**Student Newsletter 08/06/20**

Hello,

Firstly, I just wanted to check in to make sure you are doing okay?  The college team and student ambassadors have been working together to agree the topics and information we share. Please find below some updates you might find interesting:

**\*\*\*\*\* Activity calendar attached  - loads of activities you can get involved with in June to support your wellbeing \*\*\*\*\***



**Supporting you with your next steps:**

* **Our College careers team are helping students to look at their next steps – staying at college, finding an apprenticeship, employment and going to higher education.** If you would like help or have changed your mind and need advice, get in touch via heretohelp@eastcoast.ac.uk (for college and sixth form) and a member of our team will be in touch.
* **We held an apprenticeships webinar** recently to offer advice and guidance to applicants – click here to watch the recorded session <https://www.eastcoast.ac.uk/video-gallery/>

**Your wellbeing is important to us:**

* **Our ambassadors were keen that we have a wide range of information available to support students.** The two topics chosen to share in this update are about staying safe online and what to do if you or a friend is experiencing domestic abuse. If you would like to find out more about **becoming an ambassador** now or for next year contact one of our wellbeing team Karen on k.lawless@eastcoast.ac.uk or text 07823 349327.
* **Check out our new Online Safety page** – packed with loads of information, including protecting yourself from online harassment, enjoying secure online gaming and resources for our students who are parents/carers: <https://www.eastcoast.ac.uk/student-support/online-safety/>



* **Domestic abuse:** we have shared lots of information to help anyone suffering from domestic abuse on our wellbeing pages below. You can email, ring or text our friendly team for advice.

The organisations we have included share information on where to go for help, how to support a friend or family member and how to start the conversation if you are worried about someone.

<https://www.lowestoftsfc.ac.uk/student-life/wellbeing-support-and-information/>

<https://www.eastcoast.ac.uk/student-support/wellbeing/>

**We are here to help you, please get in touch with your campus safeguarding and wellbeing team if you need us:**



Kind regards,

Nikki

**Nikki Lane** BA (Hons), PGCE, Careers Guidance Level 6

Assistant Principal Student Wellbeing and Support

Student Services

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