB	100GB (E15-27)	£744	FREE APPS, Music, Roaming
O2	£33.08 + data	£30.00	2yrs	256GB	100GB	£1273.92	FREE APPS, Music, Roaming
Sky Mobile	£28.00	£0.00	2yrs	256GB	100GB (E18)	£672	Roaming 4 FREE
Vodafone	£41.00	£40.00	2yrs	256GB	100GB (E20)	£1464	NA
EE 4G+	£32.25	£25.00	2yrs	256GB	100GB (E23)	£1298	Roaming 4 FREE

"It was difficult at first but after realising what I wanted and needed it became much easier and I managed to confidently find my dream phone at a cheap price. I had to make sure that it was a trusted website if it was too cheap by testing ratings and other websites ideas of that website. I enjoyed this challenge as it challenged my thinking and math skills and it could help me manage my money and what I want to spend it on in the future. It also helps me be more frugal and really make me enjoy what I already have. 'A penny saved is a penny earned.' Emma (13) from Glendower Prep.

## DRINK CHOICES

Name of Drink:	Amount of Sugar: (g)
Prime	0.4
Huel (chocolate)	0.6
Red Bull	3.09
Schweppes Lemonade	4.2
San Pellegrino	4.5
Lucozade	4.5
Fanta Orange (full fat)	4.6
Irn Bru	4.7

For this task, students are to look at the different contents of a variety of drinks. Isla, (13) in St Peters York, completed the task in incredible detail and said, "I think doing this task will help me make better choices later in life when choosing what to drink. However, I would also say that my worries were very justified as there are many drinks that I used to love but I now look at and think 'there is so much sugar in that.'"

## ADVENTURE

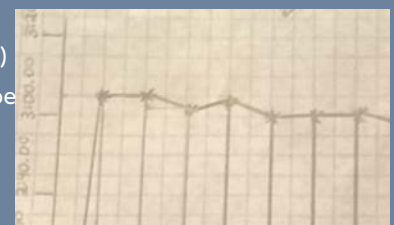
"I had some trouble setting the tent up but I had more trouble putting it away. It was fun using the gas stove, cooking my own meals and eating it but it started raining when i was eating dinner." Allison (12) from Beaconhouse (Malaysia)



## PHYSICAL - SWIMMING

"....Completing this task has been very beneficial to my swimming performance and has taught me to train harder, race better and aim outside of your comfort zone: do longer and harder races and aim for gold."

(Darya (12) from Glendower Prep)  
 Over a set period of time, it can be seen that Darya's time for the 200m is improving.



from throughout '23 and '24

## DOTS



Congratulations to all of the teachers who have already sent in their dots! Seeing which challenges children choose, and don't choose is really helpful for informing changes to the next year's levels! If you haven't already, please send me a photo of your dot charts (to: dawn@juniorduke.com).

## BODY STRENGTH

It's great to see so many children choosing to follow Coach Craig's strength challenge!

**Bedstone College** posted these great photos!

Coach Craig was a very happy man when he saw this post!

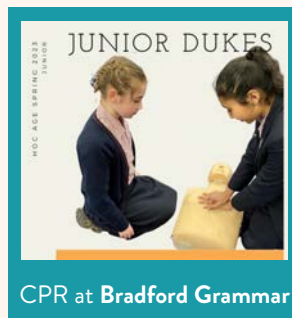


## WHERE IS JUNIOR DUKE JOHN NOW?

If you were following Junior Duke John's journey from Cairo to Cape Town last year (the videos of his epic adventure can always be found at [www.juniorduke.com/juniordukejohn](http://www.juniorduke.com/juniordukejohn)), you might like to know how he is now!

He has had a brilliant first year at uni studying Geography and is still cycling regularly and is part of a uni cycling club.

The Haven Centre, for whom he was fundraising, is being enjoyed and appreciated by many and his brother, Andrew, loves his time there!



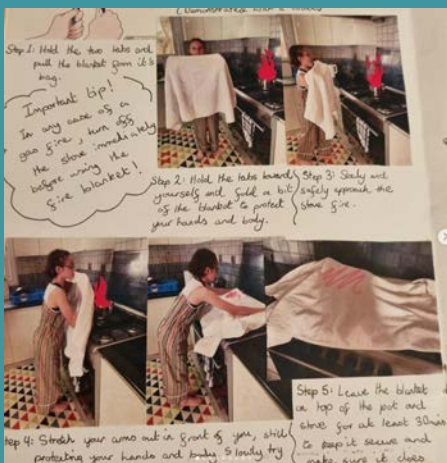
Who is your school's Ambassador? Watson's invited the inspirational Zyw twins to question how pupils were making their days count.



Please tag us on your school social media posts and use the hashtag #juniorduke

Facebook @Junior Duke  
Instagram @JuniorDukeAward  
X @JuniorDukeAward

## AVERTING DISASTER!



Children around the world have been learning how to turn off the electricity and water to their homes as well as how to use a fire blanket. We loved how well this girl is holding her blanket as she approached the fire, protecting her hands perfectly! Top marks to this girl from **Dubai British School Jumeirah Park!**



10 challenges each from 8km walks to Sri Lankan nature adventures, Top Female swimming PowerPoints to den building and traditional mask creations to tongue twisters at 6!

As always the @juniordukeaward has provided challenges, adventures & a whole bucket load of creativity from these two little ones.

Certainly two very proud & excited faces yesterday when they received their awards!

Keep striving little people, your

## KNOT TYING

**Gresham School** has been busy all year with wrap-making sessions, fire-building lessons and fun in the woods building dens and learning how to tie knots!





from throughout '23 and '24

## HOW GOOD IS YOUR MEMORY?!

1. For how long can Donna Jean Wilde hold the plank position?
2. How many trees do we expect to be planted because of Junior Duke donations made to Trees for Life this year?
  - a. 500
  - b. 1500
  - c. 10,000
3. In which country did we mention that some children working on their Junior Duke have no need of shoes to go to school?
4. What is the name of the dog who is in charge of pupil wellbeing at Newberries School?
5. What did our first ever Junior Duke World Championship involve?
  - a. Longest plank
  - b. Ironing
  - c. Knot tying
6. For how many years did the Founder of the Junior Duke Award work as a primary teacher?
7. In which year did the 2nd ever Women's Rugby World Cup take place?
8. Do we still have a deadline for orders to be placed?
  - a. Yes
  - b. No
9. Which school has two Ambassadors called Davy and Tommy Zyw?
10. What is Junior Duke John studying at university?
11. Which role did Dawn get to play at the Gordonstoun Highland Games?
12. Which has more sugar, Red Bull or Irn Bru?
13. According to Emma's research, which company has the best deal for buying an iPhone 15?
14. Which part of the shield design have we decided to change?
15. What did Gregor and his team at Story Shop do for the Junior Duke?
16. Are you and your school following us on social media?
  - a. Yes
  - b. No



## ANSWERS

1. 4 hours, 30 mins, 11 seconds!
2. c. 10,000
3. Tanzania
4. Dotty
5. b. Ironing
6. 28
7. 1994
8. No
9. Watson's
10. Geography
11. Chieftain
12. Irn Bru
13. Sky Mobile
14. removing the flags
15. designed our logo
16. a. YES! if not yet, please do!

The scores are in! We have a winner!

**MARCH '24**



# **KNOT TYING WORLD CHAMPIONS!**

Young category - age 6ish only (Year 1/Silver Mini Duke-age)



**2ND**

**Fairgreen, Dubai  
(333seconds)**



**1ST**

**JSS Private School,  
Dubai**

**(230seconds)**

(ignore that two knots were tied concurrently,  
judges timed each knot separately and a final  
time given)



**3RD**

**The Grove, UK  
(413seconds)**

Note: Videos were watched and timings checked to find out how long it took for 10 individual **DOUBLE** bows to be tied. The judges' word is final.

The scores are in! We have a winner!

**MARCH '24**



# **KNOT TYING WORLD CHAMPIONS!**

Open category - age 6-9



**2ND**

Fairgreen, UAE  
(262 seconds)



**1ST**

Fair Field Junior  
School, UK  
(197 seconds)



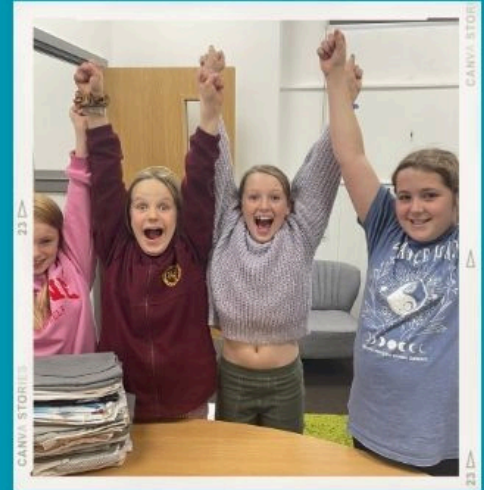
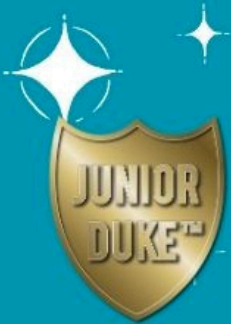
**3RD**

Qatar International  
School, Qatar  
(301 seconds)

Note: Videos were watched and timings checked to find out how long it took for 10 **individual DOUBLE** bows to be tied. The judges' word is final.

**NOVEMBER '23**

# THE FIRST EVER JUNIOR DUKE WORLD CHAMPIONS!



**#2**

**British School Al  
Khubairat  
(UAE)**

**#1**

**Hutchesons' Grammar  
School  
(Scotland)**

**#3**

**The Grove  
(England)**

Junior Duke pupils in schools around the world competed to see which school has the fastest pillowcase ironers!

**Now we know!**

[www.juniorduke.com](http://www.juniorduke.com)