

# *Parent and Carer*

# NEWSLETTER

April and May 2023

## *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, next course or another year at college we know it is very important to them, and in this newsletter we have lots of information to support.

Many of our students will also be taking their GCSE maths and English exams and a reminder of the dates is included.

This edition also highlights some amazing trips the students have been on from South Africa to Vietnam creating unforgettable experiences.

# WHAT'S BEEN HAPPENING...



## Higher Education Degree shows

Higher Education students from our Foundation Degree in Fashion and Textiles, Foundation Degree in Professional Photographic Practice and BA in Creative Arts Practice held their graduate exhibition at PrimeYarc in Great Yarmouth from 10th - 14th May. The private view was held on 10th May and was well-attended.



BA Visual Art students are currently showing their artwork in two locations on Lowestoft High Street: Sid's Zero Waste Store, 5 High Street and 114 High Street. The showcase runs until 7th June.





# South Africa trip

The FdSc Conservation Science students spent an incredible two weeks in South Africa for a trip of a life time. As part of their course, these learners flew out to Umphafa private game reserve, who are partnered with Colchester zoo, to offer some amazing, hands on conservation experiences!

The team were shown around the reserve, put up trap cameras, visited a top five game reserve and took part in an anti-poaching day, which consisted of finding snares and trying to outrun the trained rangers in the bush!

The students have all gained so many skills and taken good care of each other on the reserve.

Such an amazing experience for the team!





# Vietnam trip

A group of our Travel and Tourism students spent two weeks in Ho Chi Minh, Vietnam! They undertook a life-changing volunteer project and studied tourism in South East Asia!

During the first week, the students lived in a tourism college and volunteered in a soup kitchen. For their second week, they visited the Mekong Delta, Can Gio eco park, Vung Tau beach resort and the black virgin mountains and the Cu Chi tunnels.

This educational trip was made possible thanks to winning the Turing Scheme funding, which meant that the trip was fully funded for our students.





# Performing Arts community assessment

Our first year Performing Arts students went to Plaisir Place in Lowestoft to sing for residents and the local community.

This was part of their community arts assessment. They conducted market research to find out what music the residents wanted and then created the setlist!





**SUFFOLK  
LIBRARIES**

**WHERE  
I BELONG**

Summer Reading Challenge 2023

# Ready, Set, Read!

Presented by The Reading Agency. Delivered in partnership with libraries.

**We're looking for volunteers  
to help us run the Summer  
Reading Challenge**

**It's a great opportunity to help children  
develop their reading skills. It's fun,  
rewarding and great for your CV!**

**[suffolklibraries.co.uk/volunteer](https://suffolklibraries.co.uk/volunteer)**



**YOUTH  
SPORT  
TRUST**

**INSPIRING  
ACTIVE  
READERS**

**THE  
READING  
AGENCY**

# 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 5<sup>TH</sup> JUNE 2023 - Paper 1**

**MONDAY 12<sup>TH</sup> JUNE 2023 - Paper 2**



## **GCSE MATHS**

**FRIDAY 19<sup>TH</sup> MAY 2023 - Paper 1 (non-calculator)**

**WEDNESDAY 7<sup>TH</sup> JUNE 2023 - Paper 2 (calc)**

**WEDNESDAY 14<sup>TH</sup> JUNE 2023 - Paper 3 (calc)**



# VENI Project

The VENI team at Projects had a busy time during the Easter break hosting multiple first aid and personal alcohol license courses for locals working in the hospitality and catering sector.

Two first aid courses were held at The Hotel Victoria in Lowestoft and introduced their employees to the importance of emergency assistance in the workplace. Attendees found the course to be highly enjoyable as they were able to demonstrate CPR and apply slings and bandages on one another.

To gain their license to serve alcohol, staff from the Clairemont Pier as well as other local hospitality employees, attended the personal alcohol license course to learn the different types of licenses when selling drinks to the public. They were assessed at the end of their course and everyone passed with flying colours!

The Visitor Economy Network Initiative creates 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](mailto:veniproject@eastcoast.ac.uk).





# Skills Connect

The Skills Connect project has reached its 600 participants milestone and we'd like to celebrate by sharing this great news with everyone.

The Skills Connect project is a partnership led by East Coast College with Access Community Trust, DIAL, The Prince's Trust and Voluntary Norfolk. It aims to help local people improve their skills and knowledge, boost their confidence and support them to find work. To find out more, email [jobsupport@eastcoast.ac.uk](mailto:jobsupport@eastcoast.ac.uk)



## Ofqual letter to parents

A letter to parents highlighting the additional support that we have put in place this year for students taking exams to recognise the disruption they've faced.

- Written by Dr Jo Saxton, Ofqual's Chief Regulator.

[Click here to read](#)

# Learning services update

## Study Skills: Coping with Exam Stress

With the exam season upon us, we'd like to share some resources you might like to look at with your young person/s.

1. BBC Bitesize - [Mindset \(tips and advice videos on exam prep\)](#)
2. The Mix - [What to do when stressed about exams](#)
3. BBC Sounds - [Exam Survivors \(6x 15min podcasts\)](#)

## Library: New online resource

For students studying at Level 3 and above, we are pleased to share that we now have access to Cite Them Right online - a guide to supporting the tricky requirement of referencing and citing sources of information within assignments. Students who are interested in getting started with this resource should speak to their campus library team or email [library@eastcoast.ac.uk](mailto:library@eastcoast.ac.uk)

## Online Safety: Snapchat and AI

A large number of social media platforms have launched or are planning to launch AI enhancements. Conversational AI - ie technology that you 'chat' with - can be very useful, but the technology is so new that it is causing problems in some areas. Snapchat has come to light in college as one system lots of students are using, sometimes without considering the implications of what the AI is doing.

Snapchat has a dedicated page on its website that addresses some of the questions users may have, but which also includes the following statement: "We're constantly working to improve and evolve My AI, but it's possible My AI's responses may include biased, incorrect, harmful, or misleading content. Because My AI is an evolving feature, you should always independently check answers provided by My AI before relying on any advice, and you should not share confidential or sensitive information."

To learn more about Snapchat, we encourage you to review the following and take time to discuss Snapchat with your teens:

- [Parents' Ultimate Guide to Snapchat | Common Sense Media](#)
- [What is My AI on Snapchat, and how do I use it? – Snapchat Support](#)
- [Is Snapchat safe: A how to guide for parents | Internet Matters](#) (includes video introductions to SnapChat as a whole, and the My AI feature specifically)



# Careers and Higher Education fairs

In April, we hosted two whole college events. Firstly, we were joined by several organisations linked to careers in the Criminal Justice System, this included some of the visible careers like the Police Force and the Crown Prosecution Service but also representatives from Aviva's Fraud department. It included a session run by a UEA Criminology academic for our students who came over from Great Yarmouth for the event – putting them front and centre of the decision to prosecute someone who had been arrested. It was a fascinating insight into what goes on behind the scenes.

We were then joined by over 20 universities and degree apprenticeship providers from across the county at events at both our Lowestoft and Yarmouth campuses. This was a great opportunity for students and parents to start conversations about higher education and what that might look like. Feedback from the universities was that they had had positive talks with students who might not otherwise have considered university, and helped bust some myths around student finance as well.

On June 14th, we are taking students to the University of Essex in Colchester for a UCAS Higher Education Fair. Please email [careers@eastcoast.ac.uk](mailto:careers@eastcoast.ac.uk) for availability of last-minute tickets. The trip is free to attend and all transport is provided.



# What next?

As we move into the final weeks of this year we look to support students with their next steps and in some cases new choices. In our recent student voice survey, we were pleased to see that students are feeling confident that they know what their options after college look like. However, some are still identifying that they need support in making the 'right' decision for them. Included here are some useful websites that might help your conversation with your young person if they are not quite sure what that looks like:

## **Apprenticeships:**

[Apprenticeships.gov.uk](https://apprenticeships.gov.uk) and you can download the newest Parent Pack [here](#).

## **University:**

[UCAS](#): information about late applications, applying through clearing or getting a head start on 2024 applications.

## **Finance:**

Whether going this year or planning for the next [Money Saving Expert](#) parent guide explains what you need to be aware of when figuring out the finances and planning for the future.

## **College:**

Your young person might be at the halfway point in their college journey, finishing one course and considering another, in need of Math and English qualifications. The college has lots of options to explore including Adult Courses and Higher Education Degrees via the University of Suffolk at East Coast, talk to the Careers team today to make a plan.

## **Other support:**

From confidence building and strengthening communication skills to exploring support from employment and self-employment we have lots of connections to projects and support that young people can access.

## **This includes:**

### **[Prince's Trust:](#)**

Next start September, with 12 weeks of confidence and team building with a qualification to prove it.

### **[Skills Connect and Routes to Work:](#)**

1:1 support around employment and training in the local area, including First Aid and Self Employment advice as well as upskilling within the Health Care and Hospitality sectors.

### **[Youth Employment Service:](#)**

1:1 support for 16-24 yr olds tailored to the needs of the individual.

**[Apprenticeships Suffolk:](#)** Support available for those considering apprenticeships, including CV and application support.

### **[Apprenticeships Norfolk](#)**

For more information about any of these options or any other career-related questions please get in touch with the Careers team at [careers@eastcoast.ac.uk](mailto: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](https://uos.ac.uk)

[eastcoast.ac.uk](https://eastcoast.ac.uk)



# Connect with us!



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