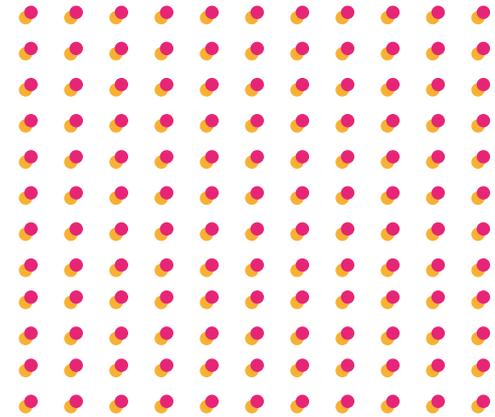


Parent and Carer NEWSLETTER



OCTOBER 2022



A warm welcome to our new parents and carers, and to those whose young people are continuing their student journey with us. Term one is underway, our students are settling into their new courses and have familiarised themselves with their campus as well as how we can all work together to keep safe.

■ During induction each student has begun to set targets towards their learning goals and career plans. It is great to feel the college buzzing and we wanted to share some information to keep you up to date with college life, what's been happening and important information.

STAY CONNECTED

With your local community

Families can join the 'Great Yarmouth Families' Facebook group to find out about local events, training, activities, support services, and to keep up with what is happening within the local community. Click the link below to take a look and join!

<https://www.facebook.com/groups/greatyarmouthfamilies>

WHAT'S BEEN HAPPENING...



Project SEARCH training

On Tuesday 27th September, the Project SEARCH team took part in moving and handling training at the James Paget University Hospital (JPUH), as well as also organising a litter pick.

The training allowed all students to understand inanimate and animate load handling. Students were able to take part in training that included lateral transfer of patients, transferring patients from chair to wheelchair and understanding how to safely move objects, such as boxes of equipment.

The litter pick was spent filling bags with rubbish that had been left on the hospital site. Domestic services were very pleased with the students' support to keep the grounds clean and tidy for patients and staff.



Sealife Centre careers presentation

The manager from Sealife Centre Great Yarmouth came in and gave a presentation on careers within marine biology to all of our animal students ranging from Level 1 to Higher Education. The Sealife Centre's mission is to 'inspire a love for the ocean and its creatures and to encourage people to preserve them for the future'. Their conservation charity, SEA LIFE Trust, 'provide vital practical care for marine animals through their sanctuaries, to fund conservation projects and deliver campaigns that make a positive difference to marine habitat and wildlife across the world'.

This is the number one aquarium brand, and interested students were interviewed for work place opportunities within the Merlin organisation.

Thank you to Sealife Great Yarmouth for this fantastic opportunity.



Local Flavours event

Our Hospitality and Catering students manned the college stand at the Local Flavours event at the Norfolk Showground. They also enjoyed a walk around the various trade stands, tasting everything that the local artisan suppliers had to offer.

One of our students, Jack, gave an informative and well-polished cookery demonstration on crispy chilli beef.



Preparation for EAST Restaurant opening

Our Level 2 Hospitality and Catering students have been hard at work, practicing for when the East Restaurant reopens.

Dishes this week have included leek and potato soup, fresh cottage pie with a duchess potato topping and steamed jam sponges.



T Level learning in 'The Hive'

It has been a busy first two weeks for our new T Level Childcare students, who are developing as Early Years Practitioners in 'The Hive', our new simulated learning environment.

They have engaged in different tasks, such as setting up challenges and making playdough, as well as exploring indoor and outdoor provision in our nursery and working together as they looked at what it means and takes to work in the early years industry.



How Hill trip

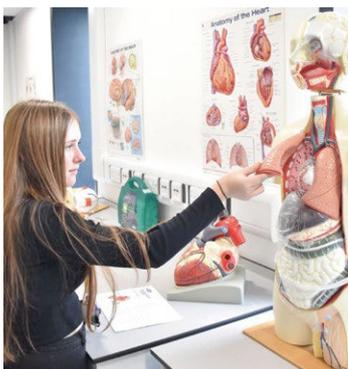
As part of their introduction to outdoor learning, Childcare staff and students from both campuses visited How Hill across three consecutive days. Students learnt how to plan and carry out a variety of activities that they can implement into their own setting, including a nature walk, bird watching, ephemeral art, pond dipping and using keys. A massive thank you to How Hill for providing an insightful three days.



NEW HEALTH FACILITIES

At our Great Yarmouth campus, students showed us the new clinical skills suite and lab, for the T Levels Health course in action! Students will attend industry placements and practice skills that they have learnt within the facilities at the college.

Our T Level Health course is available at both our Great Yarmouth and Lowestoft campuses.



COLLEGE CAREERS AND WELLBEING TEAMS

Our team are here to support students during term times and with information about specialist websites, organisations and useful self-help tips, which are available to them any time on the college virtual learning environment Moodle or through the college websites. To find out more or if your young person would like help with their career ideas or wellbeing, please do get in touch:

Wellbeing Team:

- Great Yarmouth - **Savannah Bradley**
- Lowestoft - **Karen Lawless**
- Sixth Form - **Laura Hawkins**
- Email – **wellbeing@eastcoast.ac.uk**
- Sixth Form: **<https://www.lowestoftsc.ac.uk/student-life/wellbeing-support-and-information/>**
- East Coast College: **<https://www.eastcoast.ac.uk/student-support/wellbeing/>**

Careers Team:

- Great Yarmouth – **Macy Stevens and Dinah Shepherd**
- Lowestoft – **Beth Bridges**
- Sixth Form – **Laura Batson**
- Careers Lead – **Nikki Lane**
- Email – **careers@eastcoast.ac.uk**

Further information:

- **Moodle** - Ask student to log in
- **Wellbeing** - **<https://moodle.eastcoast.ac.uk/course/view.php?id=302>**

Personal Development

Expanding knowledge, skills and experiences beyond the main subjects a student is studying is really key to supporting their student journey with the college and next steps towards career goals.

Students have personal development lessons, where they have been covering a range of topics such as; careers management and planning their next steps, online safety, ways to keep mentally healthy, recognising positive relationships and sustainability. Students benefit from engaging with speakers from a variety of careers sectors and jobs. If you feel you could offer valuable advice to our students via an in-person session, a virtual session or even making a two minute video clip, we would love to hear from you. Please email **careers@eastcoast.ac.uk** and our student services manager Nikki Lane will get back to you.



INDUSTRY PLACEMENTS



Here at East Coast College, we encourage our students to participate in industry-related work experience. Students will get the opportunity to equip themselves with transferable skills such as communication, confidence and leadership, which are highly sought after by employers.

One of the many benefits of industry placements is that it allows students to test the waters before they fully commit to a specific role. Essentially, having a placement can help students avoid making mistakes so they can be sure of their future choices.

Students gaining an understanding of a real work environment and knowing what is expected of them will give an edge over their competition. A placement may lead to a paid job, apprenticeship or improve their UCAS application. An industry placement offers the opportunity to learn skills and processes that will only ever be gained in a workplace setting.

We would encourage students to find their own industry placement, as having the initiative to find their own is one of the best ways to enter the world of work. It also improves the student's reputation and means they get the experience in an area they're passionate about. Employers will be impressed by their enthusiasm, motivation and maturity.

Students looking for help with finding a placement can contact the Industry Placement Coordinators j.wicks@eastcoast.ac.uk or j.jeeves@eastcoast.ac.uk

If you have a family member, friend, neighbour or work with an employer who would be willing to help and support our students with an industry placement, please email industryplacements@eastcoast.ac.uk

GREEN ENERGY PROGRAMME

The Inclusive Economy Project is a partnership led by East Coast College alongside Access Community Trust, Action Community Enterprises CIC, DIAL, Future Projects and the Royal Association for Deaf People.

They're working to tackle fuel poverty issues and increase energy efficiency for people, as well as organisations and businesses across Norfolk.

They have Green Ambassadors located across the county to help those who they support in reducing energy bills, by giving guidance and top tips, as well as signposting to specialist support and grants.

They also have a Gateway that provides instant results of local organisations that are able to give the support required by an individual. This can be done by either contacting an organisation directly, or by being referred discretely and quickly via the Gateway. To start your journey, visit <https://iep.futureprojects.org.uk/>

If you know anyone who may benefit from their help or you would like to find out more yourself, feel free to pick up a flyer from reception. Alternatively, please don't hesitate to contact Declan Jones, the Green Energy Lead on the Inclusive Economy Project on d.jones@eastcoast.ac.uk





An introduction to...

LEARNING SERVICES

The Learning Services Team provide a range of services and resources available to all students from East Coast College and Lowestoft Sixth Form. Here's a rundown of the key services.

Campus shops

The college shops offer a wide range of stationery to students at a very reasonable price, from pens and paper through to specialist maths and art equipment. There are also items available to help students create quality assignment pieces, whether that be the binding of essays and dissertations or the creation of mood boards, posters and other visual designs. Bursary students are given a termly stipend that can be spent at the shops, which are located in the Great Yarmouth atrium and next to the Reception in Lowestoft. You can contact the college shop team by emailing shop@eastcoast.ac.uk

Digital support

The digital support service offers a place for students to contact if they are unsure about any of the technology they are using. They can book into support sessions, ask for tips or just report a problem. The team work closely with our IT teams, so students have the choice of emailing their requests/comments to digitalsupport@eastcoast.ac.uk or visiting one of the campus IT offices for help. Students will find the IT offices next to the college shop in Great Yarmouth, on the second floor of the tower block in Lowestoft and on the ground floor of the sixth form building (ask at the college shop for directions).

Library services

There are three campus libraries situated in Great Yarmouth atrium, Lowestoft LRC and second floor of Lowestoft Sixth Form. These spaces house our extensive book collection and offer space for students to work outside of class time. Our library catalogue can be found online at <https://library.eastcoast.ac.uk/>

In addition to our print collection, we have a range of electronic resources that can be accessed both on campus and from home. The full list of resources can be found on the Learning Services Moodle Page <https://moodle.eastcoast.ac.uk/> which students can access using their college ID and password. You can contact the library team by email at library@eastcoast.ac.uk

Opening hours

All Learning Services helpdesks are staffed from 8:30am to 4:30pm Monday to Friday, including during holidays. During term time, we have additional library hours until 7pm on Tuesdays and Thursdays at Great Yarmouth, and Wednesdays and Thursdays at Lowestoft. Sixth Form students are welcome to make use of the Lowestoft late night opening hours also.



HAVE YOUR SAY...

ON THE NEW
GREAT YARMOUTH
UNIVERSITY CENTRE



We want to create an exciting place to learn and socialise and we need your feedback to help shape our ideas!

*Scan here to
have your say!*



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