




Parent and Carer

NEWSLETTER


January and February 2023



Welcome



Welcome to January and February's newsletter. Despite the cold dark days, we have had an amazing start to 2023. The students at the college have continued to demonstrate their remarkable skills and the staff have continued to find great opportunities to ensure the students have experiences to enhance learning and inform next steps. There is also information with regard to GCSE dates and the upcoming Apprenticeship Fair.



WHAT'S BEEN HAPPENING...



Apprentice of the Year nomination

A huge well done to Enamullah Safi, a Level 2 Bricklayer Apprentice who works at Gilbert Builders Ltd for being nominated for Apprentice of the Year in the East Suffolk Business and Community Awards.

We spoke with Enamullah to ask him how he felt about being a finalist:

"I feel extremely happy to be nominated for the Apprentice of the Year Award. It feels like my hard work has been recognised and I am very grateful as it's something I really enjoy."

Enamullah's tutor, Mark Gilbert, was also over the moon after hearing the news:

"Enam's work ethic is second to none, as is his application. His employer is very happy with him due to his tenacious work ethic. He is on his second year currently and like his group has achieved all his UPK. For him this was more challenging as he is an ESOL learner and is still developing his written and spoken English skills. Stories like this are simply the reason I work in further education. Fingers crossed for the win, but regardless of the outcome, it sounds like we've delivered a win already!"

Enamullah will attend the awards ceremony at Snape Maltings on 28th February. Good luck from all of us here at East Coast College!



Wellcome Institute Cambridge

A Level Biology (and FdSc degree learners) visited the Wellcome Institute in Cambridge. This included a tour, genetic engineering activity and a talk regarding genetic engineering. It provided an opportunity to find out about careers in genetic engineering and bioinformatics. It also provided students with an insight to the uses of genetic engineering with links to the real-life application of their learning in genetic engineering

UEA Law

Year 12 Law students are engaging with UEA Leaders for Law. Next term they will spend two days with UEA on the programme and as a result will receive a lower entry grade expectation to then study at UEA after college.

Ethics cup

Last week, a selection of students visited Nottingham University to take part in the Ethics Cup Regional Tournament. The Ethics Cup is a competitive civil discussion, which involves the discussion of pre-prepared ethical case studies in a considered and respectful forum.

Prior to the event, the students attended weekly sessions on top of their normal timetable and had to prepare eleven different case studies. This showed and required great commitment and sacrifice on their part, as they had to fit this in around their mocks. The group competed in a total of four matches against schools and colleges across East Anglia and the East Midlands. They won two out of three group matches, pushing them through to the regional playoffs. The final match was very tight, with our students missing out on the win by a few marks. The team might still make the final in St Andrews on a wildcard as one of the top scoring teams.

Teacher, Susannah Close said: "I am incredibly proud of all members of the team. Their diligence and determination on the day was clear to everyone. They represented both the college and Lowestoft with dignity and integrity, maintaining a professional, respectful and dogmatic determination right to the end – even after four long matches.

"Thank you to students Tia, Emily, Xanda, Jake, Wilfred, Inaya and Daniel for taking part. A special shoutout to Holly for stepping in at the last minute. Additional thanks to Xian and Evie who helped with the preparation but were unable to make the match on the day and to teachers Susannah and Emily".

- Susannah Close, English and Philosophy Lecturer



Brickwork talent

Level 2 Bricklayers completed their first assessments over the last couple of weeks, producing some fantastic results. The quality of work and hand skills on show are beyond the level the students are studying, completing these assessments in good time.



Personal safety information session

Service industries students had the pleasure of a second visit from the 'Cop Shop' and the engaging PC Belcher who answered many questions around personal safety, harassment and the Ask Angela initiative.



NUA visit

Creative Arts students had a visit from Norwich University of the Arts to discuss progression, portfolios and to take part in a creative workshop centred around working from 2D into 3D. Students from Level 3 gained information about portfolio content and how this is changing to include process over final outcome. They worked collaboratively to produce observational studies, which they then turned into 3D structures and photographed.



End of term Business trip

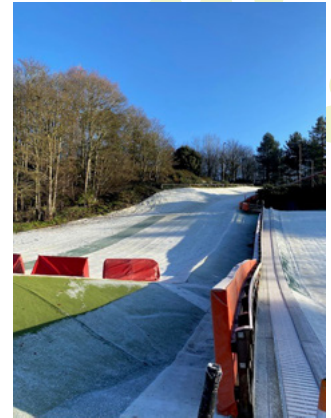
Last month, Business Level 2 students braved the icy conditions and headed up to the slopes of Whittingham, on the outskirts of Norwich, for their end of term trip.

The trip links to three units the students are currently working on - promoting a brand, marketing and personal selling. Prior to the trip, the students were set a task to explore Norfolk Snowsports Club's website to help them to prepare for a question and answer session.

Since returning to college, the students have been able to add real examples to their work by looking at ways NSC promote their brand by carrying out a case study of their business model and gathering knowledge. The trip has also given them material to help them to prepare for their forthcoming marketing exam relating to the four P's of marketing.

The students have been set a task to gather information for their project on personal selling by looking at how NSC sell merchandise and using the business as a case study.

Above all, the students had a lot of fun and it was wonderful to see everyone enjoying themselves and getting involved.



Concept Learner of the Year finalist

A huge congratulations to Daisy Matthews, a Level 3 Hairdressing student at East Coast College, who has reached the final of the Concept Learner of the Year competition! Daisy impressed the judges with her fantastic hairstyle, and will attend the national final at Telford College on Thursday 23rd March.

Best of luck, Daisy!



3D modelling workshop

Our Level 3 Digital Design students took part in a specialist 3D modelling workshop from industry professional, Shaun Mouldings, a former East Coast College student with over 30 years of experience in commercial design and education.

Shaun has an impressive portfolio of blue-chip companies and a vast knowledge of industry which he shared with the students and encouraged them to explore newly emerging digital processes to stay current with trending technologies. He taught them how to model objects in a 3D space, control lighting, wrap a graphic to the object and how to create a photorealistic 3D render, which students used as part of their Purdey's repackaging project.

Shaun said: "It was a pleasure to teach a session on 3D modelling and rendering using Blender to the Digital Design students. This progressive course gives learners the creative tools and techniques needed to succeed in the creative industries and combined with excellent mentoring and support, learners can expect to enter the workplace with confidence. If I were starting out on my own learning journey again, this is the course I would be on."



English and Maths standout students

The English and Maths department have been shining the light on standout students in the form of monthly nominations by the tutors. Students are nominated to acknowledge their overall efforts and consider areas such as attendance, engagement in lessons, academic progress, and positive attitudes towards their learning.

Novembers winners were –

Chianna Ede-James from our Great Yarmouth campus.

Anastasiia Kononchuk from our Lowestoft campus.

Nominees and winners will receive a letter in the post, along with a note from their tutor with their reasons for nominating. The selected winners will also receive a £10 Love2Shop voucher.

A massive well done to everyone nominated. Your hard work and efforts are being noticed.

GCSE EXAM DATES



**Summer
2023
CONFIRMED**

**SIGN IN DESK OPENS AT 8AM.
ALL STUDENTS SHOULD SIGN IN BY 8.45AM.
BREAKFAST & REVISION AVAILABLE**

- ☒ **COLLEGE OR PHOTO ID REQUIRED**
- ☒ **NO MOBILE PHONES OR SMART WATCHES**

GCSE ENGLISH

MONDAY 5TH JUNE 2023 - Paper 1

MONDAY 12TH JUNE 2023 - Paper 2



GCSE MATHS

FRIDAY 19TH MAY 2023 - Paper 1 (non-calculator)

WEDNESDAY 7TH JUNE 2023 - Paper 2 (calc)

WEDNESDAY 14TH JUNE 2023 - Paper 3 (calc)

Student placement feedback

Health students provided feedback of their experiences of the first week of placement, with some very positive outcomes. Eight students also attended the care certificate theory at Hamilton House, displaying fantastic behaviour and contribution to discussion, putting what they have learnt at college into practice.

Jessica Mallett said:

"I have seen and done so much, I'm not sure if I'm going to remember it all! My placement is at the James Paget Hospital and I'm in the accident and emergency department. On Monday and Tuesday, I was in the minors area, where I took observations, helped give out and collect dinners and responded to the buzzer. I also got the opportunity to go and observe a doctor perform a procedure where someone had broken their wrist. He had to reposition it in the correct place for it to be plastered. I also watched health care assistants remove cannulas.

The rest of the week I have been in majors, where I have been taking observations and writing them in, answering the buzzers, helping patients to the toilet/commode, changing and cleaning empty beds and covid rooms and helping lift patients who have fallen. I have observed so much! I also had the opportunity to help dress someone's legs who had leg ulcers. I've encountered so many types of patients, and a lot who are very unwell or have had a nasty fall.

Today, I was also in an area called RATS, where people come from the ambulance just before they get sent off to where they need to be. They usually have their observations done and blood tests/cannulas. I have been helping put together trays ready for blood tests and cannulas. It is only the first week and I have learnt so much and spoken to so many people who have different jobs. I've worked alongside/shadowed doctors, senior doctors, health care assistants, sisters, other students and today a paramedic was showing me how to take blood pressure manually. I can't believe how amazing everyone has been with me there. Everyone is so helpful and always asks if I want to watch anything and they are always giving me things to do! It's not what I expected it to be at all, but in the BEST way!"

Lydia Murrant said:

"My first week at Stradbroke Court has been amazing and eye-opening! It has been lovely to be able to see all the different jobs and people that it takes to run such a lovely care service! I was able to work alongside Kelly, one of the senior managers, who showed me how to complete a med run successfully and all the different paperwork and processes involved. I was placed with Kirsty the activities coordinator, who opened the sensory room where residents joined us to complete word searches. We also spoke to the residents about their favourite meals to help plan next week's menu. I experienced a handover shift, which was tiring but very interesting! I was also shown how to wash residents, change their outfits and how to brush their hair effectively. I have enjoyed my first four days at Stradbroke Court, and have been able to see many different aspects of the care home!"

Well done to all students involved!



Chocolate demonstration

As part of the Visitor Economy Networking Initiative Project, Level 2 and Level 3 Professional Cookery students were joined by Shaye Battrick from the England Chocolate Company for a chocolate demonstration.

Learning how to temper chocolate and discussing the different flavours used, the students on the course were able to work with Shaye to create tasty treats such as chocolate drops, salted caramel truffles and even chocolate bars!

Stewart Battrick helped to arrange this event on behalf of the East Coast College Project team. Stewart said: "We have teamed up with VENI and the English Chocolate Company to help promote hospitality. The aim is for people to come away with an insight into a new set of skills and recognise what is being produced locally."

The Visitor Economy Network Initiative create opportunities for young people and people working in the sector in Great Yarmouth and Waveney to develop work-ready skills and participate in, and learn more about, their local visitor economy.

If you are interested in learning more about the project, please contact the VENI team by email at: **veniproject@eastcoast.ac.uk**



Tuesday 7th February
10am – 2.30pm
Lowestoft Sixth Form Atrium

APPRENTICESHIP FAIR

Speak to local and national employers from a range of industries about their apprenticeship offers. Teams from East Coast Apprenticeships and Apprenticeship Suffolk will also be on hand to answer your questions.

Routes to work

The Projects Team are delighted to share their fantastic milestones within the Routes to Work and Skills Connect projects. With Routes to Work reaching the 750th participant sign-up, and Skills Connect marking it's 500th!

This is an amazing achievement for both the projects as they help support people back into work, education, or training along with partner organisations Access Community Trust, Action Community Enterprises (ACE Training), DIAL Great Yarmouth and Voluntary Norfolk, ranging across the Norfolk and Suffolk area.

If you or someone you know are in need of support to reach your next steps, please get in touch at jobsupport@eastcoast.ac.uk

The Norfolk Community College Project

The Norfolk Community College project has hit a major milestone, having supported more than 1500 people in Norfolk to get back into training, education and closer to or in employment.

Since 2017, the Norfolk Community project has assisted adults in Norfolk who've experienced long periods of unemployment to learn new skills, get back into work and find a career they love.

East Coast College deliver the Norfolk Community College project with its delivery partners – Access Community Trust, ACE (Action Community Enterprises CIC), DIAL, Future Project and Voluntary Norfolk - offering a range of tailored individual support to address barriers to work based on identified needs.

David Anderson, Project Lead for the Norfolk Community College project, said: "This marks a very special achievement for the project and all involved. At a time when people need employment support the most, I am delighted that our project team has continued to provide the 1-2-1 support people require in the community to develop their skills and find employment."

For further information on the project, please contact the Norfolk Community College team on 01493 419255 or email info@norfolkcommunitycollege.co.uk

University - next steps

Has your young person applied for University and you are wondering what comes next?

Join us for our Higher Education – what's next? webinar on February 22nd at 5.30pm. Hear from three speakers about what to expect in the next few months, from accepting offers, preparing for exams, researching accommodation and the all important Student Finance. You can book direct here

<https://events.teams.microsoft.com/event/4be9a288-d5e9-47ef-92ca-eba3eeaf82d5@ea116650-5eee-4978-90da-ce9a22ecbe00> or for more information email the careers team on careers@eastcoast.ac.uk.

Other useful websites to check out are:

www.ucas.com: download the parent/carers guide, sign up for the newsletter and follow on social media for help and advice at every step of the way.

[The Uni Guide](#): advice on student finance, finding accommodation and what to expect over the spring and summer term

[Money Saving Expert](#): not yet updated for figures for the 2023 applications but great information explaining how student loans work

The careers team will continue to support those attending interviews, making late applications or navigating their way through clearing.

Interviewing Skills

Whether heading towards university, apprenticeships, part time, summer or full time employment, students at East Coast College will be facing interviews in a wide variety of different forms. Phone calls, online and assessment days are just a few examples, so how can you help them prepare? The answer is research and practise, from googling the [10 most asked interview questions](#), to researching on the recruitment pages of the employer or university there is a lot of information out there and it is important to not only know what might be asked but how to answer.

Thinking about answers using the STAR technique: Situation, Task, Actions, Result, is a good starting point. What was the Situation, describe the Task and your role within that, what Actions to you take and what was the Result. For more information and help using this in practise look at the [Barclays Life Skills](#) where students can access virtual interview tools to practise their techniques.

For more information to support young people through interviews check out the following websites:

[National Careers Service](#); free to access information around all things careers related.

[Prospects.ac.uk](#); preparing for University to Interview.

MARITIME TRAINING

AT EAST COAST COLLEGE

Merchant Navy Deck Cadet Programme

This fully-funded course offers
training both at college and at sea
- all while earning a salary!

3 years
Full time
Lowestoft campus



Apply online today for September 2023 www.eastcoast.ac.uk

DIAL'S unpaid carer

Are you an unpaid carer? DIAL'S Unpaid Carer project can help you to identify unrecognised skills that could help you get into employment around your caring responsibilities.

DIAL can also check to see if you are in receipt of your full benefit entitlement and complete a better off calculation to see how this affects benefits you may already receive.

The project is for unpaid carers over 25 living in Norfolk and aims to develop unpaid carers transferable skills and improve their situation.

To find out more, please contact Toni at Dial (Great Yarmouth):
Tel: 07514 669116 Email: toni@dial-greatyarmouth.org.uk

Online safety update

On February 7th we will ask 'Want to talk about it?' and offer students the chance to attend drop-in sessions throughout the week to talk about online safety, share their experiences and ask any questions. Please let your young person know that this is happening and that they can get details from their college wellbeing officer or posters around their campus.

But we also want to hear from you! Please take a few minutes to complete our survey at <http://bit.ly/3H2ODDe> - we'll use the information you share to develop our work and the information we share with you through the Parent/Carer newsletter.

And if you work with young people yourself, you may like to join us when Online Safety Live come to Lowestoft (February 28th) and Great Yarmouth (March 1st). Visit Eventbrite for more details and links to sign up: [UK Safer Internet Centre Events | Eventbrite](#)

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.

**These courses are subject to validation.*

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
- Conservation Science and Animal Management (Wildlife and Zoo)
- Creative Arts of Health 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 Art
- Visual Effects and Post-Production
- Web Technologies*

View our full list of degree programmes on our website and apply to start in September 2023.

uos.ac.uk

eastcoast.ac.uk



Supporting young people with mental health

Mental health is a big issue for young people and a number one priority for our Student Union. Emotional wellbeing is just as important as physical health and at college students cover a wide range of personal development topics to help them strengthen resilience and understanding of how to keep themselves healthy as they progress onto their next stages of education or employment. You can find further information on the Careers and Wellbeing Programme on the college website. Our dedicated wellbeing team are on hand to offer advice and signposting to specialist support and there are some fantastic sources of support for parents and carers to access directly online. Here are just a few:

Information on a wide range of support and advice can be found on these useful sites or you can get in touch with our wellbeing team on wellbeing@eastcoast.ac.uk or 0800 854695.

<https://www.youngminds.org.uk/parent/> - includes specific advice on exam stress
<https://www.mind.org.uk/>
<https://www.rethink.org/>
<https://www.mentalhealth.org.uk/> - includes advice for young people with special educational needs and disabilities
<https://charliewaller.org/>
<https://www.papyrus-uk.org/>

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