



Parent and Carer

NEWSLETTER

March 2023

Welcome



We are now at the end of term two and the students across the college have had some amazing achievements and experiences. In term three we continue the careers learning and work with students to focus on their progression to the next year or level of their course, their career direction and work towards the options open once they finish college. You will find the intended next step discussed between your young person and their teacher recorded on the progress report.

These options include:

- Moving to Higher Education
 - Gaining an Apprenticeship
 - Starting employment
 - Progressing to the next year or level of study
 - Volunteering
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WHAT'S BEEN HAPPENING...

Concept Learner of the Year winner

Congratulations to Level 3 Beauty student Daisy Matthews for winning the Level 3 hair up bridal themed category of the Concept Learner of the Year. The standard of work displayed throughout the day was outstanding! With over 2,000 entries in the competition, it is an amazing achievement. Well done, Daisy! Also, a big thank you to Le Jour Bridal for lending the college a beautiful wedding dress that really stood out on the day!



Grow and Mow student gains employment

Foundation and Progression learner, Dylan Martin, has gained paid employment at Africa Alive after working very hard on his three work experience placements. He joined the Grow and Mow course in September 2022, having been a Foundation learner for a few years, studying at both the Great Yarmouth and Lowestoft campuses, completing other courses such as Progression to Practical Skills and Preparation.

Dylan has gained confidence and work-based skills during his time at East Coast College and he was very pleased and proud to be offered a contract at Africa Alive.



JPUH art event

Three of our Level 3 Art and Design students were invited to take part in an event organised by the corporate head nurse of The James Paget University Hospital – Tracie Bitters. The event was to award nurses that have just completed a qualification to become professional nurse advocates. The Professional Nurse Advocates (PNA) programme delivers training and restorative supervision for nurses across England. The programme launched in March 2021, towards the end of the third wave of COVID-19. Last month saw the first cohort of professional nurse advocates at the James Paget University Hospital awarded their certificates and pin badges by Dame Ruth May, Chief Nursing Officer England.

As the event took place, students Ella Scott, Caelan Sutherland and Hannah Moore worked live on a large-scale artwork responding to conversations and key words being discussed within the room, turning them into an illustrative mind map. This mind map is to be framed and hung in a prominent place within the hospital.



Lighthouse Club visit

Apprentices at both of our campuses were visited by Rob from the Lighthouse Club/Lighthouse Construction Industry Charity.

Rob spoke to our apprentices about overcoming the stigma associated with mental health, the value of speaking out and talking and how to access help from the Lighthouse Club. This was a valued session by all who attended.



VENI vegan food demonstration

Stewart Battrick from the Visitor Economy Network Initiative project organised a vegan food demonstration hosted by external chef Haley MacDonald. Haley owns her own vegan local business called Nuts about Plants. Joining her on the day were students from the Level 2 and 3 Professional Cookery courses, the year one Hospitality and Catering course and Apprenticeship Production Chefs, as well as senior chefs from two external companies. Throughout the demonstration, Haley introduced students to the various types of 'mylks,' cheeses and sour cream options available as an alternative dairy choice and showed the simple yet effective steps to create them, which students were able to make and taste for themselves.

The session turned out to be a brilliant success, as the students were keen to learn more about healthier ways to produce dairy-free meals and are looking forward to a future session with Haley.



Maritime Museum trip

A group of Level 2 Art and Design students enjoyed an exclusive trip to the Maritime Museum and the historic Net Drying racks. The visit supported the development of their local knowledge of the fishing industry, linked to a project they are currently completing for the Town Hall designing material based on Lowestoft's past.



ATPI visit

Our Travel and Tourism and Air Cabin Crew students were recently visited by a team from ATPI, a global travel management company with headquarters in Lowestoft.

ATPI manage business accounts for business travellers that travel all over the world, and also have offices in Asia and North America. They delivered an informative and inspiring session to around 50 students outlining the purpose of their business, their aims and objectives, products and services and lots of information about starting a career in business travel.

Students will be undertaking work placements at their local offices with the view to these leading to apprenticeships. We are extremely fortunate to have companies such as ATPI who are willing to give our learners these fantastic opportunities.



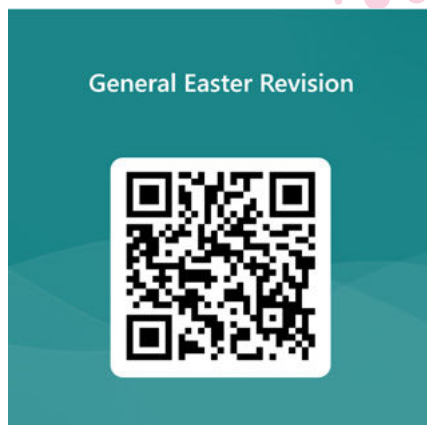
Lowestoft Sixth Form parents evening

Parents evenings for Lowestoft Sixth Form students are as follows:

Year 12 on 19th April

Year 13 on 26th April

The Sixth Form is open for its students to come in and revise over the Easter holidays and they have been asked to book in using the QR code below:



Gifted and Talented trip

The Year 12 Gifted and Talented students from Lowestoft Sixth Form college visited Fitzwilliam College, one of the college's at Cambridge University. The students had guest lectures on STEM and Humanities related topics to give them an idea of the level of study at a leading university. In addition to this, students were also taken on a tour of St John's College as well as Gonville and Caius College.



Reprezent Project

There was a fantastic turnout for the Neighbourhood Volunteer Opportunities event at St. George's Theatre! This project aims to create a network of 'Volunteer Cafes' which will promote community volunteering opportunities and help to create social connections.

East Coast College Foundation and Progression students have participated in a workshop with Reprezent Project recently to develop new branding and a logo for the Volunteer Cafe project.

Project Manager Ryan Pickering would like to give credit to the excellent customer service offered by Progression to Employment students. Also a huge thanks to the nine charity partners who gave their time today offering various volunteer roles and community opportunities.



Polgain apprenticeships

A huge well done to two of our Level 2 Engineering students who have recently secured apprenticeships with a local company, Polgain Ltd.

Aiden Bailey and Robbie Newson both attended a trial day at Polgain, with the company looking to take on just one apprentice. Polgain were so impressed with both of the candidates that they decided to take on both of them!

They are currently working one day a week at Polgain whilst continuing with their Level 2 Engineering course at college.



Prince's Trust trip

The Prince's Trust team went on an action-packed residential trip to Hautbois Activity Centre. The week consisted of learning team building skills, boosting confidence through team challenges and peer support, as well as facing fears!

The week-long trip provided a brilliant foundation to develop teamworking skills which the learners can take forward into community projects and work experience.



Manchester sport trip

Year 12 and Year 13 Sport students attended a trip to Manchester. The trip included a visit to Old Trafford, where students were given a lecture on sports nutrition and given a tour of the stadium. Other activities included a meal at Hard Rock Café followed by a crazy golf experience. The trip was finished with a trip to the Trafford shopping centre.



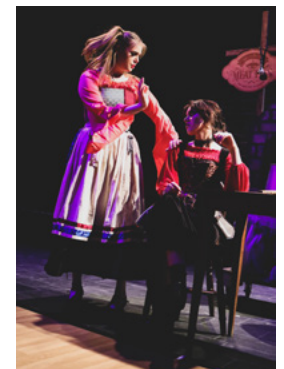
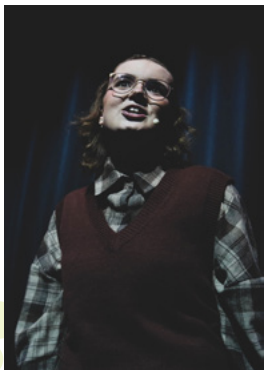
Sweeny Todd success!

A massive well done to the talented Elixir and Miracle casts for their incredible performances of Sweeney Todd!

They produced four amazing shows, with many months of rehearsals. Thank you and well done to everyone who was involved.

You can read the press release [here](#).

The full album of images is available on the Lowestoft Sixth Form Facebook page.



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)

9 Ways to use retrieval practice

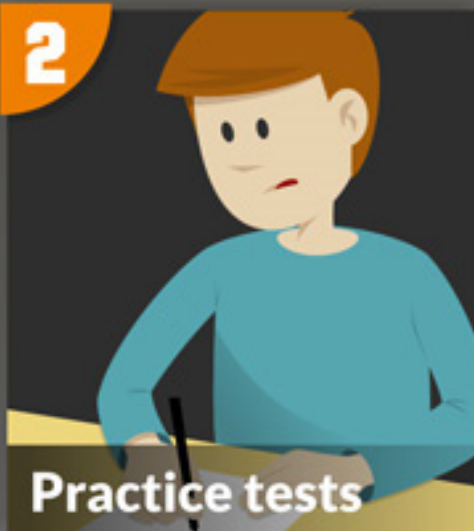
by @inner_drive | www.innerdrive.co.uk

1



Past papers

2



Practice tests

3



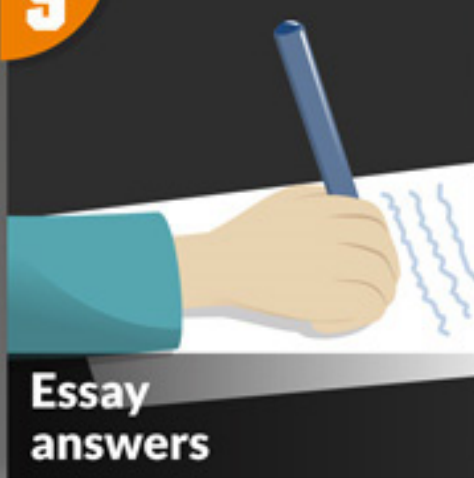
Quizzes

4



Multiple choice tests

5



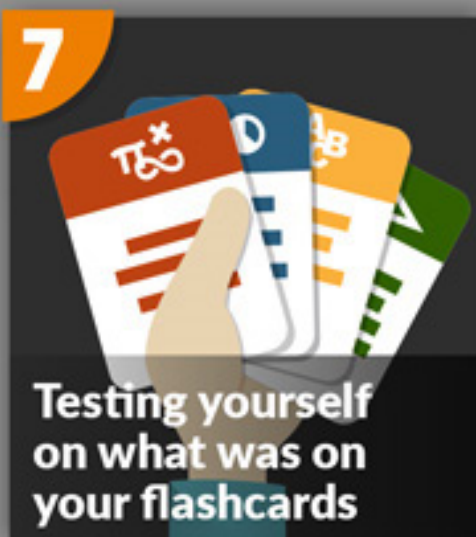
Essay answers

6



Answering a spoken question

7



Testing yourself on what was on your flashcards

8



Making your own questions and answering them

9



Having someone ask you 3 questions about a topic

Child Criminal Exploitation and County Lines

What is Child Criminal Exploitation?

Child Criminal Exploitation (CCE) is where an individual or group uses their position of power to take advantage of a child or young person under the age of 18 and coerces, controls, manipulates or deceives them into criminal activity.

This could be:

- In exchange for something the victim needs or wants such as money, clothes, mobile phones
- For the financial gain or other advantage of the perpetrator or facilitator
- Through violence or the threat of violence

CCE involves children and young people being exposed to, and/or being a victim of: physical and emotional violence, going missing, sexual abuse, sexual grooming and exploitation, modern day slavery and human trafficking.

Even if the activity appears to be consensual, the victim may have been criminally exploited. CCE does not always involve physical contact, it can also happen through use of technology. This could include making contact through social media and posting videos on YouTube which glamorise gang violence, drug taking and knife crime, as well as using and making music videos to make threats to other young people.

What is County Lines?

Crimestoppers describe County Lines as a term used for organised illegal drug-dealing networks, usually controlled by a person using a single telephone number, or 'deal line'. Serious organised criminals, often from big cities, recruit vulnerable children and adults, often in rural and suburban areas, as 'runners' to transport drugs and cash all over the country, often using the rail network or taxis and other private hire vehicles, so that the criminals behind it can remain detached and less likely to be detected. Most victims end up feeling 'trapped' in this criminal underworld, experiencing violence, intimidations, and threats. <https://crimestoppers-uk.org/keeping-safe/community-family/county-lines>

The young people used in County Lines to move and sell the drugs are being criminally exploited by others.

Signs of exploitation are:

- Presenting with physical injuries and or refusal to seek/receive medical treatment
- In possession of large amounts of unexplained money
- Expressing aggressive or intimidating views towards other groups of young people (some of whom may have been friends in the past)
- Multiple mobile phones/frequent change of phone number
- Frequently missing or missing for periods of time
- New clothes/trainers
- Travelling around a lot – train tickets/seen in taxis regularly/being seen in cars (often hire cars), possibly with unknown adults, on a regular basis
- Associating with peers who are involved/suspected to be involved in gang related activity
- Refuses/scared to enter certain areas
- Drug related or violent offending involving weapons
- Being subject to threats, blackmail, violence, rape and sexual abuse
- Being forced to commit crimes

The Slang Dictionary

This slang dictionary seeks to support parents and carers to better understand the language young people may be using and support them to safeguard young people.

https://www.wsc.ac.uk/images/Parents/DEX004c_Slang-Dictionary-A5-Booklet_V4_DIGITAL.pdf

Child Criminal Exploitation and County Lines continued...

If you have concerns:

- Stay calm
- Talk to your child and LISTEN to them. Let them know your concerns, but allow them to answer freely. Do not lecture.
- Make time for one to one conversations away from distractions.
- Be aware of what your child is doing and who their friends are.
- Highlight the reality of county lines, using news stories and social media.
- Monitor the use of their phone and internet, discourage regular use and reduce 'screen time'.
- Encourage them to get involved with positive activities. Consider local organisations such as sports clubs, cadets and youth groups.
- Establish and encourage core 'family time', such as eating meals together.
- Speak with the College and other parents to share your experience and seek guidance
- Seek advice and assistance from local organisations

Further Advice and Support:

- **Call 999** - if there is immediate danger to someone, crime is in progress, you need police help immediately, someone is using violence or threatening violence, serious damage is or could be caused to property, a potential criminal has been disturbed or stopped
- **Call 101** - to report a crime that has already happened, seek crime prevention advice or make the police aware of any policing issues in your area.
- Online reporting form on police website to include reporting non-urgent crimes including making the police aware of any policing issues in your area. www.suffolk.police.uk/contact-us/report-something / <https://www.norfolk.police.uk/contact-us/6-report-it>
- **Suffolk Constabulary** - [A – Z of crime prevention advice](#) | [Gangs, Information and Advice](#) - for parents, young people, further help (links to other agencies) and leaving a gang.
- **Crimestoppers** 0800 555 111 anonymous 24/7 phone number, that people can call to pass on information about crime; alternatively people can send information anonymously via the [Giving Information Form](#). You don't have to give your name or any of your personal details. Calls are not traced, IP addresses are not tracked crimestoppers-uk.org
- **fearless.org** - www.fearless.org/en - use our secure online form to give us any information about crime 100% anonymously. Available 24 hours a day, 7 days a week - 365 days a year.
- **Missing People SafeCall service** - Missing People is the only charity in the UK which is dedicated to bringing missing children and adults back together with their families - www.missingpeople.org.uk | SafeCall Phone: 020 8392 5710 | SafeCall Email: SafeCall@missingpeople.org.uk | 24/7 Helpline: 116 000 | 24/7 Helpline Email: 116000@missingpeople.org.uk
- **The Children's Society** - if you're a parent worried about your child being criminally exploited, you can [read our guidance](#).
- **NSPCC** - email help@nspcc.org.uk or call 0808 800 5000
- **Family Lives** - confidential helpline: 0808 800 2222
- **The Parent Hub** on Suffolk County Council's website, is a source of parenting advice and support for parents and carers to help with their child's development.
- Norfolk County Council Early help - <https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support>
- **Look closer** (poster) - Exploited young people don't always look and act vulnerable
- **Victim Support** is an independent charity in England and Wales that provides specialist practical and emotional support to victims and witnesses of crime.
- **#LookCloser** is a partnership campaign between The Children's Society, the National County Lines Co-ordination Centre and the British Transport Police, encouraging everyone to learn the signs of child exploitation and how to report it if worried, including here on our [anonymous online form](#). The campaign also seeks to highlight that child exploitation can happen anywhere, and any young person can be a victim. [Find out more at the campaign webpage.](#)
- **The SafeCall service**, run by charity [Missing People](#), offers confidential, non-judgemental support to young people and their families.

For more advice on drugs, their effects and the law, talk to [Frank](#).

Lowestoft Black History Month Competition 2023

Lowestoft Town Council are pleased to once again be organising a competition for young people in Lowestoft for Black History Month in October 2023.

This year, they are delighted to announce that they will be expanding the competition to be an Arts and Writing Competition! They hope this will cover a wide range of opportunities for young people to engage with this competition with entries open for paintings, drawings, sculpture, graphic design, dance, and songwriting (to name a few) on top of the Writing Competition they have run for the past two years.

Prizes will be awarded to the individual winners of each category age bracket along with an overall prize.

They will also be awarding prizes to the winning school/youth group after the launch of the BHM Competition Shield last year (which in 2022 was won by Dell Primary School).

More details on the competition will be announced soon.

If your young person is interested in finding out more and being involved in this year's competition, please contact Lowestoft Town Council on admin@lowestofttowncouncil.gov.uk



Careers update

Updates from the Careers team this month include: Careers Week revisited, talking to your teen about Careers and a look towards future events.

National Careers Week, March 6th - 10th.

March saw us celebrate all things careers related. Check out our social media pages for an insight to our Careers Team, the career journeys of some of our staff and information about next steps from all our courses at East Coast College and Lowestoft Sixth Form. The National Careers week website has links to lots of information, but downloading the [Parents Guide](#) is a great place to start. This has links in it to important topics such as the value of work experience as well as breaking down options and choices at 16+ into manageable chunks.

Talking to your Teen about Careers.

Is your young person coming to the end of their college journey and not sure of their options, or have finished their first year and have questions about what options they have? 48% of young people 18-24 feel their family were the most important influence on their choices and more influential than teachers, friends and social media – so how do you know what you need to know to help explore all the options? The parent's guide above is full of useful information but other useful sites include:

[Resources - Talking Futures](#) – examples of how to have 'the' conversation, advice about talking about careers and mental health, and how to action plan for the next steps.

[The easy way to get your young person talking about their future \(theparentsguideto.co.uk\)](http://theparentsguideto.co.uk) – an easy to navigate downloadable resource to help navigate conversations about passions, interests and options as well as planning those next steps.

Coming Events

In a recent Parent/Carer Careers survey, you said you wanted to know about things before they happen, here are some upcoming dates for your (and your young person's) calendars:

April 19th: Crime and Justice Careers Fair. Being held across all sites this broad event will host companies that are involved in supporting people on both sides of the Criminal Justice System including Fraud Investigation, the Police and Prison Service, Prison education and Probation as well working for charities, local government and even locksmiths and security.

April 26th (East Coast College Lowestoft and Lowestoft Sixth Form) 2pm-7pm and April 27th (East Coast College Great Yarmouth) Higher Education Fairs:

We will be joined by 20 universities at both sites so students and parents will be able to talk to the universities directly and start exploring their options as we get ready for the 2024 application window to start. There will also be information about Higher and Degree Level Apprenticeships for those considering alternatives to university or making sure there is an all important Plan B.

May 3rd and 4th: Destination Support Event is aimed at students moving on from college and those still unsure of destinations, help will be on hand from the careers team, college and local Apprenticeships teams, The Princes Trust, Inspire Support, Access Community Trust as well as local employers and universities together with support around CVs, applications and interviews.

May 16th: UCAS application opens. Students will be able to explore and make early university applications and research their options.

If you are interested in supporting or attending any of these events, or have suggestions for other events you would like to see please contact the Careers team on careers@eastcoast.ac.uk.

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



Connect with us!



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