

10 JULY 2020

NSFC4ME

The weekly update on college life



THE LATEST UPDATE FROM NSFC PRINCIPAL GERARD GARVEY

*Summer break offers opportunity to
reflect and renew our commitment*

SUMMER PLANNING WILL ENSURE A POSITIVE RETURN

As we come to the end of term, there is a natural tendency to look back at the year. I don't think any of us would have imagined in September, the events that have unfolded over the last 4 months. Throughout this period overall student engagement has remained high and lots of productive learning has taken place. I would like to say thank you for the understanding and support shown by students, parents and colleagues to each other throughout this period.

Nevertheless, it is natural that many students are worried about how their learning has been hampered by lockdown. I want to provide reassurance that this is entirely understandable. To help with this, subject sheets have been made by all departments summarising the learning that has taken place with links to resources for students to revisit material or fill in any gaps. You should also draw confidence from the fact that student progress at Newcastle Sixth Form College is in the top 25% nationally. Our teachers are experts in A Level preparation, and we will make sure that our students achieve well in the final exams.

It has been wonderful speaking to so many students over the last week, and hearing how positive the Progress Review Appointments have been. We are very excited to welcome students safely back to lessons in September. We will communicate our detailed plans in August to ensure we have a really purposeful start to the new academic year.

I wish you and your families well over the summer.

Yours faithfully,

Gerard

AUGUST COUNTDOWN TO GET YOU READY FOR THE AUTUMN TERM

We have developed a 28 day well being programme for those coming back to college this Autumn and all the new faces who will be joining us at the start of the new academic year.

If you click on the links you can download a copy of this planner and track your own progress during August as we get ready to return to college. This guide for the month was put together by our Personal Development Coaches and focuses on the positive efforts you can make to enjoy this summer but also prepare yourself for the start of college..

WEEK 1

DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>
PUT YOUR PHONE AWAY TODAY. BE PRESENT.	START AND END YOUR DAY WITH THREE DEEP BREATHS.	PAY SOMEONE A COMPLIMENT TODAY.	CAPTURE SOMETHING IN NATURE THAT MAKES YOU FEEL PEACEFUL.
DAY 5 <input type="checkbox"/>	DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>	
WHAT IS CURRENTLY MAKING YOU THRIVE?	GET OUTSIDE TODAY - TAKE A WALK	LISTEN TO YOUR FAVOURITE SONG	

Focusing on your wellbeing just once each day can have a significant impact on your mood.
Try the NSFC Personal Development 30 days of wellbeing challenge over summer!

WEEK 2

DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>	DAY 11 <input type="checkbox"/>
DO A BIT OF REORGANISING TODAY	HAVE YOUR LUNCH OUTSIDE	WHAT DO YOU LIKE MOST ABOUT SUMMER?	WRITE OR TALK TO SOMEONE ABOUT 5 THINGS YOU'RE GRATEFUL FOR.
DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>	
CHECK IN ON SOMEONE TODAY- CALL OR TEXT	GET CREATIVE. DRAW, PAINT, WRITE	ASK YOURSELF "WHAT DO I NEED TODAY?"	

Focusing on your wellbeing just once each day can have a significant impact on your mood.
Try the NSFC Personal Development 30 days of wellbeing challenge over summer!


Focusing on your wellbeing
Just once each day can have a
significant impact on your mood.

WEEK 3

DAY 15 <input type="checkbox"/>	DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>
BE A TOURIST IN YOUR AREA: GO SOMEWHERE NEW/TAKE SOME PHOTOS	LISTEN TO A PODCAST.	GET ACTIVE TODAY.	WHAT ARE YOU LOOKING FORWARD TO?
DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>	DAY 21 <input type="checkbox"/>	
WATCH YOUR FAVOURITE FILM.	WHO INSPIRES YOU? WHY?	SET YOUR GOALS FOR THE DAY	

Focusing on your wellbeing just once each day can have a significant impact on your mood.
Try the NSFC Personal Development 30 days of wellbeing challenge over summer!

WEEK 4

DAY 22 <input type="checkbox"/>	DAY 23 <input type="checkbox"/>	DAY 24 <input type="checkbox"/>	DAY 25 <input type="checkbox"/>
ENJOY YOUR FAVOURITE MEAL	WRITE ONE POSITIVE THING THAT HAPPENED TODAY.	WHAT MAKES YOU LAUGH?	LISTEN TO A NEW GENRE OF MUSIC
DAY 26 <input type="checkbox"/>	DAY 27 <input type="checkbox"/>	DAY 28 <input type="checkbox"/>	
TRY OUT A NEW RECIPE	REFLECT- HOW HAVE THE PAST 27 DAYS FELT?	YOU MADE IT! CELEBRATE YOU!	

Focusing on your wellbeing just once each day can have a significant impact on your mood.
Try the NSFC Personal Development 30 days of wellbeing challenge over summer!

NATIONAL CITIZENS SERVICE AND DUKE OF EDINBURGH RARING TO GO THIS AUTUMN

This Autumn we are delighted that we will be starting our Duke of Edinburgh Silver Award and also opening up new opportunities for all of our students to take part in the National Citizens Service programme.

These are both fantastic opportunities for students to build their confidence, demonstrate their teamworking and communication skills and add valuable content to their personal statements as they look ahead to the life beyond sixth form and Higher Education applications.

Duke of Edinburgh Silver Award

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life. 14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

We will be launching the DoE Silver Award this Autumn.

[CLICK HERE](#)

National Citizens Service

Designed specially for 16 and 17 year olds, the NCS experience will give you a clearer idea of what you want from your future.

We'll help you realise that big, exciting things can come from feeling a little bit overwhelmed.... No, seriously, it's all good. Remember, No. We. Can. Show yourself exactly what you're made of!

On NCS, you'll mix with a new crowd, and take on fresh challenges together. Before you know it, you'll be rooting for each other, as you all tackle your own little hurdles.

NSFC are agreeing a specific programme with the NCS which will launch this Autumn.

You can find out more about the NCS if you [CLICK HERE](#)



FAREWELL MESSAGE TO OUR 2ND YEAR A LEVEL STUDENTS

To all students leaving us this year, what a privilege it has been to share this bit of your journey with you during your time at NSFC.

You should be very proud of yourself (we certainly are) for the skills and knowledge you have gained, the resilience you have shown and the friendships you have grown. You have all developed personally over your time at NSFC, and whilst this is the end of your time at NSFC, we are looking forward to your results, and hopefully staying in touch via our new alumni website www.nsfc-alumni.com to see where you progress after sixth form.

Each and every one of you contributed to college life and brightened our thoughts, making each day at NSFC special. NSFC won't be the same now you have left but we trust you on your next adventure and wish you all the very best!

Keep in touch!

The PDC's

Saffia, Charlotte, Yasmin, Sarah, Nichole, Paige, Olivia, Beth and Veronique



ADVICE AND GUIDANCE

GRADING AND RESULTS INFORMATION - AUGUST 2020



The grading and awarding of results this year for GCSE and A Level results have been a real concern to students and parents, and as we approach the summer and results day, we thought it would be really useful to share with you the Ofqual guide to help you understand how the grades have been decided and the issue of results.

Ofqual have produced a short video for students which would be worth taking the time to review.

If you want to take a look at this guide and the Video [CLICK HERE](#)

Decisions: Year 13

A student guide to help prepare for next year

- Coping with change
- Moving away to university
- Moving away: the pros and cons
- Deferred entry: the pros and cons



PREPARATIONS FOR UNIVERSITY

There is an excellent guide for all our students looking to move into HE this Autumn. Developed by Unifrog, this simple guide takes you step by step through the essential preparations you should make before you set off on the next stage of your academic adventure.

[CLICK HERE](#) to access a copy of this essential guide.

PREPARING FOR A LEVEL MATHS

For all our A2L3 students preparing to start A Levels this Autumn and new applicants who want to take on Mathematics A Level, a great online tool has been developed to help students, step up and get ready for the challenge ahead.

[CLICK HERE](#) and follow the online tutorials and exercises in a range of techniques which will really help you get prepared for starting your A Levels this Autumn.

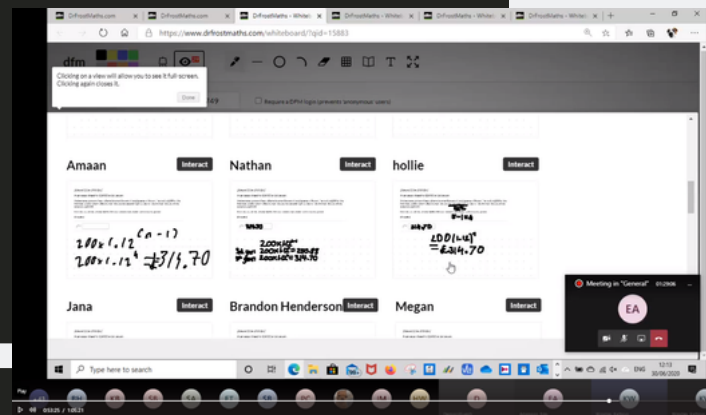
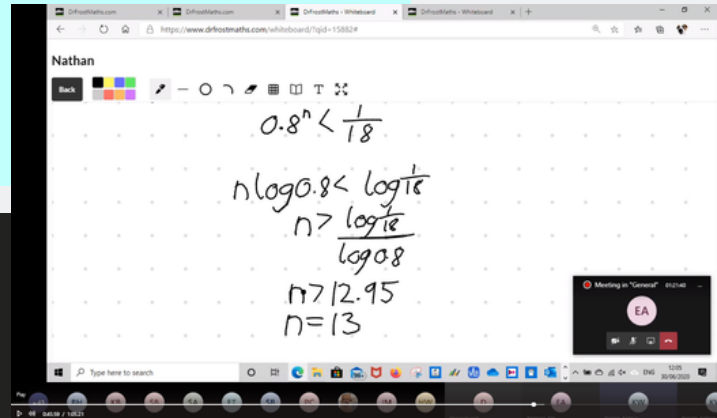
A screenshot of a webpage titled "GCSE to AS/A level Mathematics transition resources". The page has a navigation bar with links for "Teachers", "Students", "Leadership", "Universities", and "Employers". Below the navigation bar, there is a main heading "GCSE to AS/A level Mathematics transition resources" and a sub-heading "Guidance on using these resources". The page lists several features: "skills checks", "a chance to practise and explore", and "some extra ideas that you may want to investigate further". There is also a video player embedded in the page.

SUBJECT REVIEWS

MATHEMATICS

Live lessons in Mathematics have provided an excellent opportunity for students to demonstrate their skills using the interactive online whiteboards. Students were able to take part in live lessons and show their approach to tackling maths challenges, which really enhanced the learning experience for the whole class.

Much of the students work was assessed during online sessions which meant that our teaching staff were able to engage in exactly the same way as a face to face session.



PHYSICS

Graham Davison has already received national recognition this year for his skills as one of the best STEM teachers in the country, receiving the Lord Glenamara Award for Excellence in Science, Technology, Engineering and Mathematics, (STEM) 2020.

During the lockdown he added to his unique and versatile approach of delivery by introducing a new 'guest' lecturer, Professor G Dog, who joined classes in video tutorials and provided his expert insight into A Level Physics.

We are very grateful to Graham and his alter ego Professor G Dog for ensuring that A Level Physics was one of the most watched online lectures of the entire term.



E.M Waves sheet : Solutions Remember all electromagnetic waves from radio to gamma travel at $c = 3 \times 10^8 \text{ ms}^{-1}$ in a vacuum

- Find the wavelengths of the following radio waves
 - a) VHF at 92.2MHz a) Use of $c = f\lambda$ $\lambda = \frac{c}{f} = \frac{3 \times 10^8}{92.2 \times 10^6} = 3.25 \text{ m}$
 - b) Medium wave at 1220kHz b) Use of $c = f\lambda$ $\lambda = \frac{c}{f} = \frac{3 \times 10^8}{1220 \times 10^3} = 246 \text{ m}$
 - c) Television at 1.17GHz c) Use of $c = f\lambda$ $\lambda = \frac{c}{f} = \frac{3 \times 10^8}{1.17 \times 10^9} = 0.256 \text{ m}$
- 2.a) Calculate the frequency of radio waves of wavelength 1500m in air.
- 3) State two differences and two similarities between radio waves and UV – radiation.

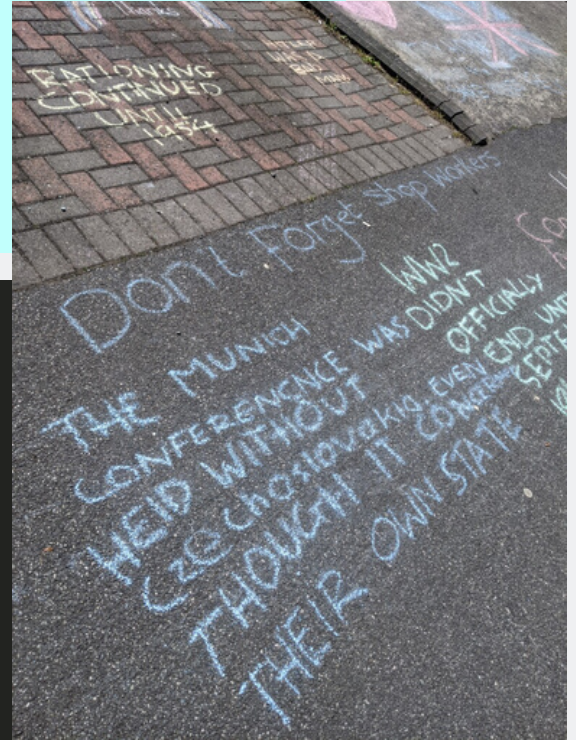
SUBJECT REVIEWS

HISTORY - VE DAY COMMEMORATIONS

A lovely creative and innovative act from one of our History students.

As part of the VE Day 75th Anniversary, Emily Cox took it upon herself to teach her neighbours about WW2 by using chalk to write facts onto the pavement.

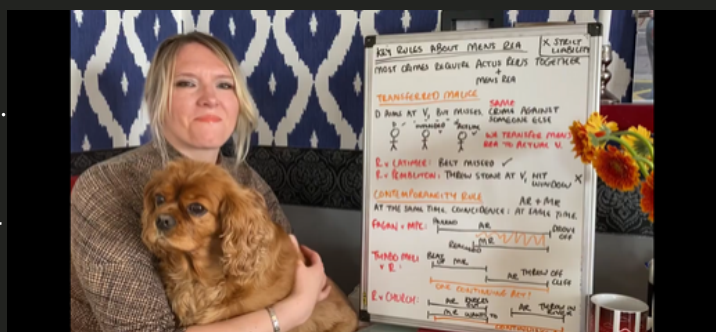
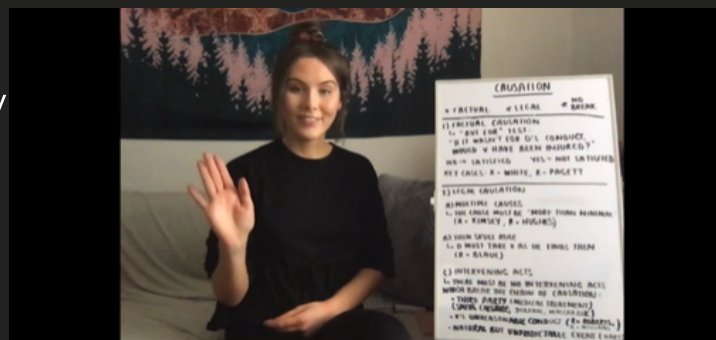
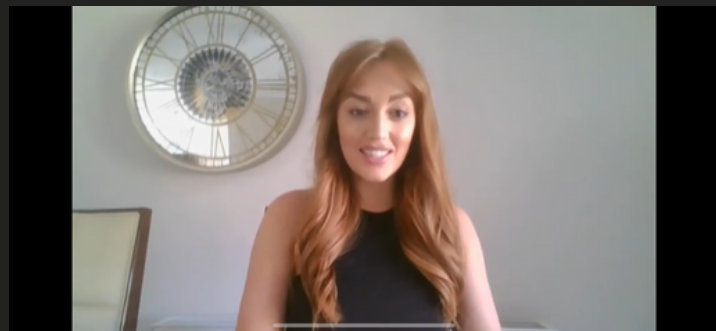
Emily said 'I've seen many people on their government issued daily walk stopping to read them. It made me feel good because it's a tiny distraction from the world, and an important reminder of what we were commemorating.'



LAW

It has been a busy term for our Law and Politics department, with a huge effort to provide content for students whilst working at home. Highlights include:

- We have run weekly live lessons in both Politics and Law Dr Massey ran a Politics degree taster session online.
- We have run additional skills sessions, including applying for Law at University
- We have created virtual classrooms on Teams, as well as a specialist Teams group for those wanting to study Law at university (including non-Law students).
- These include Kahoot quizzes, daily AO3 challenge posts and online homework assignments using OneNote.
- 50+ YouTube videos taking students through topic summaries, exam answer structures and improving exam skills.



NEW STAFF PROFILES

In the Autumn term we will have some new faces, and this is your chance to get a sneak preview of some of the new team members

ALAN EWART

Alan is a highly experienced teacher joining our Mathematics department this year, having spent the last seven years in the Maths team at Monkseaton High School. He is about to become a father for the first time, later this year, and so will struggle to find time to fit in his love of sports and playing football, when the new arrival comes this Autumn.

We are looking forward to having Alan as part of our excellent Maths Department and we know that Alan is already preparing hard for the first term with his new students.



Alan Ewart
Mathematics



Emma Taylor
English Literature

EMMA TAYLOR

Emma will be joining our experienced and talented English Literature department this Autumn, and with an undergraduate degree in English Literature and Creative Writing and a Masters in Film Theory and Practice, she will bring a new dimension to the team.

Among Emma's favourite books are *The Great Gatsby*, *Wuthering Heights* and *Rebecca*, so we can confidently say that she loves her classics. Describing herself as a friendly, massive foodie with a love for a good horror film, we look forward to Emma joining NSFC this Autumn.

HANNAH SHALLER

Hannah has been teaching for 15 Years and has led drama and performing arts in several schools across the North East, so brings a wealth of experience to our team. As well as a love of Drama, Hannah can play piano and enjoys performing as well as teaching music.

In her free time Hannah enjoy live music, gigs and theatre, (which we all hope will be reopening to the public very soon) and is a keen photographer who loves documenting her passion for exploring and travel.



Hannah Shaller
Drama and Theatre
Studies

NEW STAFF PROFILES

In the Autumn term we will have some new faces, and this is your chance to get a sneak preview of some of the new team members

ROBERT CLOUGH

Robert will be our first ever PE teacher at Newcastle Sixth Form College as we launch a brand new A Level this Autumn in Physical Education. He completed his with the North East partnership SCITT, graduating as an outstanding trainee.

With experience working at both Longbenton High school and Whitburn Church of England academy, he brings a good insight into the demands of an academic qualification in PE, and will be also working alongside our Duke of Edinburgh team delivering the Silver Award starting this Autumn.



Robert Clough
Physical Education



SHANNON HALEY

For Shannon, joining NSFC is her dream job and she is a real success story from the college perspective, as Shannon studied her A Levels at NSFC.

She has been working in FE for a number of years before coming to NSFC, having recently completed her teacher training, and Hannah commented that, 'I have wanted to teach Biology here since I was a student at NSFC myself 6 years ago. We look forward to welcoming Shannon back to the college and she is keen to get started and meet everyone this Autumn.

Shannon Haley
Biology

TOP 25% NATIONALLY FOR STUDENT PROGRESS AT A LEVEL

www.nsfcc.co.uk

NSFC STUDENT DESTINATIONS

LAST YEAR OVER 400 STUDENTS LEFT NSFC TO ATTEND 62 DIFFERENT UNIVERSITIES

#GOFURTHER

- 99% pass rate
- Top 25% nationally for student progress at A Levels
- 10% more likely to attend university based on GCSE attainment

www.nsfcc.co.uk