



Parent and Carer **NEWSLETTER**

November 2022

Welcome

Welcome to the November newsletter. We are well into the 2nd half of term one. Students are really starting to settle into their courses and have familiarised themselves with their campus as well as how we can all work together to keep safe.

Our students have been working hard through the term and have enhanced their learning through master classes from industry experts, trips linked to vocational areas and undertaking projects within industry.

Students have also been involved in community projects, using their knowledge and skills to support others which really demonstrates how they are developing as respectful and active citizens.

WHAT'S BEEN HAPPENING...

Remembrance Day

To commemorate Remembrance Day, we held a two-minute silence across our campuses. Many came to pay their respects, including our Level two and three Uniformed Public Services students.



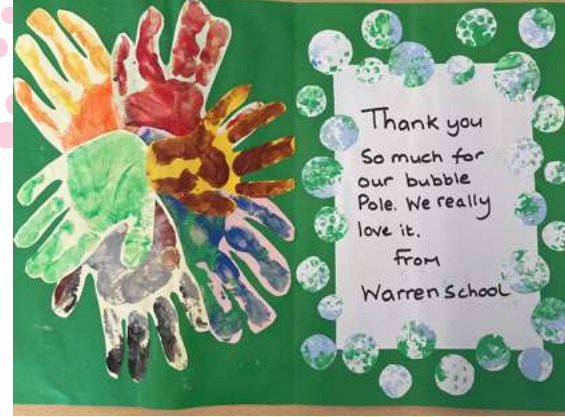
In memory of Ethan Wright

On Monday 14th November, the family and friends of Ethan Wright gathered outside Lowestoft Sixth Form to unveil a memorial bench dedicated to celebrate Ethan's life and legacy. The bench, hand-crafted by our Carpentry students, will be a place for students to sit together or have a moment in nature.



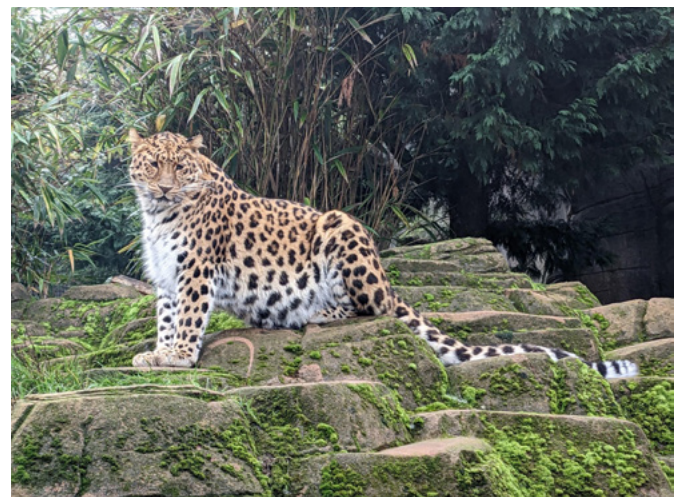
Engineering bubble sensory pole

Earlier in the year, our Engineering students supported the Warren School by creating a bubble pole as a sensory resource. The school were so impressed and the team received a thank you card for their hard work.



Animal care zoo trip

Our Animal Care students visited both Colchester and Banham zoo to compare enclosure designs for an assignment and explore the care given to animals. This allows them to unpick how we can provide for different animal needs and learn about the latest in zoo animal husbandry science. They also got to question a zookeeper on species specific care. Contextualised learning is vital in Animal Care so that students can see theory in practice.



Fairground frights and Media Make-up

The Pleasure Beach's award-winning Fairground Frights returned to the Great Yarmouth seafront theme park for its third year, from the 25th-30th October. Around 35 actors were included in this year's Fairground Frights, and they all took their craft seriously. For them, seeing people jump, shriek and edge away in fear is a sign of a job well done. However for them to do this effectively, make-up and gore was required. East Coast College were so pleased to return for a second year, but this time with more of a make-up designer role. Students on the new Level 4 Management in Theatre and Media Make-Up course - Milo Cushion, Ella-Jay Jackson and Caterina Pimenta, along with assistant MUA Lainie Woods on the Level 3 Media Make-Up course - did an amazing job creating the scare actors' make-up, liaising with costume designers and an art director to get the looks just right.

Each character was linked to historical events that happened in and around Great Yarmouth. For example, Milo Cushion worked on a victim who was killed and left out at sea. Milo researched the case and created sea barnacles/crustaceans for the actress' face, which looked amazing.

Students created silicone prosthetics out of kit SFX looks and received fantastic feedback on their work and professionalism through the five nights of terror. Tutor Jodie Cheek was so proud of each and every one of the students, they worked so incredibly hard on researching, planning, creating and applying the make-up effects.

The students were also interviewed by Radio Norfolk and were filmed for a feature for YouTubers 'therollercoasterguys' Will and Ted, which was an experience in itself.



World Travel Market trip

Last week, the Travel and Tourism department visited the World Travel Market at the London Excel.

Students checked out new and upcoming destinations, looked at models of the World Cup stadium in Qatar, undertook mini interviews with airlines, tried cuisines from different countries and some even did some Thai boxing!

This is a fantastic event that exposes our students to the depth and breadth of this huge global industry and is hugely inspiring for our students seeking exciting career paths.



First Choice Holidays visit

Our Travel and Tourism students were visited by Kelly who works as an overseas representative for First Choice Holidays.

Kelly answered questions about her role and shared what it's like being a representative. The students are currently working on their overseas representative unit, so this was the perfect opportunity to seek additional information and inspiration to enhance their coursework and presentations.



Grow and Mow sale

Seven students from the Grow and Mow group had a very successful plant sale to help raise some money for their end of year trip. They had all previously been working hard on preparing for the sale, planting a variety of bulbs, making posters to advertise and decorating their stall.

Waveney MP Peter Aldous happened to be on a tour of the college the same day, and stopped to talk to the students and buy some plants. The students were all thrilled to meet the MP and said it was the best part of their day.



Cefas visit

Cefas (The Centre for Environment Fisheries and Aquaculture Science) visited the Sixth Form to deliver an insightful masterclass to our STEM students! The students got to try their hand at suture stitching, learned about marine ecology and watched a dissection.



Military visit

The military came in to work with our Uniformed Public Services students. The students took part in a Dragons' Den activity, constructed a range of different items including a cat throne, and both our groups managed to get out of the escape room! It was a fantastic day of team building, well done to all involved.



Sports awards

Sport students collected their Level 2 Gym Instructor certificates at a recent awards ceremony. They achieved the certificate alongside studying their college qualifications, providing them with extra experience when applying for future jobs.



'Create your future' event

Students from Creative Arts, Media, and Performing Arts visited The UCAS 'Create your Future' event at the Excel Centre in London. Students took part in live Q&As, had chats with experts and gathered information about future opportunities within their specialist pathway.



Junior Chef Academy

In October, East Coast College launched a Junior Chef Project aimed at 10 to 15-year-olds interested in catering and hospitality.

The young chefs have continued to develop their skills, cooking three course meals to take home to their families.

The group were inspired, and their confidence grew by working together in the kitchen.

This month the young chefs got the chance to work with Peter Clarke, Executive Head Chef at the Imperial Hotel in Great Yarmouth. They learnt to cook pan fried salmon, sautéed potatoes and pan roasted broccoli with a creamy herb sauce, followed by chocolate mousse.



‘We Wear The Trousers’

Before half term, Level 3 Art and Design students had a visit from the founder of ‘We Wear the Trousers’, an organisation that educates people on sustainable fashion and demonstrates how we can make our clothing last longer through swapping, mending or reconstructing them into artistic forms.

Students worked in groups to turn unwanted clothing into wearable art pieces. This was a very informative and creative workshop that left everyone inspired to re-wear, repair and share.



INTERESTED IN STUDYING A DEGREE NEXT YEAR?



**Come along to our open evening for
degrees, access programmes and
adult courses!**

Thursday 19th January | 3pm - 7pm | Great Yarmouth campus

While this event is held at Great Yarmouth, our tutors will be able
to discuss courses which run at both our Lowestoft and
Great Yarmouth campuses.

**To book your place, visit:
www.eastcoast.ac.uk/adult-open-evening**

NORFOLK COMMUNITY COLLEGE

Norfolk Community College had great pleasure awarding two contracts to our service providers: Action Community Enterprises and Dial, to deliver a six month project each aimed at helping unpaid carers across Norfolk.

Support with mental health, confidence and job search skills will aid participants to re-engage in the community, or re-enter the job market, whilst working around their current caring responsibilities.

These mini projects run alongside the main Building Better Opportunities Project of which East Coast College is the lead partner. Around £20,000 of funding has been allocated to these projects from the European Social Fund and the National Lottery Community Fund.

Martin Stolworthy, Project Monitoring Officer, said: "Working together with local charities to support the local community is at the heart of East Coast College's core purpose. Supporting these often forgotten members of our community is a journey we can't wait to get started on".

Anyone interested in joining or finding out more about these exciting projects can contact info@norfolkcommunitycollege.co.uk



SKILLS CONNECT

Providing a range of support offers, East Coast College's Projects team continue to help people in our local community get the skills they need and to achieve their goals.

The Skills Connect project is an example of how they are making a difference to young people's educational and employment opportunities in Norfolk and Suffolk.

What is Skills Connect

Skills Connect is an East Coast College led project supporting 16 to 24 year olds not in education, employment or training to re-engage with support.

With a particular focus on helping young people access employment and improve their education, our Project Team have successfully helped young people overcome a range of personal challenges to secure employment, access education or training, or gain work experience.

Who can take part?

Skills Connect supports anyone aged 16 to 24 in Suffolk and Norfolk, who is currently not engaging with employment, education or training. This means that the Skills Connect can support students who have left their further or higher education course or an apprenticeship.

Why take part?

Since 2020 our Project Team has helped 175 young people into great jobs or return to education.

Get in touch

We are ready to help any young person to get back into education, employment or training.

Our services are free to use so get in touch today to discuss how we can help a young person not in education, employment or training. We will be happy to talk through options together.

Email: jobsupport@eastcoast.ac.uk

Call: 01493 419255



LEARNING SERVICES UPDATE

Free Microsoft Office for home!

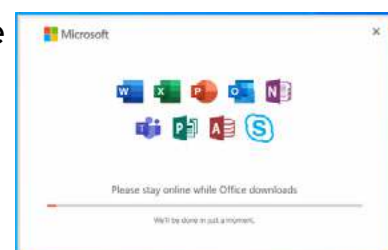
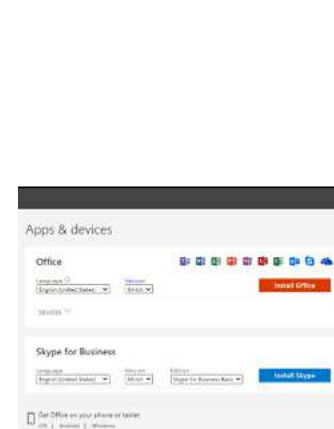
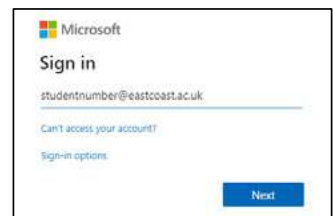
The Learning Services Team provide a range of services and resources available to all students from East Coast College and Lowestoft Sixth Form. This month we highlight how students can get up to five free copies of Microsoft Office for home.

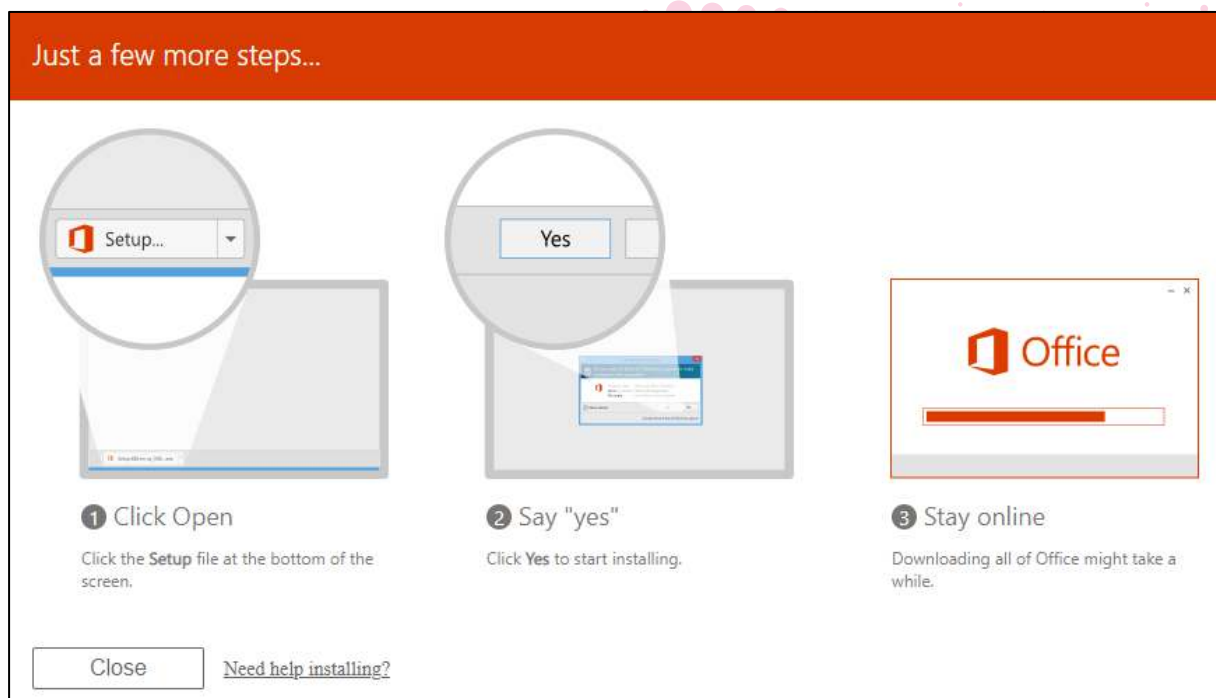
Every current ECC and L6FC student, including those who learn/work off campus, can download Microsoft Office for free! We suggest downloading onto no more than three devices at one time, so that if you upgrade or change your PC/laptop you have spare allowance to reload Office on the new device.

Don't want to download? Students can use Office online through a web browser and there are free apps from Microsoft for phones and tablets. For more information email **digitalsupport@eastcoast.ac.uk**, call **0800 854695** and ask to speak to a member of the Digital Support team, or students can visit their campus libraries and/or IT helpdesks.

Downloading Microsoft Office to a PC or Laptop

1. Open any web browser (Edge, Safari or Chrome etc) and go to: aka.ms/office-install
2. When prompted enter the student's college email address and click NEXT.
 - Student email addresses are formatted like this:
username@eastcoast.ac.uk. Student usernames are 6-digit numbers that can be found on their student ID cards.
3. The next screen will be ECC branded and ask the student to log into their college account. This requires the same information (username and password) used to access college PCs. If you experience any difficulties, please contact Digital Support using the details above.
4. Once you are signed in you will be taken to your apps and devices page. Please keep the language setting as English (United States) unless you need another language setting and leave the 64bit option. Press Install Office to proceed.
5. You now need to tell the computer to run the downloaded file (called Setup, see next page for example). This should appear somewhere on your browser, but you can run the file from your computer's downloads folder. You will need to stay online while this happens but you can do other things while the system is working.

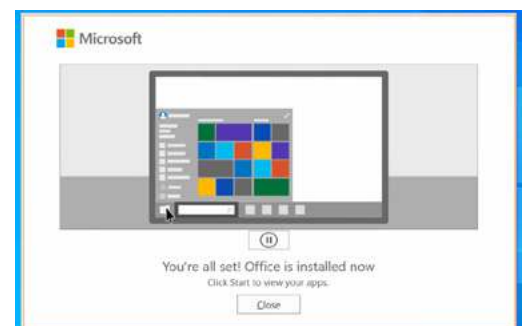




- You may be prompted to give permission for the software to be installed, if so click YES.



6. Once Office is installed, press close and the installation will be complete. You will now find the Office Products in your Start Menu.



Looking for some top tips on how to make the most of Microsoft Office? Try these online resources:

[Microsoft Support website](#) and [Microsoft Helps](#) on YouTube provide full coverage of the Office products.

Looking for a full training video? [Simon Sez IT](#) on YouTube provides a range of Excel and PowerPoint tutorials. Each video is multiple hours, but has time stamps (think index, but for videos) that allows you to jump through to the specific section you want to watch.

SUPPORTING WELLBEING

Mental Health Advice for Parents/Carers

Many young people need some support with their wellbeing and mental health and at college, we aim to offer as much support as we can. This may be signposting to helpful information through to offering counselling and making referrals to specialist services.

You may have concerns for your young person, which could include dealing with everyday stresses, such as friendship worries; concerns that their romantic relationships are healthy; feeling low or depressed; self-harm; anxiety; thoughts of suicide; handling bereavement or response to a traumatic event. The college safeguarding and wellbeing team are here to offer advice and can be contacted via **safeguarding@eastcoast.ac.uk**.

Below you will find some useful websites to find more information, which includes A-Z mental health guides; looking after yourself as a parent/carer; how to talk to your young person about their mental health; spotting the signs and where to find specialist help.

Young Minds

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Get help with whatever... | Campaign Against Living Miserably \(CALM\)](#)

[How to support young people with mental their health - Mind](#)

[Charlie Waller Trust, mental health charity](#)

[Children and young people | Mental Health Foundation](#)

[How to support someone you're worried about | Samaritans](#)

[Health Advice & Support for Children - Just One Norfolk](#)

[Nelson's Journey | Child Bereavement Help for Norfolk | \(\[nelsonsjourney.org.uk\]\(http://nelsonsjourney.org.uk\)\)](#)

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)



APPRENTICESHIPS

Do you know what a fenestration installation apprentice does? Or that you can now train as a doctor via an Apprenticeship route?

Apprenticeships form a large part of our tutorial, group work and 1:1 advice session with students. They are a good opportunity to work and earn while also working towards a nationally recognised qualification. With over 650 different types of apprenticeships, there is a lot of information and resources available – but where to start? Check out the [Parenting Perspective Podcast](#) from Amazing Apprenticeships to get ahead of the conversation and build your knowledge.

Other useful websites:

www.apprenticeships.gov.uk

www.icanbea.com

[Apprenticeships: What Parents Need to Know | RateMyApprenticeship](#) – includes helpful information about wages and financial implications.

UNIVERSITY

This month, students making their applications for university have been supported by the careers team across all our campuses as well as by the University of Suffolk, UEA and Lincoln. Students have also been on trips to university and had visiting talks by recruitment teams and university tutors.

The closing date for submission is fast approaching - 25th January 2023.

1:1 appointments can be booked with staff for help with applications by emailing careers@eastcoast.ac.uk.

A HE parent/career information event is planned for February so keep your eyes peeled on our social media channels to book tickets for this.

For more information and how to guides:

www.ucas.com – sign up for parent updates and follow on social media for real time information.

www.prospects.ac.uk – still looking for perfect career, questioning choices, take the quiz on the link and search the database for more information.



A CAREER IN CONSTRUCTION

Many of our courses here are supporting young people in to trades within the construction industry but what else goes on in the industry?

www.goconstruct.org has a comprehensive A-Z list of nearly 200 different roles within the industry from a 3D visualiser to diamond drilling operative and fibre optic technician, with salaries from £25,000 to over £100,000 challenge yourself and your young person to take their skills beyond the visible and learn about the opportunities available in the industry. The careers team can support with conversations around options and future plans – appointments can be made directly with the team on **careers@eastcoast.ac.uk**



VOLUNTEERING AND SOCIAL ACTION

During the college year, 2021/22 students and staff collectively volunteered for over 6,000 hours and donated over 6,000 items to various organisations and those that need them most. This year, they are carrying on the great work with over 700 hours clocked up since September. If you are involved in a community project, have an idea for one or work for an organisation that needs volunteers - get in touch with our Student Services Manager Nikki Lane on **plussmore@eastcoast.ac.uk**.



Connect with us!



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@L6fcofficial



East Coast College
Lowestoft Sixth Form College



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@L6FC

