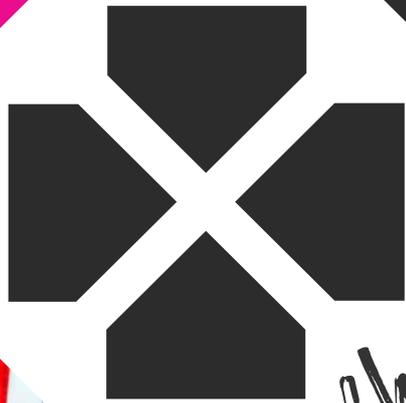




LOWESTOFT
SIXTH FORM COLLEGE

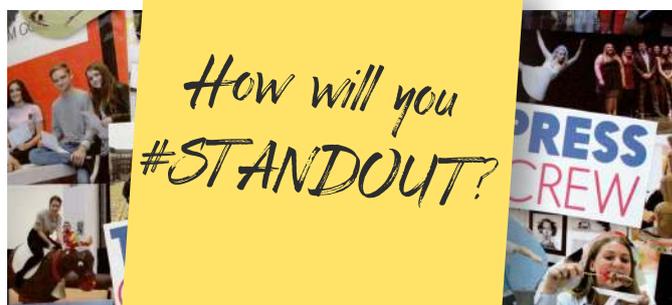


PLUS
more
What will you choose?



#STANDOUT OPPORTUNITIES





WHAT IS PLUS MORE?

What is Plus More?

Plus More is our enrichment/extracurricular programme.

Why do Plus More?

Our Plus More programme offers many opportunities for you to add more to your college experience. You'll get to meet new people, explore your interests and try something different. Plus More also adds to your experience and skills for your university or job applications.

Is it always on a Wednesday afternoon?

Most activities take place on a Wednesday afternoon, however some activities take place during the week/after college or on a one-off basis throughout the year.



How do I sign up?

You can sign up during our annual Plus More fair, which occurs at the beginning of each academic year. Alternatively, you can sign up by speaking to the Plus More Coordinator in Student Services.

Can I sign up to more than one activity?

Yes, definitely! It's up to you how you use your Plus More time. Some activities are weekly whilst others are one-off, so grab every opportunity.

Can I start my own activity?

Of course; bring your ideas with you! Whether you fancy starting up a new club or organising an event, speak to the Plus More Coordinator in Student Services who will be able to help.



#STANDOUT



#Opportunities

ACTIVITIES A-Z



Make new friends

Anime Club

The student-run Anime Club brings together fans of Anime and Manga alike.

Meet new people with similar interests, chill out, cosplay, watch Anime and plan activities - new members are always welcome!

Anime Club usually takes place every Wednesday afternoon within the college.

Art and Photography Trips

The college hosts an annual residential trip for students studying creative courses. Over the years, students have experienced galleries and soaked up the culture in **London, Prague, Paris and Berlin.**

Last year's trip involved a visit to **Amsterdam and Rotterdam**, with Film and Creative Media students attending the internationally renowned Rotterdam Film Festival! Students and staff completed a cultural walking journey through two of Europe's most historic and culturally rich cities, visiting historic landmarks, galleries and museums.

Inbetween copious amounts of pancakes, fries and waffles, students visited a number of famous attractions, including: Anne Frank's house, Rijksmuseum, Van Gogh Museum, Rotterdam's famous cube houses, a cruise around Amsterdam's famous canals, Rotterdam Film Festival and more!

It really was an amazing time had by all; we look forward to the next adventure!



This could be you!

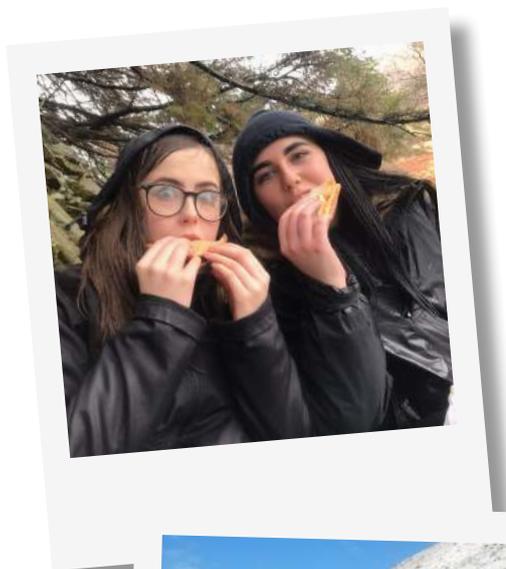


Badminton

Badminton is a very popular sport at the college; many students love to get involved and pick it up very quickly. Badminton is open to all students, from beginners to advanced - just turn up and play!

We usually play every Wednesday in Waterlane Sports Hall from 1:30pm.

Come and give badminton a go!



Blencathra Trip

Every year, A Level Geography students head off to the Lake District.

Most recently, students visited the fantastic Blencathra Field Studies Centre, for a week of stunning scenery, exciting fieldwork, good food and good fun!

Students developed their their profiling, sampling and measuring techniques. Despite the cold, the majestic views of the glassy Solway Firth and the Scottish hills behind, along with an interesting variety of wading birds, more than compensated.

Broads Album

Last year, Music students were lucky enough to take part in the **Broads Authority's 'Water, Mills and Marshes' project.**

Along with pupils from Pakefield High School, students worked individually and in groups to **compose, write and produce their own score of music** inspired by the Halvergate area of the Broads National Park.

The project- from composition to finished product- was a sixth-month journey, with the final pieces collated into eleven tracks featured on the official Broads Album.

Students showcased their work in a special performance held at the Marina Theatre.

Being given a real-life compositional brief has inspired our students to produce truly exceptional work, in a way that is hard to replicate in the classroom alone. The project encouraged the students to step out of their comfort zones, challenged them to compose using less familiar methods and themes, whilst giving them reason to engage with their surroundings. The results were stunning and left the students with a collection they can be truly proud of.

- Guy Nottage, L6FC Music Teacher



Check out the album here:



Careers Advice/UCAS

UCAS

Every student wanting to study at university will have **expert advice and guidance** on the whole UCAS process, which starts in Year 12 all the way through to Year 13.

University trips

You will have many opportunities to attend university trips, which will allow you to experience first-hand what university and student life is like. University trips can include **taster lectures, tours, and overnight stays in university accommodation.**

Academic guest speakers

You will have the opportunity to **hear from leading academics** from top universities throughout your time here at college. Recent visitors have included Professor Stefan Marciniak from the University of Cambridge.



neaco

Laura Davies

Meet Laura, the Higher Education Champion for Lowestoft Sixth Form College. Laura can talk to you about Higher Education and routes you can take after you finish sixth form. Laura is based in Student Services, so come and say hi, ask questions and find out more about some trips that could be of interest to you in the future!



Careers

We give a high priority to advising students about the options open to them after college. Our specialist Careers Adviser, Directors of Faculty and Student Achievement Mentors all contribute to this important process. We help with CV development, interview practise, apprenticeship and employment applications, arrange visits/information sessions run by employers, and hold an annual Careers Fair. **We have been awarded the Careers Mark for our excellent careers advice and guidance.**



Recognising Excellence
in Careers, Employability
and Enterprise

Community Projects

We carry out a number of community projects throughout the year, in partnership with local charities and organisations. Many of our community projects arise from students' ideas - so if you have a great idea about how we could help the local community, make sure to let us know!

The following are all examples of previous Plus More community projects.



What could you do?

Visit to a local residential home

Students visited a local residential home, Plasir Place. The visit was centered around loneliness and **fostering a sense of community**. Students chatted to the residents, shared anecdotes and played games with them during the visit.

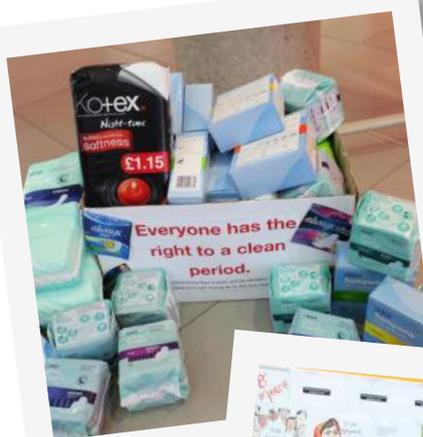
One student said "My personal highlight was when a 94 year old resident turned to me and said 'I have had the most amazing day, thank you'. Nobody should feel lonely in such a densely populated town."

International Women's Day

This year's L6FC International Women's Day campaign, 'Everyone has the right to have a clean period!', was organised and promoted by student Sophie Overy. We managed to gather a total of 686 sanitary products through the kind donations of student and staff - amazing!

We donated the sanitary products to a local food bank, for young homeless women and those who need them the most.

Thank you to Sophie, and all the students and staff who donated - especially Rebecca Bowitch, who donated so many items that we had to get another box!



#EndPeriodPoverty

‘Save the Food Bank’ Project

Students carried out weekly visits to Lowestoft Food Bank, to help them when they were short staffed, or recieved large donations.

Students helped to distribute food parcel donations into the appropriate bags, putting in hours of voluntary work to help ease the pressure on the food bank. **The food bank was incredibly grateful** for all the hard work the students put in to helping the community.

It makes us **extremely proud** to see our students willing to help those who need it most; long may it continue.



Creative Writing

Telling stories is a fundamental, universal urge among all humans.

From poetry to playwriting, lyrics to screenplay, fact to fiction - creative writing will help you to **discover your own voice as a writer.**

You will learn about an array of linguistic techniques that will allow you to experiment with different topics and styles of creative writing. Creative writing provides an **innovative outlet** for you to express your thoughts and ideas; it has been linked to improved mood and wellbeing.

You don't need to be studying an A Level English subject to get involved. **The more vivid your imagination, the better!**



Dungeons and Dragons

The first Dungeons and Dragons game was played back when Gary Gygax and Dave Arneson, in 1974, chose to personalize the massive battles of their fantasy wargames with the exploits of individual heroes.

Dungeons and Dragons a student-led club; the students gather together with their **shared enthusiasm for D&D** and play every Wednesday afternoon in college.

They are a **friendly, approachable** bunch, who don't mind whether you're an experienced player or completely new to the game!



Eco Ambassadors

Organised by the **Student Council**, Eco Ambassadors aim to highlight the importance of being environmentally friendly, particularly in and around the college.

The group recently organised a litter pick around the nature boardwalk behind the college; they collectively managed to clear the area of over 20 bags of rubbish!

Student Vice President, Jordan Lubega, commented "The litter pick has really broadened my perspective about how we need to take care of the environment. I was really shocked to see how much litter there was... we even found a plastic bottle from 2004! The event was a success and we are planning another in the near future."

If you want to **help raise awareness** of environmental issues within the local area, make sure to get involved!



#SaveThePlanet

Energy Internships

We run an **Energy Internship Programme each summer**, in partnership with John Best and The Ogden Trust for our STEM (Science Technology, Engineering and Maths) students.

If you are studying STEM subjects, **this could be a fantastic opportunity for you**. You'll develop a range of valuable skills as you tackle a live engineering project of industry/commercial standard, directly relevant to the host company.

Past student projects have included Vessel Data Analysis & Hardware Testing at James Fisher & Sons, Windfarm Data Analysis at 4C Offshore, Marine Growth Investigation at AB Ports, IT Systems Development at Seaward Safety, and more!



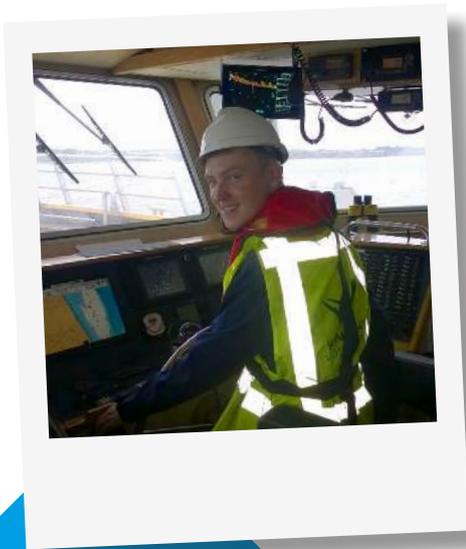
Engineering

Students will have the opportunity to access East Coast College's brand new £11.3m **East Coast Energy Training Academy**, which will launch in Autumn 2019.

Based directly opposite L6FC, the centre will feature state-of-the-art facilities for the engineering, maritime, energy and offshore sectors.

Students will have the chance to take part in dynamic **workshops** and gain an insight into the engineering field.

This is an **excellent opportunity** for our students - particularly those studying STEM subjects who are considering a career in the industry in the future.



Extended Project Qualification (EPQ)

An EPQ provides an opportunity for **advanced level study** in a specialised subject area of your choice. You will carry out independent research and demonstrate the results of your inquiry through a dissertation, report, performance or artefact guided by a project mentor.

There is a taught element to ensure that you gain advanced skills in researching a topic, formulating an argument and presenting your ideas. Undertaking an EPQ is an **excellent opportunity** to develop your independent research and presentation skills.



Football

Every Wednesday afternoon, football training is held at Barnard's Meadow between 2-3pm for men's football and 3-4pm for women's football. Barnard's Meadow is a fantastic facility, with a full sized 3G pitch, as well as changing and showering facilities.

There will also be matches played against other local sixth form colleges and educational providers. These also take place on a Wednesday afternoon between 2-4pm.

Anyone is welcome to come along, regardless of ability!

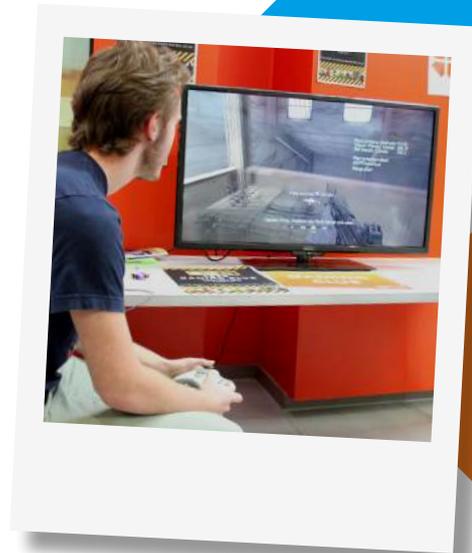


Everyone is welcome!

Gaming Club

The Gaming Club is another of our student-led activities. Members get together weekly and play various video games on their own personal devices, or the Xbox supplied by the college.

The club has been **immensely popular** and the group can't wait to meet some new faces. They are usually based in a designated classroom on Wednesday afternoons from 1:30pm.



Gigs Committee

Lowestoft Sixth Form College has hosted many gigs throughout the years; each time we are more and more overwhelmed with the amount of support these receive! **Students often organise and run these gig nights**, from the auditions straight through to the show night itself.

The gigs attract many aspiring musicians, as well as staff and students that just want to perform for fun. The music is varied, from heavy metal to musical theatre numbers, with even with a bit of rap thrown in!

Our very own musical legend Andrew Timberlake, Science Teacher, has even been known to take the stage by storm!

We can't wait to hear what you will bring to the gig nights.



Guest Speakers

L6FC Meets Corbyn

Our students got the opportunity to hear Labour leader Jeremy Corbyn and shadow Chancellor John McDonnell speak about austerity, investing in public infrastructure and the current plight of the NHS and mental health funding.

One student, Hazel, spoke with Corbyn and McDonnell about homelessness and what she believes must be done in the future to prevent more people sleeping rough on the streets. Corbyn agreed with Hazel and also pushed for increased housing developments.

The students thoroughly enjoyed the occasion and couldn't stop talking about politics after the event finished!



Take Your Place Against Terrorism: Bridging the Gap Between Knowledge and Fear

The Take Your Place Against Terrorism conference sparked discussions and debates on what terrorism means.

The day consisted of university-style lectures, followed by interactive breakout sessions and Q&A's with a diverse panel. The host of exciting guest speakers included former radical Jihadist Manwar Ali, and former EDL member Ivan Humble.

The day encouraged students to make a stand, make a change and go on to impact the wider world.

InspireSTEM

InspireSTEM is our exciting new programme in partnership with NEACO, aimed at Year 12 STEM students.

If you are studying STEM subjects (e.g. Maths, Sciences, IT, Economics), make sure to sign up! Studying STEM subjects leads directly to a huge variety of exciting and rewarding career opportunities.

You'll have the opportunity to hear from leading experts in the STEM field, take part in workshops and go on trips to see the industry in action. Engineer? Scientist? Software Developer? **The opportunities in the STEM sector are endless; discover your future with InspireSTEM!**



James Paget Health Academy

We have teamed up with the James Paget Hospital to offer the James Paget Health Academy- a **fantastic opportunity for aspiring healthcare workers.**

The programme involves placements, which help students to develop the skills and qualities that will enable them to become excellent practitioners of the future.

Previous participating students have gone on to study subjects such as Medicine, Midwifery, Nursing and Paramedic Science at university, or even been offered an apprenticeship with the hospital itself!

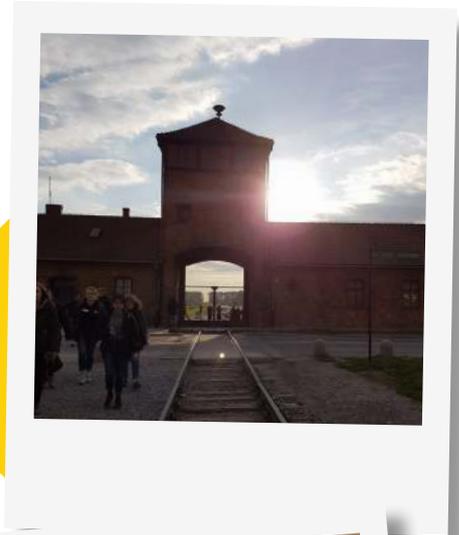


Lessons from Auschwitz

Every year, student representatives from L6FC have the opportunity to take part in the **'Lessons from Auschwitz' programme, run by the Holocaust Educational Trust.**

The programme aims to increase knowledge and understanding of the Holocaust for young people and to clearly highlight what can happen if prejudice and racism become acceptable.

The programme involves educational seminars in London and a trip to the infamous Auschwitz-Birkenau Museum and Memorial in Poland.



It has helped me to reflect on what happened in the past, and what is happening right now. There are still people that fear difference, despite the fact that difference is what makes us all unique, and allows us all to excel in different ways, bettering the world.

- Chloe Burlingham, 2018 Trip



#Play

Netball

Played netball at school and want to continue? Want to get your fitness levels up? Want to start a new sport you've always wanted to be a part of?

Get involved in Netball at L6FC! Netball is a great team sport, always a popular activity, with nearby facilities, and a great way to make new friends!

Performance Workshop

Performance Workshop is an opportunity for students to **try something new - whether it be drama, music or dance**. It helps develop confidence, reduce stress and helps you meet new and exciting people!

The workshop covers many musical numbers as well as script work. You don't have to study Performing Arts or Music to take part in Performance Workshop; **we welcome anyone!** Students debut their talent at the annual Performance Showcase.

We also organise a **West End theatre trip** each year for students to get involved in. We watch a famous show, and students get the opportunity to take part in backstage workshops led by West End performers.



Be proud of who you are!

Pride

At the college, Pride is something that is very close to our hearts. **We think it is important to create a safe, friendly, welcoming and accepting atmosphere which is inclusive to all!**

Open to everyone on the LGBTQIA+ spectrum and for those who just haven't quite figured it out yet (which is totally OK), Pride Club is here to be your very own safe space where you can be yourself, find new friends and act 100% true to who you are.

Our meetings will be fun and friendly, but we're also here to educate and reach out at college events, with various fundraising opportunities lined up for the future. So, if any of this sounds like your cup of tea, come join our community. Allies welcome too!

Royal Philharmonic Orchestra

Music students from Lowestoft Sixth Form College worked with the **world-famous Royal Philharmonic Orchestra (RPO)** to produce a series of concerts at the Marina Theatre in Lowestoft.

Nineteen students worked for three months alongside members of the orchestra to script, present, market, event manage, plan and run the technical aspects of the concerts.

Music teacher, Guy Nottage said “I can honestly say that every single student involved in Sound Around excelled within their chosen role. Being given the opportunity to work so closely with a world-famous orchestra like the RPO was simply incredible – **a once-in-a-lifetime opportunity** for our students.”

We look forward to more exciting student opportunities like this in the future!



Rugby

If you have a passion for Rugby, played it throughout school or simply just want to try it out, sign up to Rugby!

Rugby is a **great sport to relieve stress, get fit and meet new friends** in a team-playing environment.

We have coaching for beginners and touch rugby for those who would rather not get too physical!!

Sign Language

Sign Language is a fantastic skill to have.

As well as offering you a rewarding learning experience, you will be able to connect and communicate with a whole new community. Sign Language helps to boost your communication skills and is a **great asset to add to your CV.**

You will carry out a lot of your learning and practise in pairs. You will learn the alphabet, everyday greetings, how to ask questions and numbers 1 – 100. You will also learn signs for family members, days of the week, months of the year and when birthdays are.

You will also learn how Deaf Culture varies to hearing culture and about how BSL structure is different to the structure of English. We will also learn a signed song which we will perform at the Christmas gig – only for the willing!



Learn something new!



#SweatItOut

Spinning

Spinning is hosted at Waterlane Leisure Centre, led by one of their highly motivating instructors. **Spinning is an intense and exhilarating cardio workout**, based on indoor spinning bikes.

If you love working out to music, challenging yourself and you're looking for a way to destress - give spinning a go!

You may get rather sweaty, but **you will feel fantastic** afterwards!

Student Ambassadors

Student ambassadors volunteer to represent the college at key events, such as: Taster Day, open events, school outreach visits and assisting with activities and workshops. This an extremely rewarding role which will see you help and inspire prospective students.

Becoming a Student Ambassador **helps to increase your confidence** and interpersonal skills, as well as providing **valuable experience** for your CV, personal statement or job/ apprenticeship applications.

You can choose to help out at events which fit around your timetable and personal life. Plus, you will often be rewarded with **Dominos Pizza** as a thank you for all your hard work - bonus!



Student Council

We place a high value on the thoughts and concerns of our students. Students are at the heart of the college - we therefore aim to listen to and address their ideas on how to improve the whole L6FC student experience.

Each year, you elect a Student President and Vice President who become members of the College Governing Body, representing the voice of the students.

The Student Council play an important role in giving direct student feedback to college leaders, in order to **improve the college student experience** as a whole. They also help to organise events and fundraising projects.

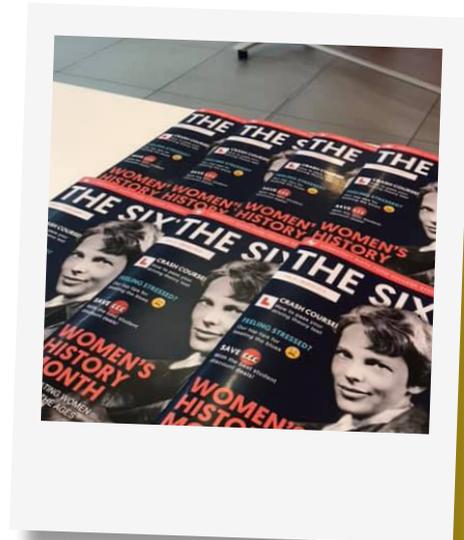


Student Magazine

The student magazine is a **fantastic student-led initiative** at L6FC.

Launched earlier this year, **'The Sixth'** features everything from the latest college news, to topical issues and world affairs, student discount deals, playlist recommendations, tips to de-stress from revision and more!

The current team are looking to expand. Whether you're interested in design, photography, journalism, or simply want to contribute with an issue you feel passionate about - make sure you sign up!



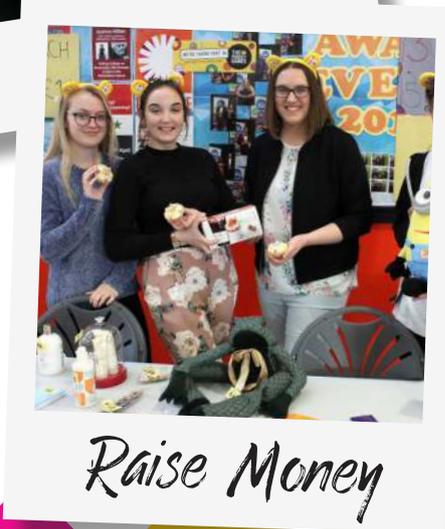
Student-led Charity Events

We support students to organise and promote their own charity or fundraising events.

Whether it's a charity head shave, bake sale, skydive or a campaign to donate to the homeless - we can help bring your fundraising ideas to life!

Previous students have even taken part in voluntary projects with charities such as Thrive Africa and Skillshare International.

Bring your ideas with you and be sure to let our Plus More Coordinator know. We can then support you to pull off a successful event!



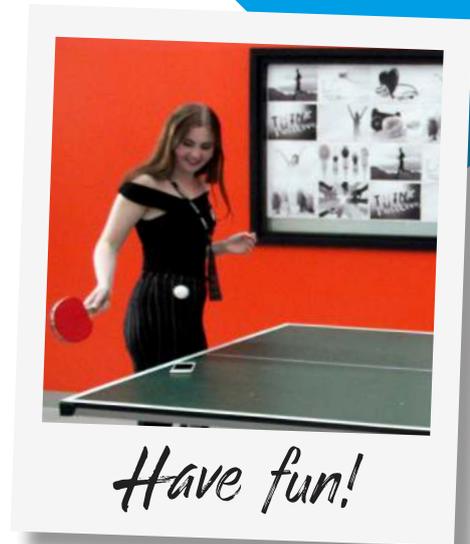
Raise Money

Table Tennis

Students have the opportunity to play table tennis during designated lunch times.

Table tennis is a **social, fun sport for all** students. A friendly game or a competitive match - it's completely up to you! Table tennis is ideal for those who usually wouldn't get involved in sport, but have always fancied having a go.

Just turn up and play, no kit required!



Tech and Press Crew

We are looking for young journalists, photographers, bloggers, vloggers, videographers & promoters!

We want you to help out with our fantastic events at college throughout the academic year, while gaining experience within the creative media industry at the same time!

You could help to operate the sounddesk or stage lights for our gigs/performances, produce promotional videos for events and social media, take photos, help with press releases and more!

You don't have to be taking a creative subject; as long as you have the passion for the position, the willingness to learn, help out and commitment, we will teach you the rest!

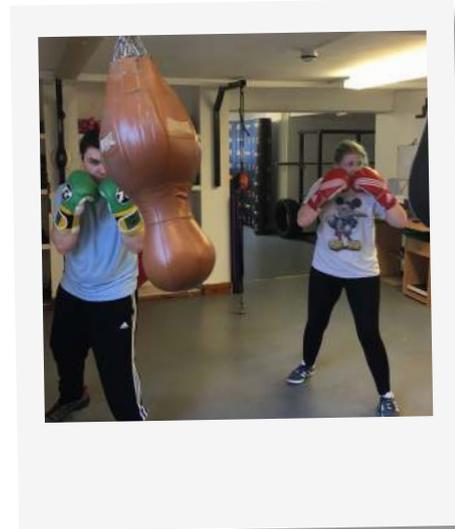


Ultimate Boxing

Boxing is a great way to keep fit and release negative energy from your body. The sport helps to improve your body strength, boost confidence, burn calories and reduce stress!

We aim to arrange monthly trips to Ultimate Boxing in Lowestoft for students (or members of staff!) who want to give boxing a go.

You will learn basic boxing techniques, boxing fitness and core strength exercises in the hands of qualified, professional boxing instructors.



Get active

Waterlane Leisure Centre

Students at L6FC are lucky enough to receive **free access to the facilities at Waterlane Leisure Centre**, as well as a discounted full time membership.

Just footsteps away from the college, students can take a dip in Waterlane's 25m heated swimming pool, work out in the state of the art fitness suite, or explore the 6-court sports hall with activities such as badminton, table tennis, basketball, short tennis and rock climbing.

Free access times are:
Swimming: 7am - 5pm
Gym: 3pm - 5pm

Wellbeing

We pride ourselves on being an environment that supports our students and staff to feel free to be themselves, while respecting others, and embracing diversity.

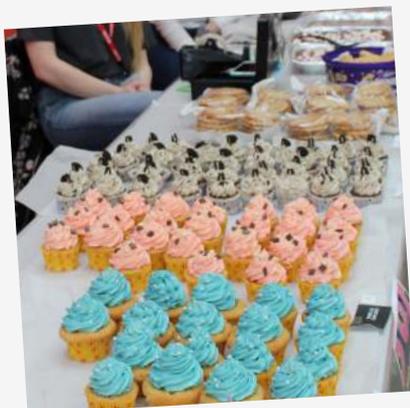
We seek to enable all staff and students to fulfil their potential and to foster a working and learning environment that protects their physical and mental wellbeing.

On various occasions throughout the year, we host **wellbeing breakfasts**, speaking to students about their wellbeing and helping them start their day at college in a better mood.

At L6FC, we do our utmost to promote **mental wellbeing**, and through our Student Services department, we ensure all students have an open platform to discuss how they're feeling, and what we can do to help. **The Plus More programme is all about meeting new people, doing physical exercise and learning something new, all with the intention to better students' mental and physical wellbeing.**



Be kind to yourself



Work Experience

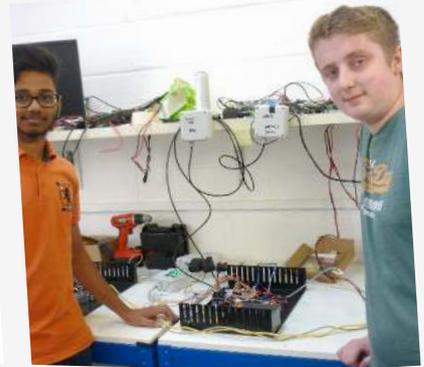
Work experience is an invaluable opportunity.

Placements give you the chance to develop key skills that employers look for, such as:

- Team working
- Problem solving
- Communication skills

As well as helping you to develop skills that will make you more attractive to future employers, placements can also help you to gain a real insight into how the industry operates, to make contacts, network and enhance your CV, UCAS and job/apprenticeship applications.

Get in touch with our Careers Adviser, Marie Borrego, in Student Services for support with finding a placement.



Meet Marie!

Yu-Gi-Oh!

Yu-Gi-Oh! is a Japanese trading card game, popular with fans of Anime and manga.

Our Yu-Gi-Oh! Club is **run by a group of friendly students**; members usually meet every Wednesday afternoon to battle it out!

It doesn't matter if you've never played before - Yu-Gi-Oh! Club are always happy to welcome new members and show them the ropes.



LOWESTOFT SIXTH FORM COLLEGE

99%
A LEVEL
PASS
RATE

74%
A LEVEL
A* - C
GRADES

77%
A* - B
GRADES
MATHS

83%
A* - B
GRADES
PHYSICS



#STANDOUT



APPLY ONLINE TODAY
L6FC.ORG