

Parent and Carer NEWSLETTER



17th December 2021

WELCOME

We wanted to share some useful information and examples of the activities students have been involved in so far. Newsletters will be sent monthly covering different topics, if you would like to request a topic, please contact heretohelp@eastcoast.ac.uk.

East Coast College and Lowestoft Sixth Form wish all a Happy Christmas and thank you as always for your ongoing support. We look forward to seeing all our students in the new year.

GOOD FOR ME, GOOD FOR FE



What is social action?

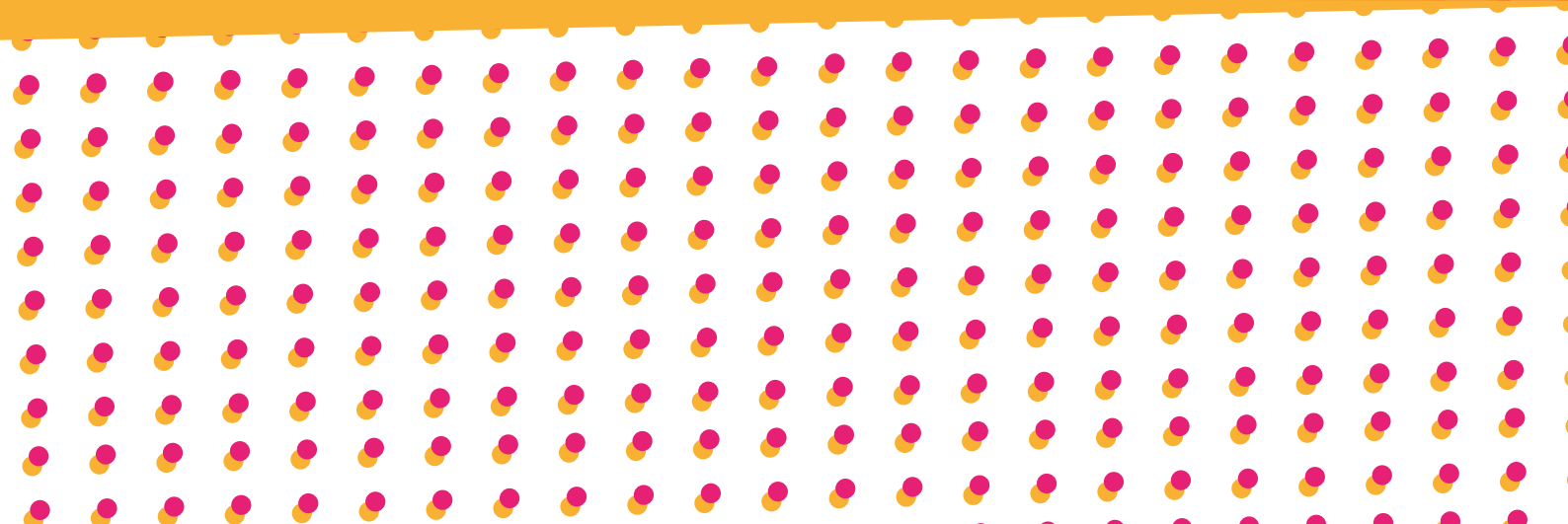
Social action is about people coming together to help and support themselves, others and their communities. This can include volunteering, fundraising or just doing nice things for other people. Students and staff have completed over 2,400 social action hours this term and donated over 6,000 items for the foodbank, babybank and Christmas stockings campaign. Research shows that being involved in social action can improve wellbeing and make people feel part of a community.

At East Coast College and Lowestoft Sixth Form, we are part of the Good for Me, Good for FE initiative which works to highlight and support the social action being completed by students and staff. Social action opportunities are displayed around campus and are also available on Moodle. Students can contact plussmore@eastcoast.ac.uk for more information or talk to their tutor if they would like to get involved in something. If your young person is involved in volunteering or other social action in or out of college, please encourage them to share this with us so we can highlight their good work!



PLUS MORE ACTIVITIES

In addition to social action, there are lots of other enrichment activities available both on and off campus. Students can see Moodle or enrichment noticeboards on campus for more information. If students would like more information or are interested in an enrichment activity but cannot see it advertised, please contact plussmore@eastcoast.ac.uk





UNIVERSITY APPLICATIONS

Applications are underway for university entry and the UCAS deadline is rapidly approaching on 26th January 2022. Students decide to go to university to get into a particular career, to experience somewhere new or meet new people among many other reasons. There is lots of help on offer for those who have decided to apply and also for those not quite sure yet. Our team will help students look at universities near – such as the University of Suffolk on our campus, or far – based on what is best for them.

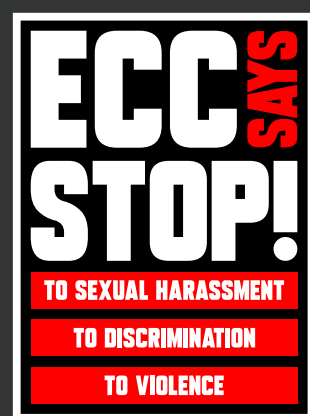
Many parents and carers share questions and worries about student finance – we can bust some of the myths and support applications. With the aim to get applications sent off prior to the Christmas break, we have had weekly drop in sessions on each campus to support students. There have been a variety of tutorials supporting applications, and life at university featuring top tips and expert advice to help with this process.

The Plus More calendar is available to students on Moodle (college virtual learning environment), which will feature current and upcoming events including university open days, academic speakers and enrichment opportunities. In the meantime staff across all campuses are more than happy to support you in any way we can so please don't hesitate to get in touch and below are some useful online resources:

Email: careers@eastcoast.ac.uk

[Advice for parents and guardians | UCAS | Parent guide to university](#)
[Advice for parents of university students: Which? University - The uni guide](#)
[Parent guide to university 2021 - Save the student](#)

CAMPAIGN LAUNCH



ECC Says STOP! to sexual harassment, violence and discrimination

Over the past year there has been a lot of coverage in the media about sexual harassment, including sexual harassment in education. At East Coast College and Lowestoft Sixth Form, we want to ensure that everyone feels safe. As part of this we have been talking to our students to find out what their worries around this matter are, how we can support them to report concerns and what we can do to prevent sexual harassment. We recognise that anyone can be a victim, regardless of age, gender, identity or sexuality. When we talk about sexual harassment, we mean 'unwanted behaviour of a sexual nature that makes you feel distressed, intimidated or humiliated' and that this can include jokes, 'banter' or someone sharing sexual images with you which you do not want to see. We are also working closely with partner agencies to provide information and support to all of our students.

If you are concerned about sexual harassment or would like to talk to the Wellbeing team about this further, you can contact the campus wellbeing team via call or text.

Great Yarmouth - 07747037852
Lowestoft - 07823349327
Sixth Form - 07823349300
All campuses - wellbeing@eastcoast.ac.uk

STUDENT WELLBEING

We know that the Christmas and new year period can mean our community may need some extra help and advice with wellbeing and mental health. The college is closed for the Christmas holiday from 4.30pm on Friday 17th December 2021 and reopens at 8.30am on Tuesday 4th January 2022. There are lots of great organisations offering support included on our website, including 24/7 access where needed.

<https://www.eastcoast.ac.uk/student-support/wellbeing>

SIXTH FORM ART TRIP

On Friday 3rd December, Year 13 Photography students joined staff members for a trip to London. This was an opportunity for students to take photographs of a new and exciting environment to support their component 1 Photography A Level, and to visit exhibitions of the works of Helen Levitt and Julie Cockburn at The Photographer's Gallery in Soho.

The students were excellent ambassadors for the sixth form and enjoyed their time photographing iconic London locations – The London Eye, Leicester Square, China Town, Trafalgar Square, Carnaby Street, and Piccadilly Circus. For some students this was their first ever visit to London. See some photos of the trip below.



COLLEGE TERM DATES

Christmas holiday

20th December - 31st December
(Students return on 4th January)

February half-term

14th February - 18th February
(Students return on 21st February)

Easter holiday

11th April - 22nd April
(Students return on 25th April)

May half-term

30th May - 3rd June
(Students return on 6th June)



CONNECT WITH US!



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Lowestoft Sixth Form
College



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STAY NEAR GO FAR

As a partner college of the University of Suffolk, you can study a degree on your doorstep at East Coast College in Lowestoft and Great Yarmouth.

Degrees awarded by the University of Suffolk at East Coast College

- Applied Care Practice
- Applied Psychology
- Biomedical Science*
- Business Management
- Children's Care, Learning and Development
- Children's Health, Play and Wellbeing
- Creative Arts Practice
- Crime, Justice and Society*
- Cultural Studies
- Environment and Sustainable Energy
- Fashion and Textiles
- Forensic Science
- Inclusive Practice and Integrated Working
- Literary Studies with Creative Writing*
- Nautical Science
- Network Development and Cyber Security*
- Operations Engineering
- Person-Centred Counselling
- Practical Life Sciences
- Professional Photographic Practice
- Social Science
- Social Welfare, Advice and Guidance
- Sport, Health and Exercise
- Supporting Inclusive Learning and Practice
- Sustainable Futures
- Visual Arts*
- Visual Effects and Post-Production
- Web Technologies*

*These courses are subject to validation.

View our full list of degree programmes on our website and apply to start in September 2022.

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