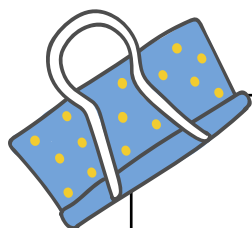


# PARENT AND CARER NEWSLETTER

●●● NOV/DEC 2023 ●●●



## WELCOME!

Welcome to the last newsletter of 2023. The students have finished the term with a number of different activities, from trips to London to restoring the Great Yarmouth Hippodrome Clown Car!. As well as the positive stories you will find some useful information and links to help and support if you or your young person need it over the Christmas period or into Term Two. We hope you enjoy the examples shared over this term and we look forward to seeing everyone back in January to create more good news in Term Two.

We would like to wish everyone a happy and peaceful time over the festive break.

## COMING UP IN THIS MONTH'S ISSUE:

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# FASHION WORKSHOP

Our Level 2 Art and Design students participated in a fashion illustration workshop delivered by our amazing ex-student Maisie Kirk.

Students worked with a range of drawing and collage materials to design an artist-inspired dress for their current project. Maisie is now a second-year fashion design student at Norwich University of the Arts. During the visit, Maisie talked positively to students about her experience as a student at East Coast College and her progression to higher education.



-Toni Nixon,  
Art and Design Tutor



*Fashion student  
designing a dress for  
thier current project.*



## ART AND DESIGN AND PERFORMING ARTS LONDON TRIP



*Art and Design and  
Performing Arts  
students during thier  
trip to London*

Our Art and Design and Performing Arts students travelled to London to visit the V&A Museum, as well as the Science and Natural History Museums as research for their current projects. The group visited the Re:imaging Musicals exhibit, a display that celebrates the world of musical theatre, exploring the evolution and craftsmanship of iconic musicals such as Miss Saigon and My Fair Lady.

# THE APOLLO PROJECT



## Your chance to make a difference – The Apollo Project

A job within health and social care can be rewarding and satisfying, providing extensive progression opportunities and a positive impact. As part of East Coast College's Apollo Project, we would like to hear from you. If you or members of your family would like some help to take on additional hours within the health and social care sector or have friends or colleagues who would like some support to gain employment contact us by phone or email and our team will take it from there.

Our support includes:

- Offering specialist courses to help you develop and enter into a career which offers so much opportunity.
- Help to gain employment within a diverse range of rewarding opportunities within the health and social care sector.

If you would like to learn more about how we can help, please contact us at [apollo@eastcoast.ac.uk](mailto:apollo@eastcoast.ac.uk) or [01502 525177](tel:01502525177).

# SKILLS BOOTCAMPS

**Are you working and want to  
develop knowledge and skills  
in the workplace?**

The college offers NVQ diplomas in:

Catering and hospitality  
Customer service  
Team leading  
Health and social care  
Supporting teaching and learning

## **NEW SKILLS BOOTCAMPS**

The college has been secured funding to offer Skills Bootcamps, which are providing adults with retraining opportunities.

**We currently offer:**

Engineering - starting early January ( 11 week full-time course )  
Construction plant ( starting March)  
Site security ( January start)  
Care leaders programme

Full funding can be available, to register your interest  
Email: [r.bunn@eastcoast.ac.uk](mailto:r.bunn@eastcoast.ac.uk)

You can find more information about our current skills bootcamps here:

<https://www.eastcoast.ac.uk/adult/skills-bootcamps/>



# CREATIVE MEDIA TRIP TO TIME AND TIDE



Our Creative Media students have been working on a live project with the Time and Tide Museum and visiting artist Tracy Satchwill. Year 1 students have been working with Tracy to create collages and tests based on objects in the museum that did not originate from the local area. These ideas will be used to create digital graphics and animations for the project. Year 2 students have been recording footage for a short documentary that will document Satchwill and the Year 1 students' work over the next three months.

The project is an opportunity for students to gain real-world experience working with a professional artist and museum staff. They have also learnt new skills in digital media and filmmaking.

The project, titled "Not Made in Great Yarmouth," will be exhibited in the museum in 2024.



Collage created by  
Year 1 students



Creative media  
student recording  
documentary  
footage

# BIG C'S

## 'BIG BUM' EVENT



Hundreds of students flooded the Sports Hall at East Coast College last month, eager to participate in the Big Bum Cancer Charity and Health and Social Sciences Careers Event. The atmosphere was buzzing as attendees explored stalls, gathered information on a wide range of career opportunities, and connected with professionals in the health, social, and public sectors.

One of the highlights of the event was the unique and informative inflatable bum walk-through, designed to show the signs and symptoms of bowel cancer. Students embarked on a visual journey, learning about the importance of early detection and prevention. It was a fun and educational experience that left a lasting impression.

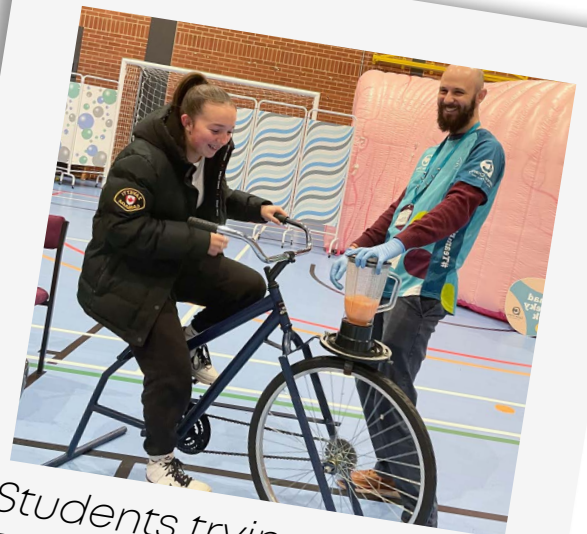
From jobs and training opportunities to various courses, apprenticeships, and degrees, the event provided valuable insights into the diverse roles available in the health, social and public sectors. Students gained a deeper understanding of the paths they can pursue to make a positive impact on individuals and communities.

In addition to professional insights, the event also emphasised the significance of personal wellbeing. Attendees explored ways to protect themselves through healthy eating and exercise, promoting a holistic approach to health and happiness.

Thank you to all the employers and services who attended and supported our students, thank you to Big C and their amazing activities and special thanks to Jo Campbell and Emily Nye our placement officers for all the organising!



Students standing outside the Big C's 'Big Bum' exhibit.



Students trying out the Big C's smoothie bike and learning about nutrition.

# NATIONAL BAR MOCK TRIAL



A huge congratulations to our Law and Criminology students who participated in the Regional Heat of the National Bar Mock Trial at Norwich Crown Court on Saturday 18th November.

After weeks of preparation and rehearsal our team finally took centre stage at Norwich Crown Court to compete against five other schools and colleges within East Anglia to gain entry to the National Final in London. Both prosecution and defences demonstrated their abilities in front of professional judges to a very high standard and showed their ability to present cases and face very good cross-examination. The team came out top in two out of the three cases they fought but unfortunately this wasn't sufficient to win the top prize. Whilst naturally disappointed, throughout the whole process the students demonstrated their ability to work together really effectively as a team, show their communication skills and develop their confidence sufficiently to stand up in court and participate so well.

Huge thanks go to Rebecca Emmett for supporting use all throughout the process and on the day.



## WHAT WE OFFER...

We offer FREE support to adults 19+ who live in the Borough of Great Yarmouth who want to upskill and build confidence with everyday maths, and/or gain a qualification (who do not already have a GCSE grade C or above).



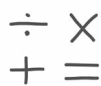
### SOCIAL ACTIVITIES AND GAMES

Developing skills with interactive number games



### BUDGETING/ SHOPPING

Managing your money and learn to be shop savvy.



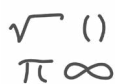
### MATHS WITH YOUR CHILD

Gain the confidence to help your family learn and grow.



### COOKING SESSIONS/ NUTRITION

Broaden your knowledge of measurements, cooking times, portion sizes, nutritional values, and costs.



### CONFIDENCE WITH EVERYDAY MATHS

Break down barriers for maths in everyday life, such as calculating change and shop discounts.



### RELEVANT EMPLOYMENT SKILLS

Upskill for the career you want, including better-off-in-work/ benefits calculation. Appropriate training such as retail, hospitality, warehouse, construction, healthcare and more.

[www.eastcoast.ac.uk/multiply/](http://www.eastcoast.ac.uk/multiply/)


To find out more please contact our Project Lead  
Joleen Azevedo:

07970204002

[multiply@eastcoast.ac.uk](mailto:multiply@eastcoast.ac.uk)



# HERRING TRAIL WINNER




Congratulations to Alex, a Year 8 student from Great Yarmouth Charter Academy, for winning the East Coast College and Arts Festival competition to design a herring for a trail which included 40 numbered herring located in shops and community spaces around Great Yarmouth for the public to find and collect.

The winning voucher was presented by Mat Dale Curriculum Manager at East Coast College. Mat said: "I was really impressed with all the submissions from the school but Alex's stood out due to the quality of both the original idea and production of the final painted fish. Alex has a great future as an artist and animator and is very welcome to join us at the college in a few years time".



*Alex and Mat with his winning herring.*

## CEFAS MASTERCLASS



This month some of our science learners at Lowestoft Sixth Form experienced an onsite Centre of Environment Fisheries and Aquaculture Science master class.

Thank you to the science team, Adam and Lynne for organising and accommodating the visit.



*Science student getting involved in the CEFAS masterclass.*

# STUDENT GIG NIGHT



Student performing for parents at our student gig night.

Last week we held our student gig nights, at the Sixth Form, which were organised by our Performance Team.

Students performed for their parents and students that attended the event and everyone thoroughly enjoyed themselves.

# INTERNSHIP OPPORTUNITY

There is an opportunity for East Coast College students in Year 13 or in their final year of sixth form/college to undertake a paid internship in London with free travel and accommodation, for two weeks and earning £1500.

This programme is not just for students who know they want to work in these fields - we welcome all students who are motivated and willing to try their best and work hard, and would like to develop their transferable skills. Eligibility criteria applies in line with widening participation frameworks.

University teams in Great Yarmouth and Norwich will support you with the application and interview skills part of the process. Please use the links for the Contact details for both the [Great Yarmouth](#) and [Norwich](#) centre if you the have any questions before applying.

[APPLY HERE](#)

# FORENSIC ACTIVITY

Our Year 1 Forensic Science students practical exercise was a huge success! Over two days, the students engaged in an intensive investigation of a simulated crime scene. This exercise provided a dynamic platform for our students to apply their knowledge of legal procedures, an integral part of their curriculum.

The students displayed exemplary skills in teamwork, observation, and a thorough understanding of health and safety protocols. Their use of biological, chemical, and physical analytical techniques was not only accurate but also demonstrated a high level of proficiency. This exercise was a significant opportunity for them to apply theoretical knowledge in a practical setting, bridging the gap between classroom learning and real-world application.

This exercise showcased the strength of our Forensic Science programme and the capability of our students. It serves as a valuable learning experience for all involved and highlights the effectiveness of our teaching methodologies and the practical application of forensic science.

## TRAVEL AND TOURISM GUEST SPEAKER

Our Travel and Tourism students were visited by Sam from Your Co-op Travel. Sam has worked in retail travel for over 20 years and had a wealth of experience and knowledge to share with our learners. Sam studied Travel and Tourism at East Coast College alongside the current tutor - the course kick-started Sam's career in travel, and she has now progressed to be the branch manager.

Sam's session will help the learners with their retail travel unit which they begin after Christmas.



# 'WEAR IT PINK' DAY



Self and Home students on 'Wear it pink day'.

Our Foundation and Progression's Self and Home group held a fundraiser for 'Wear it Pink Day' for Breast Cancer. So many staff and students showed their support by wearing pink, joining in with the fundraising games, donating or buying items from their stall. We are so grateful for the donations, and those who took part. Pictured is Foundations big 'art attack' created on the day.

## GOVERNORS NEEDED


### WE ARE CURRENTLY RECRUITING TO OUR BOARD OF GOVERNORS

Being a Governor at East Coast College is a genuinely rewarding role where you can be directly involved in the success of the college, our students, and local community.


#### SKILLS NEEDED

- SEND
- Finance
- Safeguarding
- Audit
- Estate development
- Strategic business planning
- Education

#### WHERE

 Lowestoft, NR32 2NB  
Mainly at the office

#### TIME

 Mostly during office hours  
Estimate of time needed:  
0-5 hours / month

#### DEADLINE

 31 Jan 2024

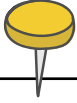
To find out more please contact our Director of Governance Wendy Stanger – [w.stanger@eastcoast.ac.uk](mailto:w.stanger@eastcoast.ac.uk)

See more information and apply:

[HERE](#)



# CLOWN CAR RESTORATION



Our Connect to Employability and Progression students have been given an amazing opportunity to restore the Great Yarmouth Hippodrome Circus clown car!

This was a purpose-built kit car built in the 1980s and was used right up until a couple of years ago, usually seen driving along the seafront.

The students have already been getting stuck in with repairs, we are extremely proud with the hard work they are putting in!

We will be following their progress and cannot wait to see the end result.

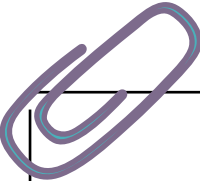


Hippodrome clown car in restoration.



Our students getting involved with the repairs

# CATERING SKILLS SESSION



Our Level 3 Catering students, cooking in the East Restaurant are building skills around poultry preparation and cooking.

This skills session was handling Guineafowl and producing stuffed legs and a rich stock from the carcass.



*Students preparing poultry*

## SAFEGUARDING RESOURCES

It is important to be safe over the winter break so we have provided resources you may need. Please see below safeguarding resources you can access over the festive period.

Online safety - If you're buying technology for your family this Christmas, Internet Matters are providing personalised safety plans:

<https://www.internetmatters.org/childrens-online-safety-this-festive-season/>

Additional online safety links can be accessed on the website throughout the year:

Information for parents and carers <https://www.eastcoast.ac.uk/student-support/information-for-parents-carers/>

Safeguarding information for students <https://www.eastcoast.ac.uk/student-support/safeguarding/>

# STUDENT RESOURCES

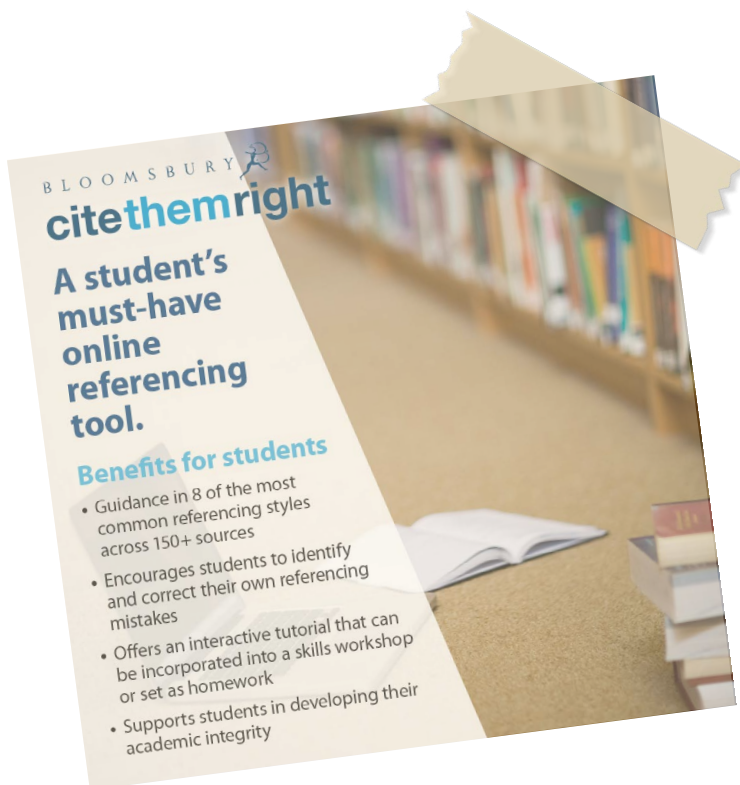


All East Coast College, students will now have access to two new online systems.

**Cite Them Right**, helps students understand plagiarism and teaches them how to format academic references in their assignments.

**Skills 4 Study**, is a system that helps students develop a range of skills from time keeping, to note-taking, to academic writing.

Students can visit the Campus Libraries or email [library@eastcoast.ac.uk](mailto:library@eastcoast.ac.uk) if they have questions or need help accessing the sites.



# LEARNING SERVICES

## WINTER UPDATE

### Theatre

Download a free play to read every week through December and January thanks to Drama Online. Visit their X (previously Twitter) account for more info: [Drama Online \(@dramaonlinelib\)](#)

Students can also log in to watch some free theatre at home over the holidays – they just need their ATHENS password which they can check by email to [library@eastcoast.ac.uk](mailto:library@eastcoast.ac.uk).

- [National Theatre Collection](#) (A collection of live west end performances)
- [Shakespeare's Globe on Screen 2](#) (A collection of Globe Theatre performances)

You might also be interested in: [BBC Christmas line-up 2023 includes musicals and theatre | West End Theatre](#)

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### Audio

As well as the video resources above, students can access audio plays online at [LA Theatre Works](#).

The College Libraries also carry a range of books on CD that can be borrowed over the holidays.

BBC Sounds is a great place to find audio treats – this year a search for [Christmas](#) delivers the classic 'A Christmas Carol', a selection of Christmas ghost stories and a rang of festive playlists!

Finally, don't forget to check out the public libraries and the Libby app which provides free access to thousands of audio and ebooks: [Norfolk Libraries](#) [Suffolk Libraries](#)

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### Know More

Our 'Know More' boards highlight events throughout the year to better help students understand the world around them. Through December we've been looking at:

Hanukkah – this Jewish festival, taking in place in early December, is often equated with Christmas, but do we really understand why and how it came to be?

- [What is Hanukkah and how is it celebrated in Britain? \(theconversation.com\)](#)
- [What Is Hanukkah? Dates, Traditions, Story \(learnreligions.com\)](#)
- [Quiz: How much do you know about Hanukkah? - CBBC - BBC](#)

Money – with the new 'coins of the nation' due to go into circulation next year, just what do we know about our currency? You might enjoy these snippets:

- [What is money? | Bank of England](#)
- [How has money changed over time? | Bank of England](#)
- [The Royal Mint unveils new coins of the nation | The Royal Mint](#)



# CONNECT WITH US!



*STAY IN TOUCH VIA OUR SOCIAL MEDIA*



@eastcoastcoll  
@lowestoftsixthformcollege



@Eastcoastcollege  
@L6fcofficial



@EastCoast\_coll  
@L6FC



@eastcoastcollege