

3rd April 2020

# NSFC4ME

*The weekly update on college life*



## THE LATEST UPDATE FROM NSFC PRINCIPAL GERARD GARVEY

*Students are engaging well with  
teachers and coaches.*



## A NEW WAY OF LEARNING

As we come to the end of our second full week of distance learning I continue to be overwhelmed by the resilience and dedication of our students and staff. Feedback from colleagues show that the vast majority of students are engaging with the work being set, working with teachers and coaches to overcome challenges.

We are listening to your feedback and have taken the decision that after we return from the Easter break, teachers will try to give fewer deadlines each week and build more opportunities for more personalised project based learning. Please do continue to let us know what is working and what you think we could improve. I think it is worth repeating my message from last week "Please do your best and stay engaged but don't panic if you are finding it hard to complete everything - our priority at the moment must be to look after each other's wellbeing".

The college will be going into holiday mode over the next two weeks so we will not be checking emails as regularly. Given the current circumstances, a safeguarding phone line will remain open and will be checked each day (07827361177).

Yours faithfully,

Gerard



Chloe Wakenshaw , a first year student is working well from home

# HOME STUDY - TOP TIPS

*A guide to studying well at home*

## 1. Engage with your learning

Get up, get dressed and ready for the day at the same time you would when attending college (maybe a little later since you don't have to travel in!) Ensure you are ready for a 9am start. Even though you won't physically be in college, getting ready as if you were will give you a sense of normality and motivate you for the day ahead.

Put some time aside to organise your files – both physical and virtual. Organise your online files as you would your physical folder. Create a separate folder for each topic, and within each of those folders make it clear what work is what! For example, saving your work as '30 March Law Work – Diminished Responsibility' rather than 'asdfghjkl'

## 2. Keep in touch with your teachers and classmates

It is vital that you stay in regular touch with your teacher and classmates. Perhaps set up a group chat with your peers so that you can help each other with the work. If you are having issues with the work, contact your teacher via email and they will be happy to help.

## 3. Think about your work space at home

If possible, create a workstation for yourself. Make sure you have everything you'll need – folders, pens, pencils, computer, etc. Having a separate space that you dedicate to college work will help to get you in the right frame of mind when you are there. Working in bed will make it hard to find the motivation to complete the work, as your brain associates bed with sleep and relaxation. Even if you get past this, it will then be hard to switch off at the end of the day as your brain will begin to associate bed with work!

## 4. Take regular breaks.

Your brain is more effective when you take regular breaks whilst studying – do your work in 30-minute 'bursts' (work for 30 minutes, break for 5, and so on). Drink plenty of water!

It is also important to have a clear cut-off point when you finish studying for the day. Pack up your study materials at the end of the day if you can, so that you can relax properly for the evening without your books staring at you.

## 5. Be kind to yourself and your family

This last couple of weeks has been a challenge for everyone, and this includes other family members. Remember that although you are in familiar surroundings, you won't have experienced anything like this before. Be kind to friends and family. It will definitely make you feel better about yourself.

Reward yourself for your hard work. For example, "once I have completed my History work for the day, I can watch one episode of Friends – then I will start on my Politics work."

Our top five tips to studying from home and making the best use of your time.

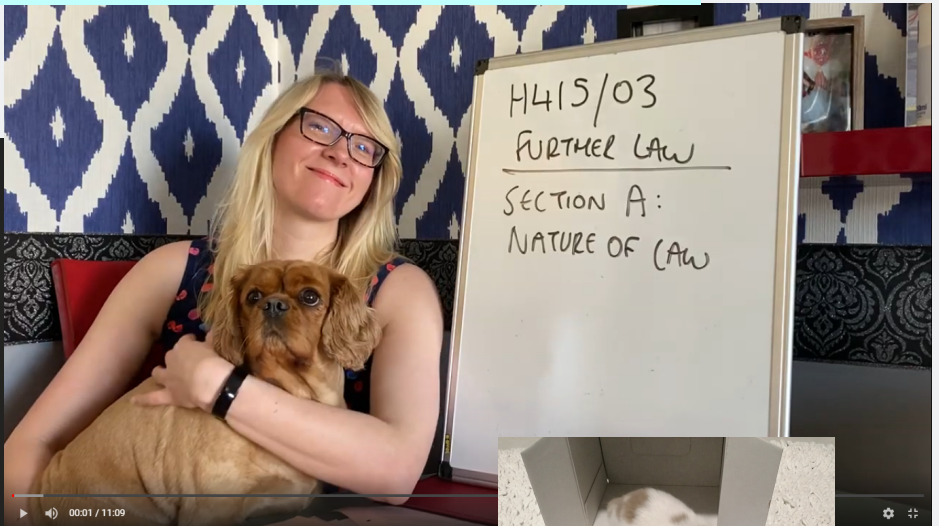


# A LEVEL LAW CLASS GETS AN ADDITIONAL 'PUP'IL....

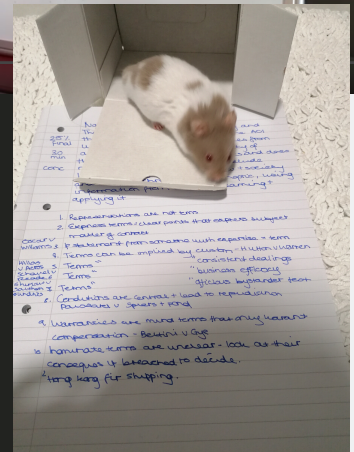
Anna Stokes, Head of Law and Politics at Newcastle Sixth Form College has been using Youtube and live broadcasts of her lessons to engage her students, and found the most unusual guest prop this week to inspire her students to take part in lessons.

Joining Anna during lessons has been 'Lady' her Cavalier King Charles Spaniel. Lady has been a huge hit with the students and has inspired the hashtag #PetsofNSFC, as a new challenge to see how many pets we have in the NSFC community.

Anna commented: 'Lady has been a really good student and has been almost as attentive as the students. The students are great and the addition of our pets has actually been a good way of getting students focused and remaining positive.



Law student  
Deimante has her  
law notes reviewed  
by her hamster  
Teddy



## A Day in the Life - Stanley Betts (2nd Year)

My regime is really simple and fun. I wake up and go to sleep with a ten minute guided meditation – I use Headspace, but there are plenty online. I use the Down Dog app for Yoga and Fitness, thirty minutes a day, usually in the morning, with my mum. We like to mix it up, doing a high intensity workout most days and once or twice a week we do yoga.

The Down Dog apps are free until July the 1st for students, all you have to do is register your school email address on the website. Doing meditation and fitness every day has really improved my mental health and is also really fun!



# ONE MINUTE INTERVIEWS

*We ask NSFC staff three quick questions to give you a little insight into what makes them tick.....*

**Apart from your own subject, what was your favourite subject at school?**

Physics (May the Mass X Acceleration be with you)

**Who was your favourite teacher when you were a student, and why?**

My Maths teacher. She exuded passion for the subject and was the only teacher who agreed to teach me Further Maths afterschool, Class size of 1! She was really positive and even made Statistics... fun.

**What one line would you say at interview about yourself to get the job?**

That I love Physics so much that I am willing to teach the subject...? I mean, that is what I said at my NSFC interview and even had to teach one painful term of GCSE Physics with Graham asking me to do more practical lessons! Never again.

(Or a more serious answer)

That I am efficient, hardworking and reliable, willing to go above and beyond.



Papia Shuva  
Mathematics

**Apart from your own subject, what was your favourite subject at school?**

I would say Geography, I loved going on out field trips but also enjoyed the theory as it had a lot of links to other subjects such as mathematics and IT which made it interesting.

**Who was your favourite teacher when you were a student, and why?**

My favourite teacher was my English Language teacher. He was super friendly and engaging but knew how to push and get the best out of everyone, which for me was having the confidence to read my work out in class and work with others effectively (I was quiet as a young lad!) – and by doing so helped me so much I went up a set and went from getting C's in mock exams to an A\* at GCSE.

**What one line would you say at interview about yourself to get the job?**

This is a difficult question! Maybe something like – "I would love to be part of the team as [INSERT JOB ROLE], I have the skills, experience and passion to contribute to the reputation that this team has."



Alan Wareham  
Computer Science

**Apart from your own subject, what was your favourite subject at school?**

My favourite subject at school was Business Studies or Music. I wanted to teach Business Studies until I came to college and found a love for English Language.

**Who was your favourite teacher when you were a student, and why?**

My favourite teacher was my GCSE music teacher, Mrs Gommersall. She really believed in me and encouraged me to strive to achieve my best in everything that I did. She would help me reflect and find ways to make whatever I did better, which is something I continue to do even now.

**What one line would you say at interview about yourself to get the job?**

"I am English Language. You don't need to know anything other than that!" Ha...ha.. I wouldn't actually say that but I can't think of anything better that would help me get a job.



Kayleigh Woods  
English Language

**Everyone must stay at home to help stop the spread of coronavirus.**

**You should only leave the house for 1 of 4 reasons:**

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

## Important

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.



PROTECT THE **NHS**

♥ **save lives**