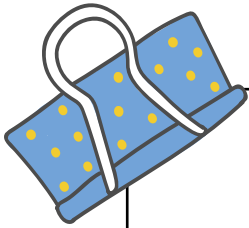


PARENT AND CARER NEWSLETTER

●●● JAN/FEB 2024 ●●●



WELCOME!

Welcome to the first newsletter of 2024!

Read about our Childcare students who have just returned from a trip to New Zealand where they experienced the visit of a lifetime thanks to the Turing Scheme. We also supported our A Level students to visit Poland on an educational trip to develop their history knowledge.

Closer to home, other students have been busy with visits from the East Anglian Air Ambulance, trips to employers and workshops delivered by industry experts. There is also information about our Higher Education Fair on Thursday, 28th March.

As ever we continued to focus on our students safety and marked Safer Internet Day on 6th February. Please see information in the newsletter as to how you can support your young people to keep safe online.

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CHILDCARE NEW ZEALAND TRIP



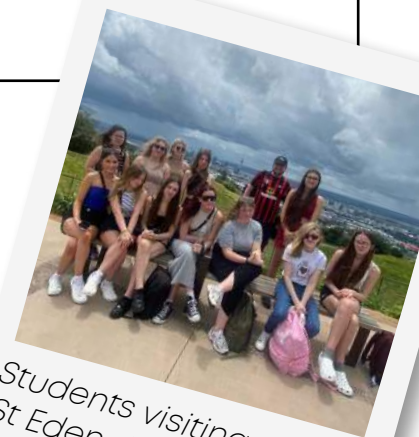
Thirteen Childcare students from our Level One, Level Two and T Level courses from the Lowestoft and Great Yarmouth campuses embarked on a 14-day educational trip of a lifetime to New Zealand to explore the Te Whāriki approach to early childhood thanks to the Turing Scheme.

In their first week students visited Auckland University and had a lecture from Professor Marek Tesar about the Te Whāriki early years curriculum. Students were introduced to the main ideas that children are 'competent and confident learners and communicators.' It encourages children to be proud of their ancestors and focuses on four principles: empowerment, holistic development, family, community and relationships.

All students were presented with a copy of the curriculum and then were given a tour of the campus. Charlie Frith was particularly interested in the learning stories that were written to the children. After this, students visited St Eden, the tallest volcano in Auckland.



Students arriving at Auckland University



Students visiting St Eden, Auckland

CHILDCARE NEW ZEALAND TRIP



Our student painting with children at Kirikiri Kindergarten

Students went to Kirikiri kindergarten. They were called in with a traditional Māori welcome. The children greeted our students with a pōwhiri and a waiata, which are traditional greetings. Our Turing group sang back and then enjoyed a Kai with the children (food). This symbolised manaakitanga, which is a way of expressing and nurturing relationships, and engaging with one another. This moved the group to a state of noa, which means they now belong.

Our students learnt more about the philosophy that underpins the curriculum and were impressed with the way the children are given choices and learn through exploring and discovery learning.

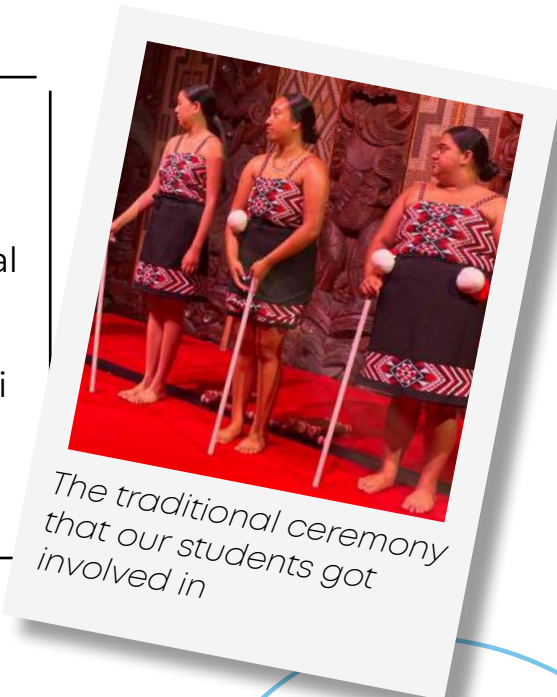
In their downtime, the Turing group explored a waterfall and learnt to cook and clean together. Students helped create a weekly menu and all took a turn to help with the cooking and cleaning.



Our students exploring a waterfall

Students visited the site where the Waitangi treaty was signed between the Māori and the British Crown in 1840. This had a big impact on the early year's curriculum, physical spaces and bicultural curriculum.

Our students had an opportunity to witness a Māori traditional ceremony with singing, dancing and pukana which is used to intimidate and challenge! The group even had a go!



The traditional ceremony that our students got involved in



CHILDCARE NEW ZEALAND TRIP

Students explored the North Island, making the most of the rainy weather and exploring the geothermal bubbling mud pools and geezers at Te Puia Geothermal Park. Students were amazed at the heat of the steam and loved it when the geezer shot it into the air.

The group found out about Māori traditional crafts and watched wood and bone carving as well as weaving using traditional tools to keep the Māori culture alive.

They also saw the rare kiwi bird in its enclosure which was quite a feat as they are nocturnal and found out about their breeding programme.

There are about 70,000 left in New Zealand making them very endangered, which means the breeding program they witnessed was even more special.

Students visited the last nursery setting - Tutarawananga Kohanga Reo. This was a school entirely for Mauri children. They enjoyed a traditional whakataui with singing and speeches. The group's nominated chief, Ethan, gave thanks for the welcome and they sat down for a traditional kai. The groups said the fried bread was amazing!

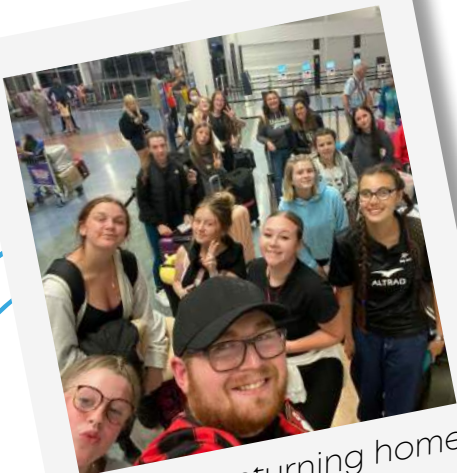
After this, they visited another amazing volcanic beach. Students dug their own holes and hot rocks from magma heat this up!



Students exploring the North Island



Students visiting a nursery during the final days of their trip



Students returning home from New Zealand

Our Childcare New Zealand students returned home from their life-changing trip. During their last couple of days, they explored the local area and did an All Blacks rugby experience where students witnessed the haka. It was an amazing trip full of laughter, friendships and memories that will last a lifetime.

EAST ANGLIAN AIR AMBULANCE



A Foundation and progression student learning CPR

The Grow and Mow group were lucky enough to have a guest speaker from the East Anglian Air Ambulance who taught them about CPR and how to use the defibrillator. All of the students were successful in learning the important skills required to save a person's life. One learner was given particular praise when they volunteered to be the first person to use a defibrillator and successfully followed the instructions.

ENGINEERING PLACEMENT

Level 3 Engineering student, Luke Smith, has started a work experience placement with ENG-CAD Limited in Great Yarmouth. Mark Harrison, Design Office Manager at ENG-CAD, is delighted with Luke's attitude and appetite for learning as well as his ability to transfer some of the knowledge gained from his college course into a practical setting, so much so that they have offered him a part-time paid job at the company alongside his course! Congratulations on your new role Luke, and thank you to ECC Placement Officer John Wicks for helping bridge this relationship.



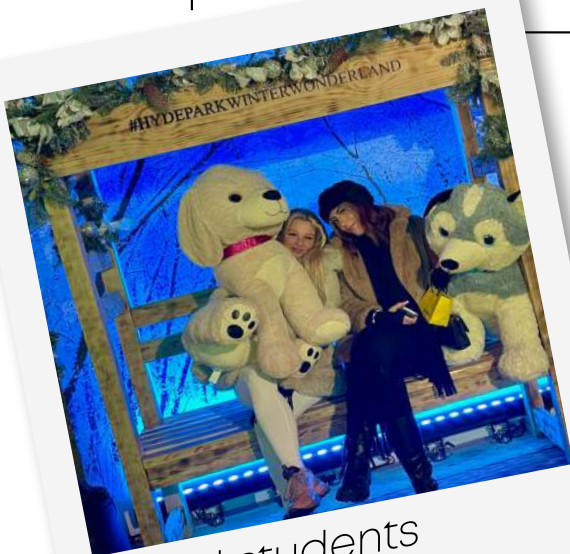
Engineering student Luke with Mark Harrison from ENG-CAD

WINTER WONDERLAND

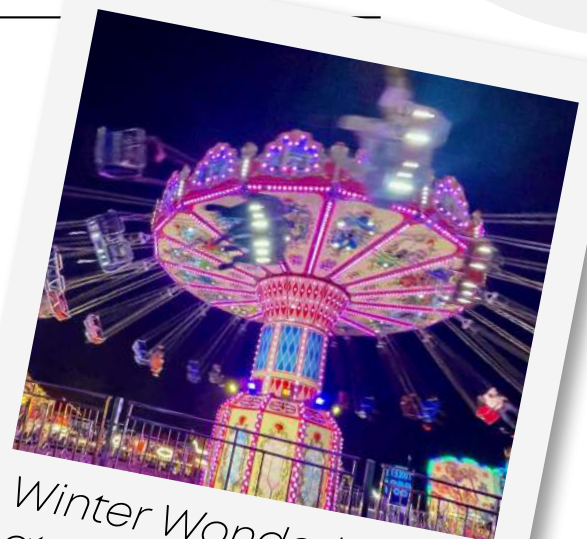


In December, 25 Travel, Tourism and Air Cabin Crew students visited London for a day out to enjoy the festivities as a reward for their hard work and good attendance. They had some time for shopping and to see the Christmas lights on Oxford Street and the evening was spent at Winter Wonderland.

This visit will help with practical ideas for their events units. Seeing the set-up and management of a large-scale event helps to put theory into practice.



Travel students enjoying their trip



Winter Wonderland attraction

SUPPORTED INTERNSHIP APOLLO PROJECT

As part of East Coast College's new Health and Social Care Workforce Apollo Project, we are pleased to share information about our Supported Internship employment support project. A programme aimed at people with additional needs such as dyslexia, the Supported Internship project has been designed to support people who want to move into employment but need extra support to do so.

The Apollo Project's Supported Internship Job Coach can help you, a friend or a family member take their first steps into the world of employment within the Health and Social Care Sector.

Building skills through:

- Work-based experiences
- Coaching to learn and develop work skills
- Training courses

We individualise the internship so that we work together to tailor an employment action plan that helps you find the most suitable job role and work experiences.

Working with several employers, the Job Coach will see which role suits you and find those opportunities. Positions such as:

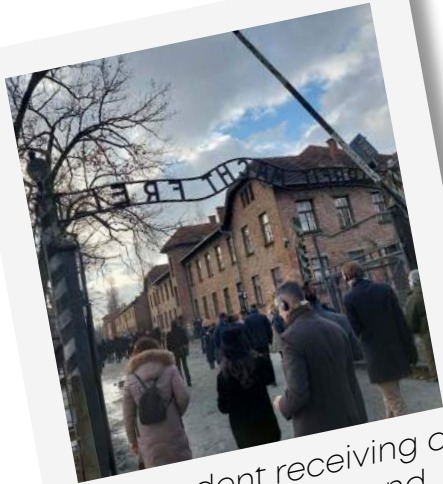
- Carer
- Administrator
- Cleaner
- Caterer
- Customer Service
- Gardening/Horticultural roles
- And many more...

If you are interested in an exciting career in the Health and Social Care sector, please call our team at [01502 525007](tel:01502525007) or our work coach directly at [07301283650](tel:07301283650) for an informal chat. You could also email Apollo@eastcoast.ac.uk for more information.

Alternatively click [here](#) to register.

A LEVEL HISTORY

POLAND TRIP



Our student receiving a tour of Auschwitz and Birkenau museum

Our sixth form A Level History students enjoyed a trip to Krakow, Poland to broaden their understanding of the country's history. They began their trip by visiting Auschwitz and Birkenau museum. It was a sombre day for the students as they tried to comprehend the events that took place.

Students then visited the Schindler Museum where they discovered what life under the Nazi occupation of Krakow was like. This was a very insightful experience for the students following their Auschwitz visit that morning.

In the evening students enjoyed some free time exploring Krakow and enjoying the tastes and sounds of the city centre. Traditional Polish dishes, including Placki Ziemniaczane, Borscht and Pierogi, were enjoyed by all.



Our students outside the Schindler Museum.

After students checked out of their hotel, they began a tour of the Wieliczka salt mines which involved an 800-step descent, 130m below ground! The descent was well worth seeing the salt sculptures, caverns and underground cathedrals.

The students and staff then headed for the airport for their journey home. A massive thank you to the brilliant team for making this possible.



Our student receiving a tour of the Wieliczka salt mines

GUIDE TO APPLYING FOR UNIVERSITY

NEACO and ARU have created a guide to help children in care and care leavers with the university application process. It includes information on writing your personal statement, funding and accommodation options, and much more advice for children in care and care leavers who are wanting to look into higher education options. Find the guide [here](#).

CAREERS TEAM UPDATE

University

This is our busiest time of year for all things UCAS and University application-related, at the time of writing the Careers team is busy supporting with last-minute applications, personal statements, and course choices. We have hosted multiple sessions from local and national universities across all our campus. By the time you are reading this newsletter, the deadline will have passed and we will be moving into student budgeting and student finance applications in March. If your young person has yet to make an application and decides they want to, the option of university remains on the table until September/October 2024 so we are happy to support students with late applications and through the clearing process.

Apprenticeship Fair - 8th February

Apprenticeships continue to be a big part of our discussions and work with students, we know how popular this is an option but also aware that demand continues to outstrip demand. Our mission is to raise awareness of opportunities but also make sure students understand what might be required to source and secure an apprenticeship opportunity. On 8th February we were joined by over 20 employers and apprenticeship providers including the NHS, Sizewell, BBC, Tesla and, Aviva as well as other local employers and some of our training staff.

CAREERS TEAM UPDATE

Higher Education Fair

On 28th March we are hosting a Higher Education Fair at the Lowestoft Campus (transport provided from Great Yarmouth) which is aimed at year 12 students primarily. We will be joined by over 25 universities and higher and degree apprenticeship providers between 10am and 7pm. In the evening parents and carers are welcome to attend and speak to universities, we will also be running information sessions throughout the day and evening on the student experience, gap years and student finance. We know that the idea of university can come with big questions and consideration and are making this event open to parents and carers of students are welcome to book in and attend the evening session where we will have Student Finance England giving a presentation and opening the floor for a Q&A session. You can book your place here: <https://forms.office.com/e/ax0Lz4ENr8>.

The Careers team at East Coast College and Lowestoft Sixth Form are here to support your young person with their next steps, whether this is progression to other courses, on to university, into apprenticeships and work. This includes support for CVs, interview skills and work ready preparation. Appointments can be made by students directly at Student Services or via email at careers@eastcoast.ac.uk.

Useful Sources of Information

[Amazing Apprenticeships](#): Lots of resources to support parents/careers explore what apprenticeships look like in 2024.

[Green Careers Hub](#): Explore what a 'green' career means and what options are there that offer a secure future for young people both in their careers but also in addressing some of the more pressing issues around sustainability and renewable industries.

[UCAS](#): One-stop shop for university information, application support and all things apprenticeships including live vacancies.

[National Careers Service](#): Information and advice on over 800 career pathways as well as skills check and course listings.

WELDING EMPLOYER VISIT



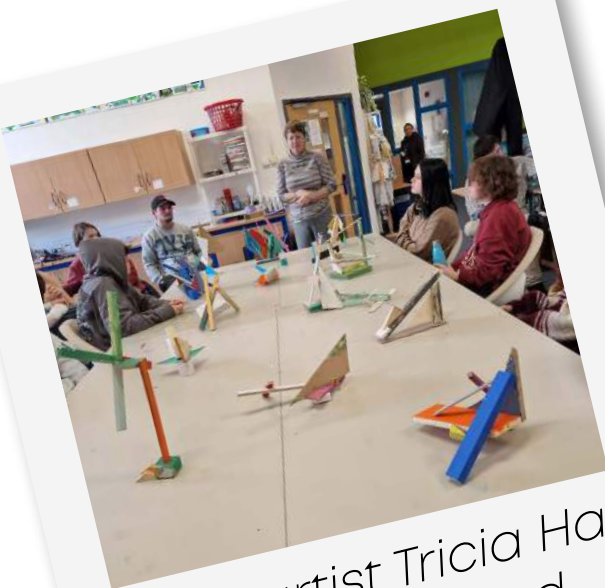
Welding students visited Alicat Work Boats Marine designers and builders of high-speed aluminium catamarans in two separate groups. Both groups had similar experiences, the first group witnessed one vessel being lifted from the dock using the mobile hoist manoeuvres within the dry dock and placed in the yard for repairs.

They were able to board the 'North Star' Hybrid Daughter Craft which was being prepped for an interior fit-out and electrical installation. A great opportunity to view close up the beginnings of her keel, her frames and stringers and the internal and external Tacks and Welds. They were shown the plans, templates and processes and were witness to the work of engineers, welders and fabricators. Both groups boarded another vessel fitted out but having alternations involving welding and fabrication.

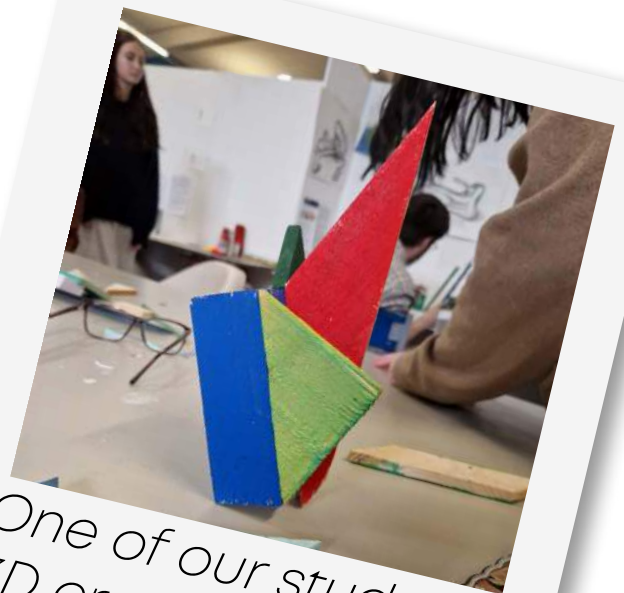
They all agreed that comradery and teamwork is key to the success of each project, an exciting setting with a multi-skilled workforce. The students walked around the boat yard in the rain for two hours on the second visit, an ample opportunity for students gain a real understanding of the working environment. Students were invited to submit their CVs for future Apprenticeship opportunities.

3D WORKSHOP

Level 3 Art and Design students took part in a 3D workshop with local artist Tricia Hall. The workshop fed nicely into their current project with a real focus on play, process and materials. We also discussed waste materials and using found objects, touching on sustainability and posing questions around their own creative practice. Students very quickly painted offcuts of wood and then, working in an intuitive manner, began connecting them one by one, allowing ideas to change along the way whilst matching colour and shape. The outcomes were a mass of colour, line and shape, compositions that played with space and weight and a series of small structures that were fantastic examples of ideas and creative thinking.



Local artist Tricia Hall giving our Art and Design students a workshop



One of our students 3D creation

CARE HOME CONGRATULATES 'CARING' AIMIE

Residents and staff at Ritson Care Home in Hopton on Sea are always so pleased to see student Aimie.

Aimie currently studies Health and Social Care at our Great Yarmouth campus, which is a two year course. Aimie volunteers at Ritson Lodge once a week, learning about the basic care needs of residents and general life in a care home. Aimie said she has really enjoyed learning about residents' basic needs and getting to know all about them.

Aimie said "I enjoy learning about different roles available in the care industry, so I can then make a decision on which way to take my own career. My favourite part of the day is chatting with residents and learning about their lives."

When Aimie is not studying or working at Ritson Lodge she loves reading, running and badminton when she gets time.

Siobhan, General Manager at Ritson Lodge said: "I'm delighted to have such a caring and talented individual joining our team. Residents and staff have enjoyed Aimie coming to Ritson Lodge and being part of the team."

SIZEWELL VISIT

Our Year 2 A Level Environmental Science students visited Sizewell as a part of their energy and nuclear energy unit. The unit also covers aspects of conservation, fish protection, pollution prevention and management. Sizewell is a great example to investigate which ways they mitigate their impact or potential impact on the environment. Sizewell is a large local employer and students had the opportunity to see and discuss potential career opportunities such as apprenticeships.

A big thank you to Sizewell for this great opportunity for our students.



T LEVEL HEALTH



In a recent hands-on learning experience, T Level Health students immersed themselves in the dynamic world of Operating Department Practice (ODP) under the guidance of clinical educator, Ernesto, from the theatres at the James Paget University Hospital (JPUH). This unique opportunity not only allowed students to explore various aspects of the ODP profession but also opened doors to potential future experiences within the hospital's theatre department.

Ernesto took the lead in mentoring the T Level Health students with the help of a couple of student Operating Department Practitioners. The session covered essential aspects of an ODP's duties, including the intricacies of scrubbing for theatre, the correct way to put on Personal Protective Equipment (PPE), the meticulous checking and use of equipment packs, and the critical skill of intubating a patient. The students were actively involved in each step, gaining practical knowledge that will undoubtedly contribute to their future careers in health. Ernesto extended an invitation for the T Level Health students to visit the theatre department for a tour. The prospect of observing an actual medical procedure heightened the students' enthusiasm, offering them a first-hand look into the day-to-day workings of a hospital theatre. This unique opportunity aligns with the T Level programme's emphasis on real-work experiences, providing students with a deeper understanding of their chosen field. The collaboration between T Level Health students and JPUH, exemplifies the importance of practical learning experiences in shaping future healthcare professionals. As these students continue their educational journey, the invaluable insights gained from this session will undoubtedly contribute to their growth and success in the dynamic world of healthcare.

GREEN HEALTH

Green Health is a collaborative sustainability and wellbeing project between The Bread Kitchen and ECC Health and Social Sciences students in Great Yarmouth. This transformative volunteering initiative that brings together students aged 16-19 and other young people and adults facing unemployment, some who may have mental health and/or learning difficulties that act as a barrier. This programme centres around gardening activities aimed at cultivating physical, mental, and emotional wellbeing. Through hands-on engagement in clearing land, constructing raised beds, planting seeds, and nurturing plants, participants not only contribute to creating vibrant green spaces but also foster a supportive and inclusive community.

See more about the Green Health Project: [here](#)

SAFER INTERNET DAY

Tuesday 6th February was Safer Internet Day. The UK Safer Internet Centre encouraged parents and carers to get involved. Visit their site for more information: [Parents and carers - UK Safer Internet Centre](#)

If you need help with an online safety issue, these sites can help:

[Get Safe Online | The UK's leading Online Safety Advice Resource](#)
[Online safety issues - Advice to support children | Internet Matters](#)
[Keeping children safe online | NSPCC](#)
[Report Harmful Content - We Help You Remove Content](#)

ANDREW BARTON MASTERCLASS



We were delighted to be joined by celebrity hairdresser, Andrew Barton, a tour at our Images salon based at our Lowestoft campus for a truly inspirational day. Learners, tutors and key employers had the chance to watch live demonstrations and participate in cutting workshops throughout the day.

Andrew is one of the UK's most talented celebrity stylists, starred in his own TV show and now enjoys sharing his skills and knowledge to help current and upcoming hair stylists. We asked Andrew to sum up his experience at East Coast College, here is what he said:

“It was a delight to visit the hairdressing department at East Coast College and work with the team of lecturers for a CPD training session. The team were thoroughly engaged with the session and enjoyed learning new techniques and industry practice. Spending time with students and local employers was a highlight of the day and I very much look forward to visiting the college again to deliver inspirational training.”

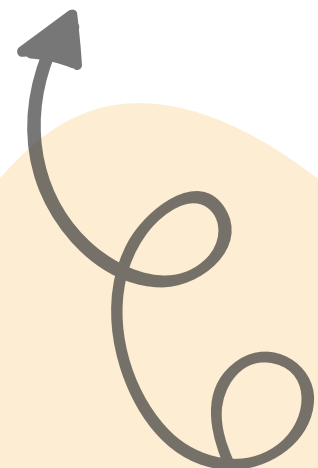
We also spoke to Michelle Sutcliff, tutor and employer, involved in the session to see what he thought about the visit:

“Very inspiring, inspirational and encouraging. You never stop learning in this industry so it was refreshing to learn a new technique on a classic haircut. Was a really great day and very uplifting.”

This was a fantastic experience for everyone and we look forward to more opportunities like this in the future!

CENTRAL GREAT YARMOUTH PLACE PROJECT

Students in Art and Design were visited by Jo Hand from Right to Succeed and Reuben Cruz from Repezent Projects to begin a new project to rename, create a logo, and take photographs to support a new town initiative called Central Great Yarmouth Place Project. This will engage and support children and young people in the area and ensure that they grow up in a community where they feel safe, belong and are supported to thrive. Students were asked about their opinions of their town including the positives and negatives, they then created a series of mood boards and design ideas. The group will in future workshops mentor other school groups and work alongside other colleges.




BTEC BUSINESS TALK



Our BTEC Business students were joined by Ian Smith, a former East Coast College student, now founder of Reuzer - digital training specialists for the safety-critical sector. Ian engaged students with insightful knowledge on how to develop a creative idea into a start-up business. This included the importance of embracing core values, professional networking to disrupt the market, and analysing finance options for growth. Students commented that it “brought their learning to life” by hearing the highs and lows from a real-life entrepreneur. BTEC Business students will now be pitching their own small business ideas in a Dragon’s Den-style simulation!

AFRICA ALIVE TRIP



The Grow and Mow students have been busy helping at Africa Alive, clearing the stinging nettles from the the rhino enclosure.

When they had completed the activity, they were lucky enough to have the opportunity to meet one of the female rhinos with her keeper. The rhino was kept under control by being fed with hay and carrots by the keeper and the animal expert demonstrated how to interact with this near threatened species.



A Grow and Mow student meeting one of the rhinos

STUDENT SAILING

SESSION OPPORTUNITY

We have been given an exciting opportunity for students to take part in free sailing sessions on the Norfolk Broads this April!



Sessions will be fully funded and transport to Nettishead where the sessions will take place will be provided. Spaces are limited so register your interest early!

Sounds like something you would enjoy?
Scan the QR Code to register your interest.



Session Dates:

- 17th April 9.45am
- 17th April 1.15pm
- 18th April 9.45am

Following the sessions, there will be a fantastic opportunity for some of those who took part to be considered for a 5-day residential trip to Belgium in August.



HIGHER EDUCATION FAIR 2024

28th March 2024, 10am - 7pm
Lowestoft LRC

Free transport for East Coast College
Great Yarmouth students

Are you a parent/carer supporting your young person through their options? This event is for you!

Explore your future and get your questions answered from a host of universities as well as higher and degree-level employers.



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