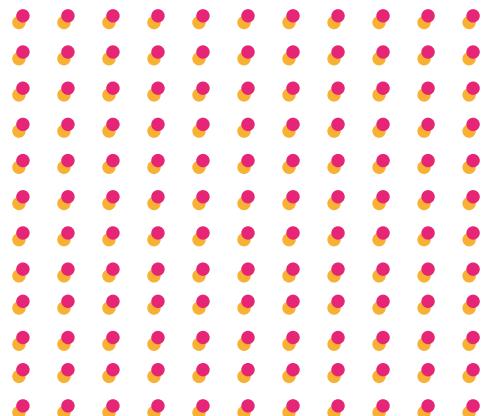


# Parent and Carer **NEWSLETTER**

May 2022

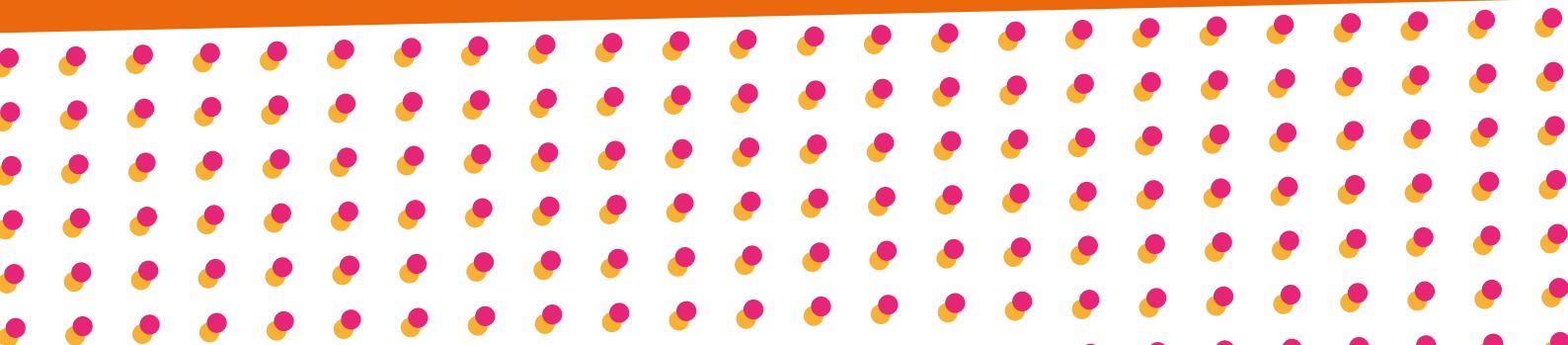


# WELCOME



Term three is very much underway, and is an important one for all our students. Whether the next step is a move to an apprenticeship, university, employment with training, self-employment, another course or year at college, we know it is very important to the students, and from our most recent parent and carers survey, it is what you want to see covered in newsletters.

The May edition will share links to help you support your young person with their decisions. Personal confidence and interests play a big role in choosing careers and next steps. You will also find some enrichment activities which the college offer, digital support, a PREVENT update and a list of some free upcoming events within our local community!



# CAREERS



The college offers unbiased careers information, advice and guidance to all students through availability of dedicated careers advisers, useful links on Moodle, trips, guest speakers and in-class activities linked to subjects.

A 2021 Mumsnet parent and carer survey found that 84% were involved with their young person's career decision making. Here are some useful tips and links to support you:

## Key questions include:

- What are their interests, values and personality traits?
- What are your skills and strengths?
- What options are open?
- How can you ensure your positive wellbeing?

To help your young person answer some of these questions, the links below are a good starting point:

Barclays LifeSkills has great information for young people and families around choosing the right careers and money skills linked to work and life - <https://barclayslifeskills.com/young-people/>

Target Careers have produced a fantastic Paths To Careers Guide for parents and carers - [https://targetcareers.co.uk/sites/targetcareers.co.uk/files/public/paths-to-careers-parents-guide\\_2021.pdf](https://targetcareers.co.uk/sites/targetcareers.co.uk/files/public/paths-to-careers-parents-guide_2021.pdf)

Check out our February Newsletter for Apprenticeships advice - <https://www.eastcoast.ac.uk/wp-content/uploads/2022/02/Parent-and-Carer-Newsletter-February-2022.pdf>

National Careers Service provides information on choices for young people and adults, if you are thinking of a career change - <https://nationalcareers.service.gov.uk/>

The East Coast College website lists some further useful links, enabling you to find what works best - <https://www.eastcoast.ac.uk/student-support/careers-advice/>

YOUNGMINDS supporting positive mental health - <https://www.youngminds.org.uk/>

If you would like to get in touch to book an appointment with your young person, or if you have any questions please contact the careers team on [careers@eastcoast.ac.uk](mailto:careers@eastcoast.ac.uk) or ring us on **0800 854 695**.

# PLUS MORE



As part of student experience at East Coast College and Lowestoft Sixth Form, we have a programme of enrichment activities which are open to all our students. Some of these are run by the college and some are run by our partners. We wanted to give you an overview of some of the activities available.

## Sports activities

Playing football with Norwich City Kicks is a good example of the sports acitivities which we offer at the college.

## Climate Committee

Climate Committee is a way for young people to get involved in making a difference to climate change.

## Good for ME, Good for FE

Good for ME, Good for FE is a national campaign recognising the benefit of social action and volunteering. This academic year, there has been over 6000 social action hours, 6000 items donated to food and baby banks and over £2000 raised for charity by staff and students.

## Duke of Edinburgh Award

The Duke of Edinburgh Award helps with building confidence and skills through activities.

## Student Voice and Leadership

Student Union, Student Council, and being involved with the Student Newsletter are all ways of students voicing their opinions and showing leadership. Our students have recently helped to plan the personal development programme for the academic year 22/23.

## Opportunities for students to have their say on issues that matter to them outside of college

Waveney Youth Voice, Youth in Mind, and participation in consultations and focus groups for a variety of partners.

Student Wellbeing is also key to student experience at East Coast College and Lowestoft Sixth Form. The Student Union aworked well with the Wellbeing Team to put on some successful events over Mental Health Awareness Week in May.

If your young person has any ideas about activities which could take place or would like to be involved they can contact their campus Wellbeing Co-ordinator or email [wellbeing@eastcoast.ac.uk](mailto:wellbeing@eastcoast.ac.uk)

If you are worried about your young person you can contact the Wellbeing Team by telephone, text or email on:

**Great Yarmouth - 07747037852**  
**Lowestoft Campus- 07823349327**  
**Lowestoft Sixth Form - 07823 349300**

# PREVENT UPDATE

Simply put, Prevent is about safeguarding individuals from being drawn into terrorism, ensuring those vulnerable to extremist and terrorist narratives are given appropriate advice and support at an early stage. Prevent is no different to any other form of safeguarding from harm.

Students have made us aware that they have seen stickers and leaflets such as these (see below). These are distributed by far-right groups in Great Yarmouth, Lowestoft and Norwich and have let us know this is a concern to them.

If you or your young person sees or receives information, or if you have any concerns around this, you can contact Tif Ward, Student Wellbeing Manager, at [t.ward@eastcoast.ac.uk](mailto:t.ward@eastcoast.ac.uk). If possible, please make a note of the date and time you or your young person saw or received the information. After half-term we will be sharing more information around this topic with students to raise their awareness and provide support.



## UPCOMING EVENTS

**Free upcoming events - the following events are happening this May and June.**

### MedicFest

Medicfest is aimed at young people aged 8-14 and will be running in both Norwich and Ipswich as it tours the country. Full details will be released on the Medical Mavericks website.

**Location:** Norwich and Ipswich

**Date and time:** TBC

### Ipswich Jobs Fair

**Location:** The Corn Exchange

**Date and time:** June 8th, 10am to 1pm

### Great Yarmouth Jobs Fair

**Location:** Town Hall between

**Date and time:** June 29th, 10am to 1pm



### Suffolk Libraries volunteering

Suffolk County Council are looking to support this year's Summer Reading Challenge, which is a great opportunity for students to pick up some work experience and support their local community. Visit your local library to enquire.

# DIGITAL SUPPORT

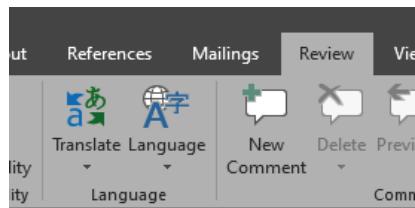
## Translation tools and online document readers

There are lots of free tools available to students who need extra support with language, or who just want to let some of the technology take the strain. Here are some of the options available to our students:

### Microsoft translator

A free app that can be downloaded to phones to help with conversational translation. Available through the App Store and on Google Play.

### Microsoft Outlook, Word and PowerPoint include translation tools (see image)



### Immersion Reader

A full screen reading experience to increase readability of content in OneNote documents, and can read aloud texts in a range of languages.

### Google translate

Translates PDF and webpages.

### Microsoft Edge

Is on all college PCs and includes a Read Aloud function in the web address bar.

### TextHelp's Read and Write software



Every PC in college includes TextHelp's Read and Write software, which includes a range of language support tools to assist and improve reading and writing. Students can ask at the Library (library@eastcoast.ac.uk), College Shop or Additional Learning Services office for support with this system.



# COLLEGE TRIPS AND WORKSHOPS

## BALMAIN PARIS HAIR COUTURE



Our Hairdressing students took part in a one-day hair extension course. They created texture/volume and added length to natural hair. The topics they covered included how to maintain hair, application, removal and reapplication and consultation.



## MOCK CRIME SCENE FOR FORENSIC SCIENCE STUDENTS



Our Forensic Science students were tasked with solving a case in a realistic crime scene. Using the knowledge they have gained in class, the students completed a thorough investigation. There are many steps involved, such as cordoning off the crime scene, identifying and marking out evidence, collecting and testing evidence, keeping a report of their findings, identifying their suspect and finally, presenting their argument to court.



# Childcare Assessment with DIAL

Do you want to go back to work, explore training or education and want to know more about childcare options? Do you want a chat about it?

We understand that leaving children with others whilst you are at work can be a stressful thing

If you are enrolled on the Norfolk Community College project, DIAL can help you explore the **RIGHT** childcare options available for you



**Get in touch with DIAL**  
[www.dial-greatyarmouth.org.uk](http://www.dial-greatyarmouth.org.uk)  
[info@dial-greatyarmouth.org.uk](mailto:info@dial-greatyarmouth.org.uk)  
**01493 856900**

**DIAL is part of the**  
**Norfolk Community College project**  
[www.norfolkcommunitycollege.co.uk](http://www.norfolkcommunitycollege.co.uk)  
[info@norfolkcommunitycollege.co.uk](mailto:info@norfolkcommunitycollege.co.uk)  
**01493 419255**

**access**  
Your Community Your Trust



**future  
projects**

**VOLUNTARY  
NORFOLK**

**Norfolk** Community College



# CONNECT WITH US!



@eastcoastcollege  
@l6fcofficial



@eastcoastcoll  
Lowestoft Sixth Form  
College



@eastcoast\_coll  
@L6FC

**Below are the social media accounts for 'Routes to Work' and 'Skills Connect', two of East Coast College's projects.**

## Routes to Work

<https://www.facebook.com/RoutesToWorkOfficial>

<https://twitter.com/RoutesWork>

## Skills Connect

<http://www.facebook.com/SkillsConnectSuffolk>

<http://www.linkedin.com/in/Skills-connect-400b93238/>

<https://www.twitter.com/SkillsConnectGY>