

22nd May 2020

NSFC4ME

The weekly update on college life



THE LATEST UPDATE FROM NSFC PRINCIPAL GERARD GARVEY

*A chance to reflect on a great team of
students, parents and staff.*

GOOD TIME TO REFLECT ON WHAT HAS BEEN ACHIEVED

Without doubt, this has been the strangest half term that any of us have experienced. As we reach the holiday I would like to again thank colleagues, students and families for the way they have persevered to make sure that teaching and learning has continued. In our parental survey last week 80% of respondents said that their son/daughter was completing 3 or more hours of work a day, and this is mirrored in the engagement marks being recorded by teachers.

The majority of parents felt that we were setting the right amount of work but there was a strong desire for interactive online video lessons, with most wanting this to be once a week per subject. New Office 365 email accounts are available for students from Monday 1st June and most subjects will be offering weekly video sessions to support the other materials being set from this point. We will look to refine and develop this as the term progresses.

We will look to refine and develop this as the term progresses. In the survey we also asked parents whether their son/daughter would attend if the government guidance allowed the college to open for some face to face teaching. This showed a relatively even split with 54% saying yes and 46% no. We know the situation is fluid and guidance may change, but I thought it would be a good time to share our provisional plans in this newsletter. As always, I would encourage you to contact me with any questions or feedback you have.

In the meantime I hope that you have a safe and relaxing bank holiday.

Yours faithfully,

Gerard

PROVISIONAL PLANS REOPENING COLLEGE

We have started the process of preparing the college building for reopening.
At all times we will:

- Keep the safety of students and staff as our overriding concern.
- Follow government guidance which is currently 'to provide some face-to-face support to supplement remote education'.
- Act with caution to ensure changes are phased and communicated clearly to provide reassurance to students and staff.

One of the main ways that we can ensure that any face-to-face delivery is safe is by minimising the number of students and staff in college at any time. This means that for online will remain the primary method of learning for some time.

Stage 1: Prepare to reopen

Reorganisation of the building to meet social distancing and hygiene guidance. Very limited number of staff with 2 or 3 vulnerable students directed to attend.

Stage 2: Soft reopening

Larger number of teachers and coaches in the building (10-20). If government guidance allows, a wider group of students will be invited to complete supported study in the building, for example where there are concerns over welfare or engagement. This will involve access to college IT facilities and printed resources, and general study advice. This means that online learning will remain the primary method for some time.

We will plan to split the college into two cohorts - X and Y. Students will be allowed to attend college one week, and set work to complete at home for the other week. This will allow us to plan a rotating two week timetable with significantly reduced numbers of students in each class. Communication to parents and students as to whether they are in the Y or X cohort and issue a new timetable.

Stage 3: Face to face lessons for X cohort students

X students allowed to attend lessons and undertake supported study in the building. Materials shared online for any student unable to attend. Y students set work online to complete at home

Stage 3: Face to face lessons for Y cohort students

Y students allowed to attend lessons and undertake supported study in the building. Materials shared online for any student unable to attend. X students set work online to complete at home.

Students would only be allowed to attend college during their cohort week (X/Y) and on the days when their timetable block has a lesson.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Block	A	B	C	D	E

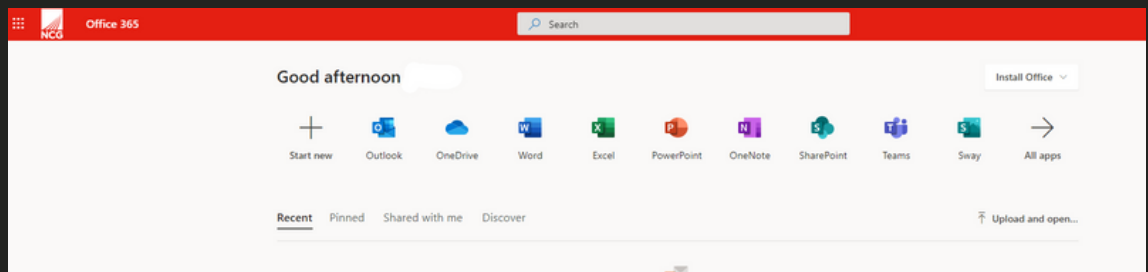
Lessons will run for 2.5 hours with a staggered start in the middle of the day to reduce numbers and to support students in travelling to and from college. For most A level students this means that they would attend college for 3 days in their cohort week for 2.5 hours each day. Throughout the stages we will provide additional support to vulnerable students and those with special educational needs.

OFFICE 365 FOR EVERY STUDENT



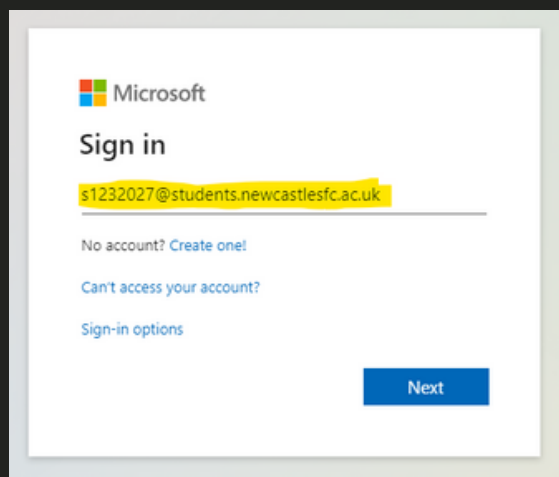
From 1st June all NSFC first year A Level students will receive new Microsoft Office 365 emails

This gives you:
Access to all Microsoft Office Apps



Your own @students.newcastlesfc.ac.uk address
400GB online storage through OneDrive
Access to secure online video lessons with your teachers

Log in at <https://office.com>



From 1st June. Enter your new email address which consists of your student number prefixed by an 'S' and ends in '@students.newcastlesfc.ac.uk' for example 's1232027@students.newcastlesfc.ac.uk'. Then click Next. Enter your password (this will be your date of birth if logging in for the first time, e.g. 15 Aug 2002)

If you currently use a college email account this will stop working from 1st June, so please save any emails you need to keep access to.



OPPORTUNITIES AND ACTIVITIES

VIRTUAL OPEN EVENTS AND TOURS

We are frequently invited to online open events at universities, and a full list of all the current local university events is available on the careers page on the college website. If you would like to have a virtual tour of any university, UCAS have pulled together a completed directory of universities and facilities with each one's tour linked. They are definitely worth taking a look.

<https://www.ucas.com/undergraduate/what-and-where-study/open-days-and-events/virtual-tours>



POST MORTEM LIVE

We can now share with all those interested in a career in medicine a new live broadcast called The Post Mortem Live. It's an exciting new interactive live stream going out at 7pm every day starting 25th May 2020 for a week. There are 5 episodes in which we will take you on a trip through the human body like never before. Each session is live and will have an online Q&A that's interactive as you watch along. It's written by our team of teachers and aimed at the general public with GCSE & A Level content sewn into it. We use our groundbreaking semi-synthetic human cadaver and porcine organs to recreate a post mortem. It's incredible.

www.thepostmortemlive.co.uk

CREATIVE CHALLENGE RESOURCE PACK

We want to showcase the creative talent of NSFC! To do this, we're inviting all students and applicants to enter up to 3 pieces of creative work into the Creative Collection. The creative work can be anything – that's part of the fun!

It's a great opportunity to give something new a go as we're all about originality, boosting creativity, and challenging you to produce something interesting. You can submit your 3 entries up until the 25th of June – that gives you a whole 6 weeks to create! The grand prize for the winning entry will be a prize bundle that will include an Amazon Kindle.

To access the Creative Collection Resource Pack [CLICK HERE](#)

BIOLOGY OLYMPIAD

The Intermediate Biology Olympiad that tests students' biology knowledge and encourages them to continue studying the biosciences beyond school.

The competition is open to students in the first year of post-16 education. The competition consists of a one-hour multiple choice paper to be taken online. Questions were set on topics students are likely to have covered at GCSE and in their first year of A level.

Students who take part in the Intermediate Biology Olympiad are encouraged to reference their participation in their further/higher education applications. The Olympiad takes place between 2nd and 9th June. Further details are available from Christine Shield.

christine.shield@newcastlesfc.ac.uk



STAYING POSITIVE IN LOCKDOWN

Our PDC team have been working really hard all term and as this week in Mental Health Awareness Week, we wanted to share just some of our efforts to stay safe during lockdown. Our students have been inspiring each other every week, and sharing positive thoughts, great ideas and kindness, which is the overarching theme of this years MHAW campaign.

The screenshot shows a Padlet board titled "Staying Positive in Lockdown" by Walker, Charlotte. The board is a grid of colorful cards with various tips and resources:

- Reading:** "I have found that I have had more time to read in lockdown, something I tend to struggle to do during term time usually. Reading some old favourites and some I've had on my bookshelf for nearly a year!"
- Movies?** "During lockdown, when I have free time, I've found myself on Disney+ bingeing some of my favourite movies, most of which are ones that I haven't watched in years so they bring back so many memories of childhood! It has been nice to reflect on nostalgia and the memories have been so worth the tears! But also, it's important to not watch too much at one time and leave the house every once in a while!"
- Plants!** "During lockdown I've been growing some plants from scratch! These include tomato's, basil, carrots, sage and beans... (and more to come). I've found doing this gives me something to look forward to and a nice little hobby to keep spirits high and being the outdoors indoors :) ...the propagator and seeds was only £2 and the pots are recycled so free!"
- Do activities with your friends while being in lockdown:** "Try to plan games over a video call such as a quiz or guess the drawing game to boost your mentality and make you feel less isolated. Maybe plan a weekly time to meet so you remain organised and can look forward to something different."
- LEAVE THE HOUSE:** "Make sure to go on a walk at least once every day even for 10 mins! It will make you feel a lot better."
- Podcasts:** "I love listening to podcasts whilst walking outside, it's a great escape for anyone that needs it!"
- Humour and laughter:** "I like to listen to radio programmes that make me laugh and love to joke around with my family and friends. A highlight is Friday night game show on zoom!"
- Getting outside:** "Making sure I leave the house... it helps me to clear my head, get some fresh air and a change of scenery...."
- Exercise:** "Lockdown has allowed me to find my love for exercise again. No gym? No problem! I often listen to a podcast whilst running, it is really relaxing."
- Helpful Website:** "https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing!"
- Music:** "https://www.youtube.com/watch?v=79QyDQXMM8Ist-RDCMmBomZL2ON0&start_radio=1"
- Take your time with things!** "Don't feel bad if you're behind on online work - lack of motivation and plenty other reasons are all equally valid, and you shouldn't feel bad if those apply to you. Remember - you're doing your best in the situation you're in, and in the life you're living. When you're catching up, don't focus and dwell on how much work you need to do - focus on the very first thing you can do, and chip away bit by bit at the work from there. Emailing teachers about your situation and reasoning behind the lack of work and/or communication is the first crucial step in making that progress."
- How to get your 5 A DAY during lockdown:** "https://www.theweek.co.uk/food-drink/106612/healthy-eating-tips-for-home-how-to-get-your-five-a-day-during-the-lockdown"
- What helps me to stay positive during lockdown:** "My colleagues- I find it hard to stay motivated without contact with others."
- Thinking Positive:** "Lockdown has made me realise how fortunate I am to be living the life I do, it's made me a lot more grateful for my friends and family and has allowed me to spend a lot more time with my main supporters - my family. Yes, the situation isn't fun to be in at the moment but we have to adapt and make the most out of it while it lasts and just look forward to when we can be free!"
- Staying in touch!** "Stay in touch with your friends and family as much as you can because if your feeling some type of way they may relate with you and use can help each other :)"
- Exercise:** "Lockdown has allowed me to find my love for exercise again. No gym? No problem! I often listen to a podcast whilst running, it is really relaxing."
- Music:** "https://www.youtube.com/watch?v=79QyDQXMM8Ist-RDCMmBomZL2ON0&start_radio=1"

The full padlet of comments and ideas is available at <https://padlet.com/charlottewalker1/stayingpositiveinlockdown>

CAREER OPPORTUNITIES WITH THE POLICE

Durham Constabulary have teamed up with Northumbria Police and will be hosting a number of Facebook Live sessions to give potential recruits the chance to find out what a career with the force is really like, and how to build a successful application. They will take place on:

Wednesday 27 May 2020, 6pm

Friday 29 May 2020, 2pm

Full details on the events can be found here.

<https://www.northumbria.ac.uk/business-services/engage-with-us/degree-apprenticeships/apprenticeship-vacancies/durham-constabulary/facebook-live>



ONE MINUTE INTERVIEWS

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

Who would be your ideal classroom 'guest speaker' or 'visitor' to inspire students (you can include historical characters if you want)?

This question is a History teacher's dream! I would bring back an extensive range of historical figures from the dead! We study loads of iconic historical characters – for example Stalin, Napoleon, Churchill and Thatcher. I love the idea that students could all probe them on their decision-making and record. I'd like to cheat here and bring back more than one person at one time and get the students to facilitate a "debate" between them. Churchill v.s. Lenin would be an interesting one to see.

From your childhood what was your favourite game (playground or board-game) and why?

I've always loved a quiz so liked trivia-type board games – even when I was younger. There was one game I remember called The Game of Knowledge which was a pretty straightforward trivia board game but with a background of the solar system.

During the lockdown what have you been doing to stay active?

Generally I'm not the most "active" of people. I can't say I've used lockdown to suddenly transform myself into Mo Farah! So for me it's been a nice long walk with the dog every day. He's loving lockdown!



Louise Peart
History

Who would be your ideal classroom 'guest speaker' or 'visitor' to inspire students (you can include historical characters if you want)?

Bethany Hamilton, (aka Soul Surfer). A surfer who lost her arm in a shark attack, aged 13 yrs. She returned to professional surfing and is an inspiration and a demonstration of having a goal and pursuing it, of facing huge challenges of life and overcoming them and of doing all of this with good humour and compassion. A great example of resilience in action.

From your childhood what was your favourite game (playground or board-game) and why?

I liked playing schools!! Yes, it's true. For my 8th birthday I got a big white board fixed to my bedroom wall and some proper white board pens. I got an old-fashioned desk that had a lift up lid and a red pen to do my marking. Plus, as the eldest of four, I even had a (small) class to teach.

During the lockdown what have you been doing to stay active?

I've been enjoying a lot of walking with various family members. Exploring parts of my locality that I've never been to before and since the relaxing of restrictions some brilliant walks further afield. Something I look forward to once a week is doing my usual commute to College (don't laugh - I just wanted to remind myself of happy times at work post-Lockdown!!). I love that the Redheugh Bridge is (almost) empty, that you don't have to stop to cross at the Traffic Lights and that it is so much quieter than (the old) normal. I check through the windows at NSFC to make sure that Julie's plants in the office are still alive (they actually seem to be thriving, clearly the peace and quiet without the team around is doing them good!). I cycle to college.



Sarah Brown
Personal Development
Coach

Who would be your ideal classroom 'guest speaker' or 'visitor' to inspire students (you can include historical characters if you want)?

From my love of football and Newcastle United I would certainly have liked to invite Sir Bobby Robson when he was alive, he would be an excellent speaker for discussing leadership and motivation skills. (a topic we cover and discuss a lot in business) An inspiration of how he became a fantastic footballer (before my time) but made the step up to management especially with England in Italia 1990 and showed great resilience and determination after receiving negative reports from the press, later being successful with Newcastle as well as a host of other well known successful clubs and also managing some well known and high profile characters.

From your childhood what was your favourite game (playground or board-game) and why?

Football was always my favoured sport, however when the football was banned in the school playground I used to like playing Bulldog, I was never the quickest of runners so usually ended up on the side who had to catch people however, I used to enjoy the focus of having half the school running from one side of the yard to the other trying not to be caught out. It was quite chaotic but an interesting game. From a board game point of view I did like Monopoly and found the buying and selling of properties and making money quite exciting.

During the lockdown what have you been doing to stay active?

I have completed a few gardening tasks around the house to stay active including digging out a row of hedges, painting the back gate and shed. I have also been going on daily walks and playing football with my kids at the local field.



Chris Buck
Business Studies