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PLUS more

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” – Plato

Meet George...

Hello!

My name is George King, I am the Plus More Coordinator at L6FC. I know you're probably wondering what 'Plus More' is; to put it simply, it's your college life besides your lessons. Any activity you want to get involved in, something you've always wanted to take up or try, Plus More is a great opportunity for you to do so.

This booklet has been created to help inform students about all the potential activities they can take up, and who to contact.

If you read through the booklet and can't seem to find anything that floats your boat, that's ok, email me at g.king@lowestoftsfc.ac.uk and pitch your new idea.

My desk is at Student Services, I'm here for you and happy to talk whenever, unless you need help with any maths homework, I'd advise going elsewhere...

George King

**Student Achievement Mentor
& Plus More Coordinator**



What is Plus More?

WHAT IS PLUS MORE?

It's our enrichment/extra curricular programme.

WHY DO PLUS MORE?

Because it's interesting and fun. You get to meet new people and to try something different. To develop something you already do or are interested in. It also adds to your experience and skills for your university or job application.

IS IT ALWAYS ON A WEDNESDAY AFTERNOON?

Much of the programme is on a Wednesday afternoon but some activities take place during the week/after college or indeed on a one-off basis throughout the year.

HOW DO I SIGN UP?

Either see/email George or the activity leader. Some activities may have limited places.

CAN I DO MORE THAN ONE PLUS MORE 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.

Give it a go!



Futsal

Futsal is a modified form of Football played with five players per side on a smaller, typically indoor, pitch. We arrange weekly indoor futsal sessions at Waterlane Leisure Centre. Doesn't matter if you're a footballing fanatic or just finding your feet, all are welcome to give futsal a go!



Football

Football at Lowestoft Sixth Form College has always been the cornerstone of Plus More time. Every Wednesday afternoon 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. Along with training 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 that is interested in playing football is more than welcome to come along! Whether you play football outside of college or not, please do come along!





“I love that I am able to represent my college by playing football!”

Yoga & Pilates

Yoga & Pilates are an increasingly popular plus more activity at the college, for all students (and staff). It's a brilliant opportunity to unwind and release all of the built up stresses from studying and deadlines. It's also great for fitness, Ryan Giggs (Welsh Footballer) claimed he continued playing premier league football until he was 40 because of his increased fitness through daily yoga! We usually host yoga or pilates within the college one evening every week for a term.



Rugby



If you have a passion for Rugby, played it throughout school or simply just want to try it out then please come along! It's 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!!

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!



Ultimate Boxing

Boxing is a great way to keep fit and get all the negative energy out of your body. We help arrange monthly trips to Ultimate Boxing for students (or members of Staff) who want to give boxing a go!



Table Tennis

On Friday lunchtimes in the atrium, students have the opportunity to play table tennis, a social, fun sport for all students who usually wouldn't get involved in sport but always wanted to. Just turn up and play, no kit required!



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 give badminton a go!

Futsal



Waterlane Leisure Centre

Waterlane Leisure Centre hosts two swimming pools offering a great range of sessions and classes. From Scuba diving to swimming lessons; there is something for everyone here at Lowestoft's best swimming pool. They also offer Health and Fitness for all with over 150 stations in a state of the art fitness suite including a dedicated strength zone, functional training rig and 4 studios. The centre has over 75 classes per week from the serenity of Yoga to the burn of Insanity, Waterlane regularly review and update their programme to meet your fitness needs. For the adrenaline Junky, the centre hosts a 6-court sports hall with activities such as badminton, table tennis, basketball, short tennis and Boccia and a brand new east facing climbing wall. Students at L6FC are lucky enough to get free access to the facilities and a discounted full time membership.

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



Spinning

Spinning is hosted at Waterlane to push our bodies to the max with one of their highly motivating instructors. I have to say it's one of the most difficult things I've ever done but also made me feel fantastic afterwards (also horrendously sweaty). We usually host Spinning on a Tuesday afternoon after Period 5 finishes.



Gym, Swim, Rock Climbing

Students are welcome to pop over to Waterlane Leisure Centre next door and take a dip in the pool on Wednesday afternoons, swimming is a great form of exercise for the mind and body. Grab your swimsuit and jump in!

Students should definitely check out Waterlane's phenomenal new rock climbing wall, we can get down there (or should I say up there) and give climbing a go!

Performance Workshop

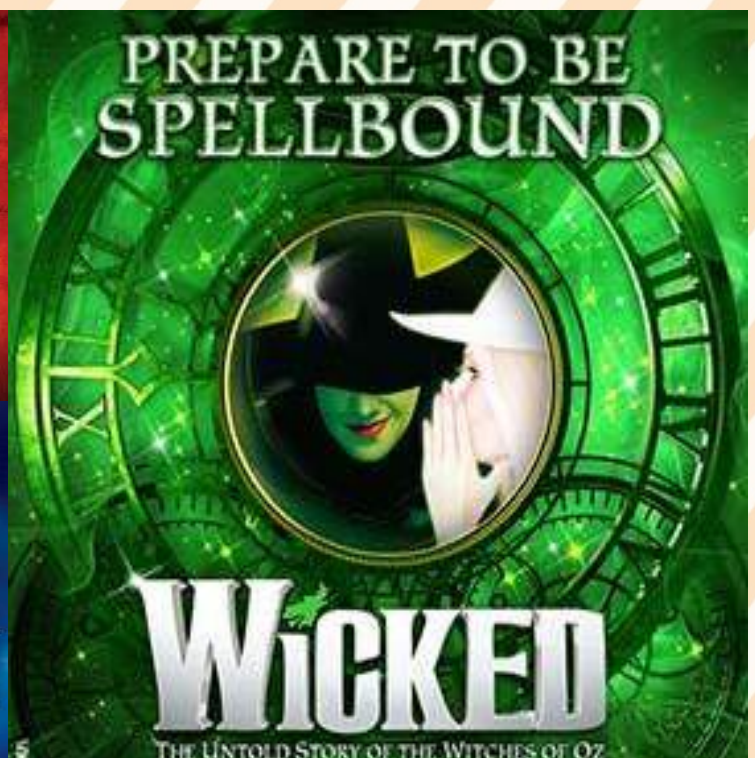
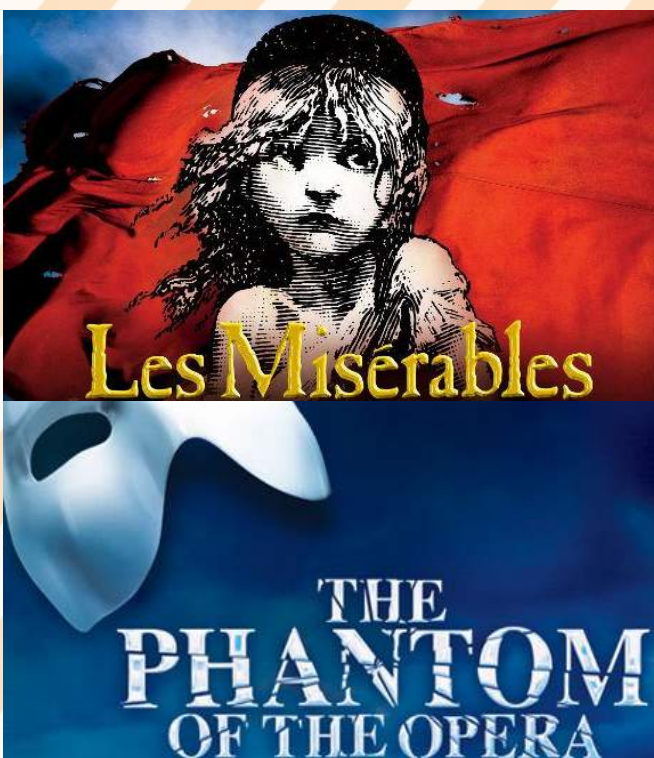
Performance Workshop is an opportunity for students to try something new, whether it be drama, music or dance. It helps develop confidence, reduce stress and helps you meet new and exciting people! The workshop covers many musical numbers as well as script work. You don't have to take Performing Arts or Music to take part in Performance Workshop, we welcome anyone! We also organise a West End trip each year for the students to get involved in. We watch a famous show then the students get an opportunity to take part in backstage workshops.

“ Lowestoft Sixth Form College staged its annual two-night Performance Showcase in which local students treated the public to an extravaganza of dance, drama, music and musical theatre. The college's own incredibly talented Performing Arts students were joined on stage by equally impressive pupils from Beccles Free School, Ormiston Denes Academy and Clockwork Dance Company. Councillor Peter Knight, The Deputy Mayor of Lowestoft, was so impressed he vowed to come back for the second performance after enjoying the show so much on the Wednesday.

Highlights of the event included an excerpt from 'The Phantom of the Opera' by Andrew Lloyd Webber where students performed beautifully colourful renditions of 'Masquerade' and 'Think of me' as a part of the College's extra-curricular performance workshop programme. Working with the music teacher, Guy Nottage, the students from L6FC recreated the harmonies and characteristics from this iconic musical to near perfection and with excellent audience reviews.”

- Katy Beales, Teacher of Performing Arts

Some of the shows we've seen at the West End...





Performance Showcase 2018



Gaming Club

The gaming club is one of our success stories this year, a few students came to see George requesting to use a room on Wednesday afternoons where they can get together and play various video games on their own personal devices, and the Xbox the college supplies. It's been immensely popular and the group can't wait to meet some new faces next year. They are usually based in room 2.37 on Wednesday Afternoons from 13:30pm.



Dungeons & Dragons

The first Dungeons & 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 club is another new student led club that debuted this year, the students gathered together with their shared enthusiasm for D&D and play every Wednesday afternoon in one of the rooms on Floor 1. They are a friendly approachable bunch, who aren't interested if you're an experienced player or completely new to the game.

Duke of Edinburgh Gold Award



“This was without doubt the best expedition that I have assessed this year.”

**Kevin Fawcett
DofE Scotland
Assessor**

Gigs Committee

Lowestoft Sixth Form College has been holding many gigs throughout each year since we opened, each time we are more and more overwhelmed with the amount of support we get for these. The students organise and run these gig nights, from the auditions straight through to show night.

The gigs attract many aspiring musicians but also staff & students that just want to perform for the evening for fun. The music is varied from heavy metal to musical theatre numbers even with a bit of rap in there! We want to hear what you will bring to the gigs nights!



Royal Philharmonic Orchestra



Music students from Lowestoft Sixth Form College have been working 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 side of things for the three concerts held on 23rd and 24th March.

Music teacher, Guy Nottage said “I can honestly say that every single student involved in Sound Around 2018 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.”



Broads Album

The Broads Album showcases the work of students from Lowestoft Sixth Form College and Pakefield High School. The pupils drew their inspiration for the album from a trip to Halvergate Marshes where they were able to spend time immersed in the Halvergate area of the Broads National Park.



The experience was then used as a muse from which to draw inspiration as they took time in the classroom to work individually and in groups to compose, write and produce their own score of music.

The project from composition to finished product has been a six month journey with the final pieces being collated into eleven tracks to feature on the official Broads Album.

Press Crew



We are looking for young journalists, photographers, bloggers, vloggers, cameramen/women & 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 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!



Catch up sessions

Outside of lessons are a great opportunity for you to catch your teachers and go through any work you're struggling with, or have missed due to unforeseen circumstances. Many teachers will arrange catch up sessions for some of their classes, other times students will request to see teachers within the Plus More period Wednesday afternoons.

**MATHS MANIA
CATCH UP**

EVERY WEDNESDAY
2 - 3PM
RM. 104

FOR MORE DETAILS EMAIL :
I.McLean@lowestoftsfc.ac.uk

**GCSE PHOTOGRAPHY
EXTRA TIME SESSIONS**

EVERY FRIDAY
3:35PM - 5:00PM
RM. 205

**PLUS
more**

FOR MORE DETAILS EMAIL :
C.Walker@lowestoftsfc.ac.uk

**PHYSICS
CATCH UP**

EVERY WEDNESDAY
2 - 4PM
PHYSICS LAB

FOR MORE DETAILS EMAIL :
L.Hamilton@lowestoftsfc.ac.uk

**POLITICS AND
HISTORY
CATCH UP**

EVERY WEDNESDAY
2 - 3PM
RM. 107

**PLUS
more**

FOR MORE DETAILS EMAIL :
S.Lawrence@lowestoftsfc.ac.uk

Careers Advice/Higher Education



UCAS

Every student wanting to study at university will have expert guidance on the whole UCAS process. Students will be guided through every step of the process, which starts in Year 12 all the way through to Year 13. The support the students receive is excellent, this coupled with university trips, students should feel fully prepared to study at university.

University Trips

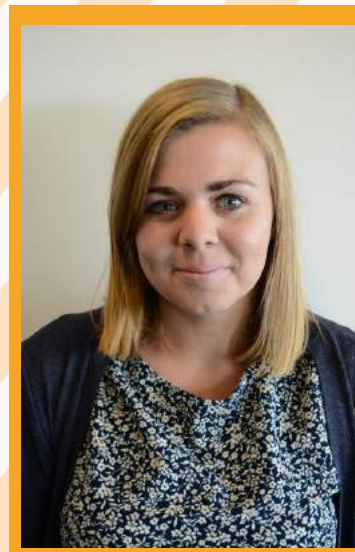
Throughout the two years at college students will have many opportunities to attend university trips. These trips allow students to experience first-hand what university is like, coupled with what it is like to be a university student. University trips can cover some of the following; taster lectures, tours, subject specific lectures, overnight stays in university accommodation.

Academic guest speakers

Students will have the opportunity to hear from leading academics from top universities throughout their time here at college. These lectures could be on a variety of subjects, which could be related to their current studies, or a topic which will stretch and challenge students. One example from this year is Professor Stefan Marciniak from Cambridge University came into speak with our students alongside Year 10 students from the local high schools. The lecture was on his educational journey, the latest biological research in malignant mesothelioma and life at Cambridge, looking into applying for Natural Science or Medicine.

Careers

We give a high priority to advising students about the options open to them when they finish their courses and leave College. Our specialist Careers Advisor, Directors of Faculty and Student Achievement Mentors all contribute to this important process. We support individual progression planning for every student, we support students in arranging work experience placements, hold a Careers Fair, CV development & application writing classes and UCAS advice/trips.



neaco

Laura Davies

Higher Education Champion

Come and 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 will be based in Student Services for the next year so come and say hi and find out more about some trips that could be of interest to you in the future.



Awarded the Career Mark 2016!

Work Experience

WHY CHOOSE WORK EXPERIENCE?

It's an invaluable opportunity. Placements also give you the chance to develop other skills that employers value; things like:

- 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 application.



Chloe Vigus
*"Work Experience
with Archant"*



Film & TV BTEC, A Level Media Studies and A Level English Language

Chloe recently completed her work experience over the half term with the Eastern Daily Press/Archant and managed to have some of her articles published. One of the articles was about our popular, local Latitude Festival and the other one was about Young Norfolk actors.

Chloe has also worked on several other articles and even got to cover a story with Sky Sports. She also carried out some Vox Pops (Street Interviews) in Norwich. This is fantastic! We are very proud of Chloe and the articles are brilliant!

Sometime soon, in the next few years, you will leave Lowestoft Sixth Form College behind and go into the world of work. Your work placement is an opportunity to learn new skills and find out more about how you can develop within employment. You will get to know a lot more about the organisation where you are placed, how it works, what sort of people it employs and the training opportunities that are available to the employees. You will also get to know something about yourself and how to get on with people at work.

For a general chat about work experience, please come and see me, Karen Lambton in Student Services, Floor 2 or email:
k.lambton@lowestoftsfc.ac.uk

Student led Charity Days

Let's fight loneliness

'Let's fight loneliness & make someone's day'



“On Wednesday myself and some of the students from the college visited a residential home, Plasir Place. The visit was all about loneliness and a sense of community. It’s so important that young people build relationships with all ages, to learn from them, reduce stress and also give something back. My personal highlight was when a 94 yr old resident grabbed me by the hand and said ‘I have had the most amazing day, thank you’. Nobody should feel lonely in such a densely populated town.”
- **George King, Plus More**

'Everyone has the right to have a clean period'



Big thank you to Sophie Overy for organising this years L6FC International Women's Day campaign 'Everyone has the right to have a clean period'! Also a big thank you to Rebecca Bowditch for purchasing so many items we have to get another box! - our students are amazing!



"Myself and Sophie Overy went to the local food bank to donate the sanitary products for young homeless women and those who need them most. Turns out we gathered a total of 686 sanitary products which is great and we are in the process of ordering a few mooncup's also. Thanks again to all students for their donations, you continue to amaze and inspire this town everyday."

– **George King, Plus More**



Thanks so much to all the students and staff who donated packs of tampons and sanitary towels to our very own International Women's Day campaign: 'Everyone has the right to have a clean period'.



Save the Food Bank Project



Throughout the year on Wednesday afternoons students have visited Lowestoft Food Bank to help them when they've been short staffed or had large donations. Students have been coming in their numbers, who have worked incredibly hard to help those who need it most. This is something we will continue to do to help serve the community and encourage the students to do their part.

“On Wednesday myself and several other students helped out at the local food bank on Lowestoft High Street. The food bank is struggling due to a lack of sponsorship and the community is doing all it can to ensure that no family goes hungry this Christmas. The food bank was lacking in manpower to distribute the food parcel donations into the appropriate bags, the students put in hours of work to help ease the pressure on the food bank and they were entirely grateful for it. The food bank was really pleased with all the hard work the students put into helping the community, so many students at this college are willing to help those who need it most, it's incredibly warming to see, and long may it continue.”

– **George King, Plus More**



And many more projects ...



Amsterdam Trip

The yearly Art & Photography residential trip took place in Amsterdam this January, however this year we were joined by Film & Creative Media students who attended the internationally renowned Rotterdam Film Festival. Chris, Judith, Andy, Tracy and 29 students completed a cultural walking journey through two of Europe's most historic and culturally rich cities, visiting historic landmarks, galleries and museums.

Amsterdam & Rotterdam are both port cities, full of historical references and landmarks, including those relating to events having taken place during the 2nd World War. In terms of art and film, there are few other European cities that can offer more in the way of galleries and museums to visit.

Over the 4 days spent in the Netherlands we accomplished quite a lot. We visited Anne Frank's House, Rijksmuseum, Stedelijk museum, FOAM photographer's gallery, Van Gogh museum, Fotomuseum Rotterdam, Cube Houses, Rotterdam Film Festival, LOOKout Amsterdam, EYE Film, and took a canal cruise around the streets of Amsterdam's famous canals.

There were many pancakes, fries, waffles, and jacket potatoes to be had, and much walking completed. In fact over the course of just the 4 days we walked 55-60km, that's a lot of steps!

The trip was fantastic, made more so by the great company of the students, and their willingness to walk the city in the cold and sometimes rain. I was proud to be their teacher, and enjoyed the trip immensely due to the students' enthusiasm, and eagerness to learn about the cultural aspects of Amsterdam, as well as its vast history. It really was an amazing time had by all. – **Andrew McKenzie, Media & Film Teacher**



Lessons from Auschwitz

“Auschwitz was incredibly striking in that it hits your heart in a way that I know will stay with me for the rest of my life. To see the conditions the Jews were forced and deceived into living in helped me to fully understand what actually happened. Previous to this trip I knew a little about what had happened, but had never put myself into the shoes of both the people kept prisoner, and the commanders making the decisions to take these people’s lives. To be reminded how each person had their own story, family, passions and plans for their future, so cruelly ripped away from them has been fundamental in shaping me as an individual. Also, the coordinators of The Lessons from Auschwitz were incredible at engaging us all in the process and helping us realise the devastation that happened.

It has helped to reflect on what happened in the past, and is happening right now. There are still issues of discrimination at various levels across the world, and the scary part is that all it takes is an individual who is a powerful speaker to feed a snowball effect which could change the world for better or worse. 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. Auschwitz-Birkenau stretched on further than the eye could see in all directions, which is horrifying because it shows the amount of people that were kept there. As the Rabbi said “if we were to have one minutes silence for every life lost, we would have to be silent for over two years”. Take a moment to ponder on that.

Everything that happened in Auschwitz needs to be seen and talked about because as time goes on it is fading from people’s memories and the lessons being forgotten. Seeing two tonnes of hair from the people murdered and knowing that it was only a fraction of the true amount, caused the majority of the people in the room to shed tears over all of the lives lost. This cannot ever happen again, and the way to help towards this is to continue getting people to go see it and spread the word. We cannot let the past repeat itself. We need to be the change. “

– **Chloe Burlingham, 2018 Trip**



Blencathra Trip

The A Level Geographers had a fantastic week away at Blencathra Field Studies Centre in the Lake District, with awe inspiring scenery, plenty of rewarding fieldwork, good fun and good food.

There was excitement from the first evening, as the minibus had to be parked down in the valley so that we wouldn't be snowed in. Indeed, low and behold, the next day we woke up to SNOW, proper stuff! Perhaps, our planned day up to Watendlath Tarn wouldn't be such a good idea!

On Wednesday, we visited Skinburness to conduct some beach field work. The students developed their profiling, sampling and measuring techniques. It was extraordinarily cold, which made gathering measurements challenging. However, the majestic views of the glassy Solway Firth and the Scottish hills behind, along with an interesting variety of wading birds, more than compensated.

On Thursday, the students developed their understanding of the water and carbon cycle, whilst also learning some associated fieldwork techniques. Watendlath Tarn was "atmospheric " not to say wet. Not great working conditions, but it certainly enhanced everyone's learning.

On the Friday the students honed their field-sketching techniques, and got one last chance to drink in the beautiful views around Blencathra.

It was a privilege to spend a week with such a great group of students. They worked hard, were courteous, helpful and fun. – **Charlotte Sanderson, Geography Teacher**

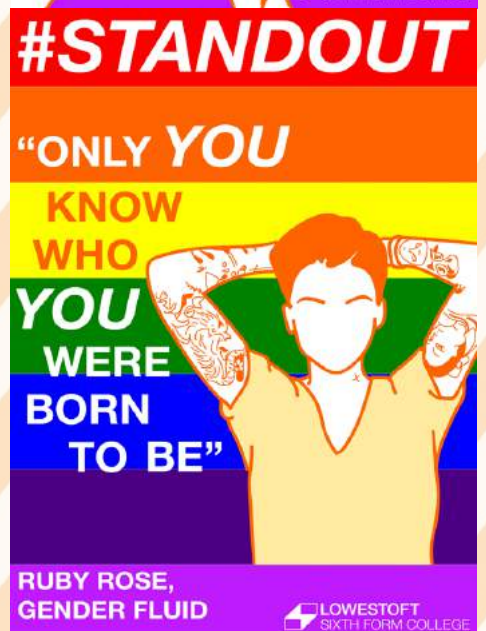
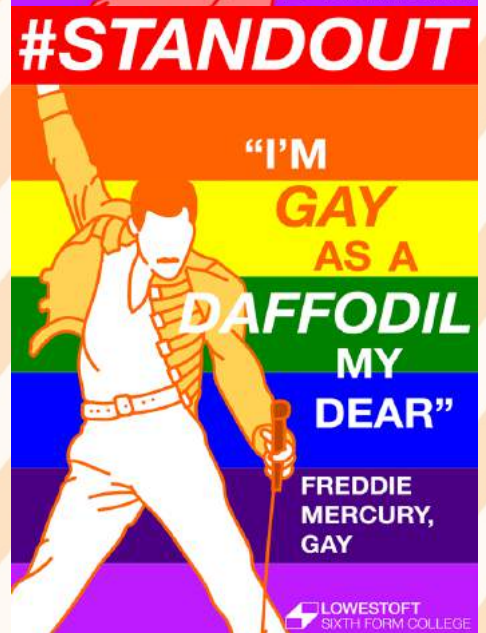


Pride

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 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 other pals 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!

– Deryn Corbett, Pride Ambassador



Guest Speakers

L6FC Meets Corbyn



Our students got the opportunity to hear the leader of the Opposition 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 sleep rough on the streets.

Corbyn agreed with Hazel and also pushed for increased housing developments.

After pressing the Labour Party for the last couple of weeks, I was delighted to receive four tickets to an intimate talk with Jeremy Corbyn and John McDonnell at Christchurch in Great Yarmouth. Working with politics teacher Simon to find some politically motivated students who would benefit most from such an opportunity, and I'm happy to say the students I took along really enjoyed the occasion and wouldn't stop talking about politics when the event finished. Some of them got to speak with Corbyn about their own personal political ambitions which was a very touching moment.

After, two of the students were pushing me to start a college blog and newsletter to help give them a platform to host their opinions, another student said it would be a great way to train the students looking to study journalism in the future.

Whilst I will look to host more events with different political speakers across the ideological spectrum, it was clear to see that Corbyn has really galvanised the youth, and I would like to thank him, McDonnell and all of his staff for what was a great opportunity for the students. - **George King, Plus More**

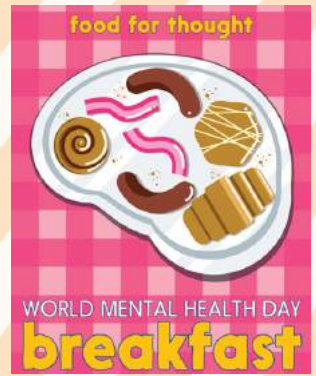


Take Your Place Against Terrorism;
Bridging the Gap between
knowledge and fear

The Take Your Place Against Terrorism conference took place to link Higher Education with a big topic in the world right now. The conference looked at terrorism and issues surrounding politics and cyber security. Students then got to work with current students from the University of East Anglia to discuss their opinions on the issue of terrorism and challenge experts from the political parties, police and other local anti-terrorism organisations. The day encouraged students to make a stand, make a change and go on to impact the wider world.



Wellbeing



At Lowestoft Sixth Form College we pride ourselves on being an environment that supports our students & staff to feel free to be themselves, while respecting others, and embracing diversity. We seek to enable all staff & 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, how happy their feeling, if they are feeling down or anxious, 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 wellbeing.





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SIXTH FORM
COLLEGE

#Proud
of the
Paget

JAMES PAGET HEALTH ACADEMY

Find out more about our programme
at our information presentations

- Are you interested in a Medical Career?
- Are you interested in a customised programme at a local hospital equipping you with skills for working in healthcare?
- Would you like some insight into how a hospital runs on a day to day basis?



For any other info: i.mclean@lowestoftsfc.ac.uk

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ENGLAND**

**80%
A LEVEL
A* - C
GRADES**



#STANDOUT



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