

Parent and Carer NEWSLETTER

February 2022

WELCOME

Welcome to the February edition of the Parent and Carer Newsletter. In this edition we bring you information about apprenticeships, including Degree Apprenticeships, covering a wide range of career options. You will find links and case studies to help you find the right route for your young person. Helping to keep our community safe is of paramount importance to the College. In each newsletter we will cover an aspect of safeguarding and wellbeing which we hope you will find useful for yourself or to share with wider friends and family. In this edition we cover online safety. Please let us know if you have ideas for themes you would like to see covered at heretohelp@eastcoast.ac.uk

ALL ABOUT APPRENTICESHIPS



Many students are considering apprenticeships as their next career step. Apprentices are employed and receive a wage to do a job while studying for a formal qualification – normally including one day a week at college, university or with a training provider. Apprentices learn skills and knowledge to help them progress to the next level in their chosen career or move to other sectors.

Apprenticeship opportunities are growing and are available across many career areas. You can find information and links to help you support your young person in making the right choice for them.

There are four different levels of apprenticeship:

- Intermediate - equivalent to five good GCSE passes.
- Advanced - equivalent to two A Level passes.
- Higher - equivalent to the first stages of higher education, such as a foundation degree.
- Degree - comparable to a Bachelor's or Masters degree.

Find out more

Below you can find some fantastic links to apprenticeship and careers information:

Amazing Apprenticeships – information including sector videos and parent/carer hints and tips
<https://amazingapprenticeships.com/>
<https://amazingapprenticeships.com/app/uploads/2022/01/Apprenticeship-Hints-Tips-for-Parents-Carers-V2.pdf>

Prospects – lots of information about career choices
<https://www.prospects.ac.uk/jobs-and-work-experience/apprenticeships/what-is-an-apprenticeship>

Success at School Parent and Carer Guide to Apprenticeships
<https://successatschool.org/advice/details/1204/a-parents-guide-to-apprenticeships>

UCAS provide information on degree apprenticeships
<https://www.ucas.com/apprenticeships/what-you-need-know-about-apprenticeships/degree-apprenticeships>



Higher and degree apprenticeships

What are they? - Higher and Degree apprenticeships are an exciting opportunity for your young person to gain employment while also working towards a higher-level qualification. A Higher Apprenticeship is equivalent to a foundation degree (Level 5). A Degree Apprenticeship is equivalent to a university degree (Level 6).

What are the benefits? - Your young person will be employed and therefore will gain valuable real workplace experience. They will be able to develop their skills and knowledge in their sector, and it is a good way to progress in their chosen career path. 90% of apprentices stay in employment at the end of their apprenticeship programme, and there is often a chance of earning a higher wage. Graduates on average earn more in their lifetime than those who do not enter higher education. In fact, completing a Higher or Degree Apprenticeship can earn you an extra £100,000 more.

How do they work? - An apprentice will spend 80% of the working week at their place of employment and 20% at their place of study. Course fees are covered by the employer and the government, meaning there are no student loans!

Entry requirements - You will typically need a Level 3 or equivalent qualification for a Higher and Degree apprenticeship. It is also important to have your English and maths GCSEs. Each vacancy will state what their requirements are so make sure to check this and if you have any questions contact the employer.



Neaco guide to Higher and Degree Apprenticeships:

Local university options

Degree/Higher Apprenticeships - East Coast College

<https://aru.ac.uk/study/degree-apprenticeships>

<https://www.uea.ac.uk/apply/apprenticeships>

<https://www.uos.ac.uk/content/apprenticeships>



Are you a parent or carer who runs a business or works in a business that could benefit from recruiting apprentices?

Please see FAQs here:

<https://www.norfolk.gov.uk/news/2022/01/need-apprentices-for-your-business-but-were-afraid-to-ask>

Contact our apprenticeships team to find out more:

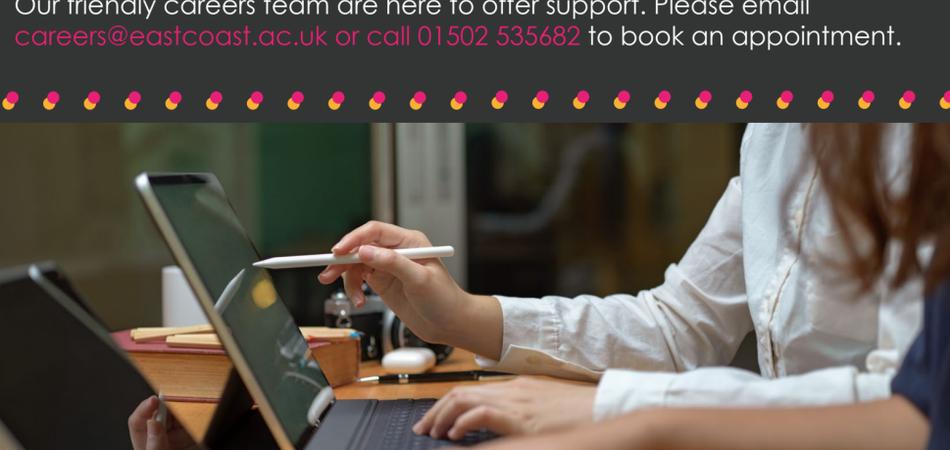
apprenticeships@eastcoast.ac.uk

How to apply and who can help

Firstly, your young person will need to have a good and up-to-date CV. It is also important to have a good cover letter, and ensure that these are adapted based on the apprenticeships which they are applying for.

Search for vacancies using the Government website - <https://www.gov.uk/apply-apprenticeship> - you can create an account and sign up for updates.

Our friendly careers team are here to offer support. Please email careers@eastcoast.ac.uk or call 01502 535682 to book an appointment.



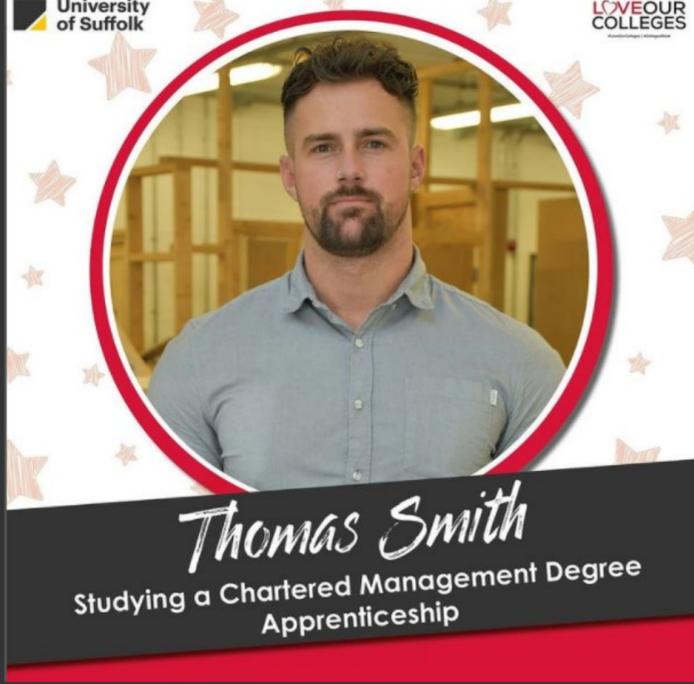
CHARLIE WILLIAMS, 21
Carpentry & Joinery Apprentice

Hear from Charlie Williams, a Carpentry and Joinery Apprentice, talking about his experience working at Persimmon Homes.

Feeling inspired? Drop us an email to get started apprenticeships@eastcoast.ac.uk

CLICK HERE

APPRENTICESHIP ALUMNI



Thomas Smith is currently studying his Chartered Management Degree Apprenticeship Standard through the University of Suffolk at East Coast College, alongside his full-time role as a Construction Curriculum Manager.

Nicola Lown

Level 3 Early Years Educator at Ormesby Preschool

What are you enjoying most about your apprenticeship?

Learning about how much early years education has an impact on a child and the importance of early intervention. I've been given the chance to make a real difference within my nursery.

What advice would you give to anyone considering an apprenticeship?

It is something everyone should consider as you are given so much support and guidance throughout, you cover such a wide range of modules.

Once you've completed your training what are your career hopes for the future?

I hope to go onto study my Level 4. Since starting my Level 3, I have really been interested in speech, language and communication and how to promote it, also I find learning how to support children with special educational needs both interesting and rewarding.



SAFER INTERNET DAY 2022

"All fun and games? Exploring respect and relationships online."

February 8th was Safer Internet Day. This year the focus was on helping young people consider how they interact online - both to protect themselves and to create a more respectful online environment for all, particularly in online gaming. Whether your young person is an active gamer, an aspiring influencer, or an online information consumer, we hope the following resources will help you to consider and discuss these issues together.

Advice for parents and carers - [CLICK HERE](#)

UKSIC (UK Safer Internet Centre) are the organisation behind Safer Internet Day. This page of their website is designed to help you plan to talk to your young person about this year's theme and includes top tips, activity ideas and videos.

#AskTheAwkward (thinkuknow.co.uk) - [CLICK HERE](#)

Think U Know's webpage is dedicated to helping you prepare for starting difficult conversations with young people. Includes a downloadable help sheet pack.

Social media guides - [CLICK HERE](#)

UK Safer Internet Centre Social Media remains a concern for many. The UKSIC's social media guides are regularly updated to provide you with the essential information you need to manage social media accounts.

Prevent grooming and radicalisation -

Anyone can be at risk of being radicalised regardless of their age, but teenagers and young people can sometimes be at a greater risk. Extremists know how to capitalise on feelings of insecurity and convince the person they can help by providing a solution to problems or giving a sense of belonging. Online channels are used to target someone they think could be persuadable, including:



online forums and chat rooms



Tiktok



Whatsapp



Youtube



Twitter



Gaming platforms



Facebook



Instagram



Reddit

NSPCC reports a 70% increase in the last three years of online grooming crimes recorded by police, with 2021 being an all-time high. Online groomers use the internet to build relationships with young people, so they can manipulate, exploit or abuse them. If you are worried about your young person or someone you know please contact the College safeguarding team for help and advice.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/>

Campus Wellbeing Team contact information:

Great Yarmouth - 07747037852

Lowestoft - 07823349327

Sixth Form - 07823349300

All campuses – wellbeing@eastcoast.ac.uk

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