

# Parent and Carer NEWSLETTER

April 2022

# WELCOME

Welcome to the April newsletter. This month we are sharing some examples of great trips students have been involved with and how they are supporting our local community through volunteering and social action. You will find an update around our ECC Says Stop campaign, as well as information about T Level courses and Higher Education opportunities. Our team are here to help, please do get in touch if you have any queries about college life or would like to see a topic covered in the newsletter – [heretohelp@eastcoast.ac.uk](mailto:heretohelp@eastcoast.ac.uk)

# TRIPS AND ACTIVITIES

## ANIMAL SCIENCE TRIP TO CRUFTS

Thirty of our Animal Science students visited Crufts. The highlight of the trip was the rescue dog agility course, and the commentator told the students about where the dogs had been rescued from. Misha Williams said she enjoyed the single heats agility, and Hayden Marshall said it was really good fun, especially the fly ball which is when there are two teams of dogs competing against each other for the fastest time.

It was an amazing experience enjoyed by staff and students!



## HEALTH AND SOCIAL TRIP TO NORWICH THEATRE ROYAL

On March 10th, Health and Social Care Level 2 students went to see the critically acclaimed George Orwell Animal Farm at Norwich Theatre Royal. They really enjoyed the performance, and they appreciated the creativity and hard work as well as the representation of social constructs, and how we could link this to current affairs in the world.

# ECC SUPPORTING OUR COMMUNITY



The GoodforME GoodforFE campaign has reached it's initial target of capturing £1m social value! East Coast College have contributed a large number towards this amount, as can be seen below;

## The totals are:

### Academic year 2021/22 to date -

5976.5 social action hours

6651 items donated to food/baby banks

### Term two -

£1843.56 fundraised

## Performing Arts and Music students put on performances asking for foodbank donations in place of selling tickets – 549 social action hours and 300 items donated

The Performing Arts students put on performances in support of local foodbanks in the run-up to Christmas, where finances can be difficult for many, particularly post-pandemic. The idea of donations instead of tickets was student-led, which gave them an opportunity to think about how their actions can benefit others. A great way of translating something fun (to take part in and to watch) into a way to support the local community.

## Welding students made and auctioned off a log burner for charity – 120 social action hours and £1000 raised

The Welding students raised funds for local wildlife charities chosen by the group as a way of supporting a member of the team who had recently lost a pet. This project allowed them to work as a team, support each other and build something truly unique while fundraising.

## Card making for a local resident celebrate their 100th birthday – 43.5 social action hours

Over 30 cards were sent by our Travel and Tourism students, and this allowed the recipient to feel valued on their milestone birthday. This example shows that fundraising does not always have to be present in social action but that time is a valuable resource we can also donate.

## Filming and editing videos for a local charity – 258 social action hours

Working with Freshly Grated to support their work around involving local young people in creative arts and media. This allowed the students involved to utilise the college's resources and equipment to support the production of something which would otherwise have cost the charity money to produce themselves. This allowed their financial resources to be used in direct work with young people.



# BENEFITS OF WORK EXPERIENCE

## There are many benefits to work experience or industry placements

- The opportunity for students to gain an understanding of a real work environment and what is expected of them within their chosen industry.
- An edge in the employability stakes showing motivation to develop and learn new things.
- A valuable addition to a CV that makes an industry relevant discussion point at job interviews. The experience gained often leads to an employment offer as time spent with the employer shows that the student has what they are looking for in a full time employee.

## Don't dismiss the opportunities that a voluntary placement can provide further down the road!

The college work placement team are always seeking new opportunities and experiences for our students, if you or your company can offer work experience or a volunteering project to support our community please email us, at [heretohelp@eastcoast.ac.uk](mailto:heretohelp@eastcoast.ac.uk)

# JOBS FAIR

The next East Coast College Jobs Fair will take place at the Lowestoft Campus on the 27th April, from 1pm until 4.30pm and it will be an opportunity for employers to speak to potential recruits as well as funding projects and recruitment support services. It will also be an informal opportunity for those seeking employment to see the variety of opportunities available across all sectors of employment, to ask questions and hopefully secure work. There is no need to register, just turn up.

Employers can book a stand by contacting Liz Hadridge at: [e.hadridge@eastcoast.ac.uk](mailto:e.hadridge@eastcoast.ac.uk)



# ECC SAYS STOP!

## TO SEXUAL HARASSMENT, DISCRIMINATION AND VIOLENCE UPDATE

This term, East Coast College has continued to speak to our students about their understanding of sexual harassment, discrimination and violence and how we can support them to feel safe at college and in the community. We are also sharing information about community safety with our external partners such as the police, so they can address concerns. Each month we are highlighting a different national organisation in this area to increase student knowledge and understanding. Please follow East Coast College's social media channels for further details on these campaigns.

If you are concerned about sexual harassment, discrimination or violence or would like to talk to the Wellbeing team about this further you can contact your child's campus wellbeing team, using the details at the bottom of this page.

### Getting involved in college and community activities

In addition to your child's studies there are opportunities for them to be involved in other enrichment activities. These include activities in college and in the community. Information can be accessed by students on Moodle. Students can also contact [plusmore@eastcoast.ac.uk](mailto:plusmore@eastcoast.ac.uk) for more information, or talk to their tutor if they would like to get involved in something. Available activities include sports, Duke of Edinburgh award and creative arts with new activities starting regularly. Taking part in enrichment activities builds confidence and skills as well as making good additions to CVs or university applications.

If your child is involved in volunteering, fundraising or other social action in or out of college please encourage them to share this with us, so we can highlight their good work!

### Some terms you may hear...

Below, we are sharing some terminology you may have heard, which your child has learnt about in college. This is part of ensuring their safety. If you are concerned about any aspect of your child's safety please contact the Wellbeing team using the details below.

#### What is Criminal Exploitation?

When people are manipulated, threatened or coerced into being involved in criminal activity. Examples include stealing, moving and selling drugs or stolen property, or acting as 'look outs' for others.

#### What are County Lines?

When gangs from cities move drugs into rural areas and coastal towns, typically using young or vulnerable people to carry, store or sell the drugs.

#### What is Human Trafficking and Modern Slavery?

When people of any age, gender, nationality and ethnicity are moved around with a view to exploit them or are forced to do things they do not want to do, including having to engage in sexual activity they do not want to, or being moved from one area to another. This also includes working without getting paid or being able to keep the money they earn. Some of the industries commonly associated with these issues include but are not limited to; hospitality, construction, manufacturing, care, car washes, agriculture, and nail bars.

If you have further questions or worries about your child you can contact their campus Wellbeing team on:

**Great Yarmouth - 07747037852**

**Lowestoft - 07823349327**

**Sixth Form - 07823349300**

**All campuses – [wellbeing@eastcoast.ac.uk](mailto:wellbeing@eastcoast.ac.uk)**

# ONLINE SAFETY UPDATE

An illustration showing four people interacting with large smartphones. On the left, a person sits on the ground talking on a phone. In the center, a person stands holding a tablet. On the right, a person stands holding a phone. The phones display various icons like a shield, a person's face, and a fingerprint scanner. There are also gears and speech bubbles around the phones.

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## **Ukraine crisis**

We know a lot of young people are very concerned about the Ukraine crisis and this is not helped by the amount of misleading information that can be found on the Internet. This short video by the BBC is a good starting point to having a conversation about how to spot fake news - BBC News - [CLICK HERE](#)

## **Think U Know ([thinkuknow.co.uk](http://thinkuknow.co.uk))**

CEOP education have released a new version of their ThinkUKnow pages for young people age 11-18. There is also a section of ThinkUKnow designed especially for parents. Take a look at both and share the new section with your young people - [CLICK HERE](#)

## **Report Harmful Content ([reportharmfulcontent.com](http://reportharmfulcontent.com))**

Created by a group of highly respected online safety organisations, Report Harmful Content helps you find the right reporting channel for your needs. A 'child friendly advice' section for under 18s can be accessed from the homepage - [CLICK HERE](#)

## **UK Safer Internet Centre Social Media Guides**

The UK SIC social media guides are useful to anyone who uses the major social media platforms, but in particular those who live and/or work with young people. Check through these simple guides to make sure you're up to date with the workings of Instagram, Facebook, TikTok, Snapchat, YouTube, WhatsApp and Twitter - [CLICK HERE](#)

# Grow your health career here!

We provide Health T levels in Great Yarmouth and Lowestoft, with brand new, high-tech health care equipment for you to use in your training!



## Health T Level

A T Level is equivalent to three A Levels. The UCAS points earned from a T Level will get you onto hundreds of university degrees. Real clinical and laboratory work experience is available, and we work with the NHS and local universities to give you the best T Level experience.

## Nursing Branches

We provide a Health T Level that will support you to move into any branch of nursing, such as: midwifery, mental health, adult nursing, and the allied health professions.

## Allied Health Professionals

Chiropodists/Podiatrists

Dietitians

Occupational Therapists

Operating Department Practitioners

Orthoptists

Paramedics

Osteopaths

Physiotherapists

Prosthetists and Orthotists

Radiographers

Speech and Language Therapists

# STAY NEAR GO FAR

**As a partner college of the University of Suffolk, you can study a degree on your doorstep at East Coast College in Lowestoft and Great Yarmouth.**

## **Degrees awarded by the University of Suffolk at East Coast College**

- Applied Care Practice
- Applied Psychology
- Biomedical Science\*
- Business Management
- Children's Care, Learning and Development
- Children's Health, Play and Wellbeing
- Creative Arts Practice
- Crime, Justice and Society\*
- Cultural Studies
- Environment and Sustainable Energy
- Fashion and Textiles
- Forensic Science
- Inclusive Practice and Integrated Working
- Literary Studies with Creative Writing\*
- Nautical Science
- Network Development and Cyber Security\*
- Operations Engineering
- Person-Centred Counselling
- Practical Life Sciences
- Professional Photographic Practice
- Social Science
- Social Welfare, Advice and Guidance
- Sport, Health and Exercise
- Supporting Inclusive Learning and Practice
- Sustainable Futures
- Visual Arts\*
- Visual Effects and Post-Production
- Web Technologies\*

\*These courses are subject to validation.

**View our full list of degree programmes on our website and apply to start in September 2022.**

[uos.ac.uk](http://uos.ac.uk)

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



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