

24th April 2020

NSFC4ME

The weekly update on college life



THE LATEST UPDATE FROM NSFC PRINCIPAL GERARD GARVEY

*Our situation is temporary, your
education is permanent.*



A POSITIVE START TO THE NEW TERM

Since our last newsletter we have received more guidance from the government for the process of awarding grades to those students who were due to sit examinations this summer. More detail is on our website, and I am pleased that there is more certainty around this. While these students do not need to submit any more work I would like to remind them that we are here to support them through to their summer results.

For our first year A Level students this has been the first week back after the Easter holidays. It has been great to see so many students engaging with the learning and also using the opportunities to extend their learning by following teacher recommendations for online talks, articles and courses. Over this term teachers will be working hard to develop more video and interactive learning opportunities, and we continue to welcome feedback from students and parents about what is helping the most.

I hope that you and your families are staying safe in these unusual times. We continue to be available by email at nsfcoffice@newcastlesfc.ac.uk and by phone 07739 266223. Please contact us with any questions or concerns that you have.

Yours faithfully,

Gerard

RESOURCES DURING LOCKDOWN



Creative writing competition resource pack

There's still plenty of time to enter the Spring Creative Competition closing on Friday 1st May.

To help inspire your creativity, we've put together the following guide of prompts, out-of-the-box ideas, theme suggestions, and creative careers. Don't feel like being creative? Keep reading for articles on how creativity can benefit you and the research that's currently being done about creativity!

The resource pack is available on the NSFC Moodle Library Page. If you have any questions about the competition, or how to access the resource pack please email EnyaMarie.Clay@newcastlesfc.ac.uk

Happy Creating!



Accessing resources from home

What else could you be doing right now that boosts your learning and career exploration?

Wider reading is a great answer to this question and the start of the summer term is an opportunity to really focus in on what that means for you. For Y13s and AL3s, wider reading can help you get ready for your next steps and further develop your interests. For Y12s, wider reading is a great way to learn more about your subjects, to explore career options, and is a vital part of your personal statement. It's also a good way to challenge yourself by finding a new way to tackle a topic you find difficult or by learning something completely new to expand your interests and knowledge.

And it's not just about books! Wider reading includes anything that isn't given to you as a core part of your course. This means you could be listening to podcasts, watching documentaries and TEDtalks, reading journal articles, viewing webinars, etc. and have them all count as great ways to boost your learning.

The key thing is to make sure whatever wider reading you're doing, you are doing it effectively. This means thinking about how you take notes, the quality of what you're using for wider reading, and how you're keeping track of what you've done/are planning to do. Check out the 'Research Skills' presentation on the Library Moodle page which talks you through how to do all of this and more.

To get you started, take a look at the Library Moodle page which has subject specific resources including wider reading booklets and information on how to access JSTOR. You can also ask your teachers for suggestions (but make sure to check over your notes in case they've already given you recommendations!) as well as friends and family. Recently, loads of online learning resources have been made free to access so it's a good idea to explore these. For example, JISC has made a list of all their open-access resources and Newcastle University has a wealth of public lectures you can watch on their Insights website with some subjects creating recommended to-watch lists. I'll be sharing many of these resources on the Library's new twitter page @NSFCLibrary.

As always, if you need any help finding resources, you want recommendations or if you find something great that you think will help other students, send me an email EnyaMarie.Clay@newcastlesfc.ac.uk to let me know!



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies **ICON**
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

ONE MINUTE INTERVIEWS

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

What sort of a student were you at sixth form?

In terms of the kind of student I was I did not go down the traditional route and did not attend sixth form. I left school with two 'O' levels in English and Maths and undertook a YTS (the equivalent of an apprenticeship) and had various jobs, usually in admin. I worked at a factory and then did an A Level English Literature class on a night. Once I passed my A Level I had the studying bug – and it has never gone away!

What was the last book you read?

The last book I read Emma by Jane Austen. I watched the new film version and loved it and it inspired me to re-read the book.

What is your top tip for coping with lockdown?

My top tip for lock down is to keep routines and keep as busy as possible. I am doing two virtual keep fit classes a day (in my kitchen – the family aren't that happy) and I feel that having that to focus on keeps me both physically and mentally fit. I think the biggest thing is to distract yourself and only check news etc once a day (if not less).



Angela Martin
English Literature

What sort of a student were you at sixth form?

I changed from a bit of a slacker at GCSE to a focused student. I started to appreciate Physics and was amazed by the power a simple equation could have. I quote Einstein – 'Politics is for the moment. An equation is for an eternity'.

What was the last book you read?

I don't get much time to read anymore. I think it was a review of 'The Letters of Vincent Van Gogh.'

What is your top tip for coping with lockdown?

I am keeping myself very busy trying to manage my two kids school work and preparing my students work. Its crazy busy. I try to keep a good schedule to their school day (lots of tuck shop breaks. They have a certain amount of money each week. LOL). But I try to keep positive with gardening and painting (oil landscapes) when I can. I used to sell a few in shops in my younger days as I was doing my MSc in astrophysics, cosmology and relativity. I also take them for jogs in the morning – to keep them healthy.



Graham Davison
Physics

What sort of a student were you at sixth form?

At Sixth Form I was a very social student, I liked to get involved in events and sports. Though, I was also focused. I knew I wanted to go to University to study Law, so I had to make sure I got the grades I needed to progress.

What was the last book you read?

The book I am currently reading is 'Cilka's journey'. It is the sequel to 'The Tattooist of Auschwitz'. They are both heart-breaking stories but totally gripping. Reading these books during lock down has made me reflect and realise that being forced to stay in the safety of our homes is not all bad.

What is your top tip for coping with lockdown?

My top tip for coping with lock down is to try and have some form of routine and do something productive everyday. This does not nit just mean Sixth Form work. You could plan to bake a cake one day or tidy your room, take your dog for a walk, etc. The days go much quicker when you are busy!



Lauren Robinson
Law

**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