

Tutorial Newsletter

Week Beginning: 13th April 2020

Firstly, a very Happy Easter to students and staff! We hope that you have been enjoying the wonderful spring weather that we have been experiencing. It is our intention that with this Easter edition of the newsletter, we can keep you up to date with some information about health and wellbeing and some other college information. We have also included a couple of fun word searches for you at the end of the newsletter! Stay safe and well and enjoy the rest of the Easter break.

Grading for Summer Assessments: Vocational Qualifications

On Thursday 9th April, Ofqual announced the first set of information about how vocational and technical qualifications will be awarded this summer. As it is the Easter break, we are unable to share the college's position with you all on this; however, Paul did want to share the guidance with you:

- 1. This guidance does not give us clear details about what will happen for your course – keep working!**
- 2. There are lots of different types of vocational course it has not been decided yet how they will all be responded to.**
- 3. Vocational courses that are primarily used to support progression to higher or further education will be treated in a similar way to GCSEs / A levels (calculated results).**
- 4. Ofqual are due to launch a consultation on all of these processes around cancelled courses next week.**

So, in summary, the announcement shows that most of our vocational courses will be treated in a similar way to A levels and GCSEs. However, we haven't got the final details about exactly which courses this will apply to or how the process will work. For now, all students on vocational courses need to keep working as directed by their subject teachers. We will share further details as soon as we get them and please do read Paul's emails regarding this.

As stated before, please know that we are all still on hand to support you and guide you regarding your next steps and health and wellbeing. You will be a student at Wyke until 31st August 2020, and we are here to help you.

The Easter break:

Please do carry on with any work that your teachers have set you over the holidays. Although it is still important to take some time for yourselves, we know that many of you are keen to carry on working, not least because it gives you something to do! We look forward to being back in touch with you all and working again as far as normal from Monday 20th April.

Don't forget, you can also still get in touch with the Designated Safeguarding Team if you have any urgent concerns or worries regarding your wellbeing. We are here to help and support you as much as we can.

Name	Number	Role
Rebecca Bolder	07498378083	Safeguarding Manager
Chris Herring	07932807204	Assistant Principal
Andrea Mason	07498371842	Senior Tutor
Andy Dunne	07539391788	Senior Tutor

Project Access:

All of our students who have signed up to the project so far, are already paired up with current university students but **it's not too late to join!** All you have to do is follow the link below and follow the instructions to sign up.

<https://projectaccess.typeform.com/to/PWPAtX>

Once you have joined, you will be matched with a current university student, taking your next steps plans into account. Project Access will find you a mentor already studying at a university you are interested in and/or studying a degree you think you might also want to apply for in just a few months' time. Your mentor will arrange to meet you online to cover a variety of useful topics from choosing the right degree programme and what university life is like to writing an excellent personal statement. These topics will adapt to your needs, with opportunities to speak to your mentor about student finance or choosing accommodation being made available later in the application process.






Student Support for Emotional Health and Wellbeing:

As well as the Big White Wall, Kooth is another fabulous online resource for helping with managing your mental health. Kooth is specifically for 11-25 year olds and has a number of great resources aimed at helping young people deal with a range of issues that might be affecting them.



Free, safe and anonymous
online support for young people


Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

		
Live Forum Update: April Forums Kerria in News April 8th 2020, 7:38 pm Hey everyone! We've got some exciting in this April, so if you see any that interest yc your diary and come along! The ones com READ MORE 11 comments	Apps to Help Isolation and Relaxation Beth in Relaxation & breathing April 8th 2020, 3:01 pm It's easy to feel overwhelmed and anxious during this time of lockdown, and it can feel downright impossible to switch your READ MORE 6 comments	Creating a Healthy Routine Ophelia in Wellbeing April 8th 2020, 10:48 am With schools, colleges and campuses clor lot more of our time indoors. This means f from a familiar routine to something new. I READ MORE 4 comments

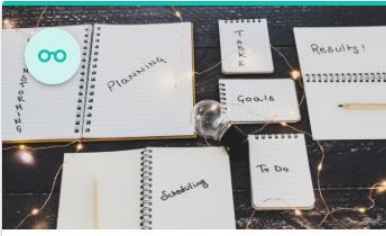
Please go to www.kooth.com for further information and guidance.

The Big White Wall


The Big White Wall has some really useful self-help courses available:



Improve Your Sleep
A course full of hints and tips to help sleep, leaving you feel more energised and refreshed




Stop Procrastinating
A course that provides you with techniques and strategies to stop procrastinating and increase productivity




Balance Your Thinking
A course which will help you acknowledge and challenge unhelpful thinking



Managing Stress & Worry
A detailed guide on how to manage stress and worry problems



Managing Health Anxiety
A course which provides you with techniques and strategies to manage worry about health



Managing Depression & Low...
A course which will help you manage low mood and symptoms of depression

Don't forget that The Big White Wall is a 24/7 service. If you haven't already logged on, all you need is your Wyke email address.

Some other useful contact and agencies:

MIND 01482 240200	THE WARREN COUNSELLING, HEALTH AND LGBT SUPPORT 01482 218115	SCHOOL NURSING TEAM TEXT SCHOOLNURSE TO 01825	NORTH LINCOLNSHIRE HEALTHY LIFESTYLE SERVICE 01724 298212 nlc.healthylifestyles@nhs.net	EAST RIDING EMOTIONAL WELLBEING SERVICE www.humberews.co.uk
BEAT EATING DISORDERS 0808 801 0711 fyp@beateatingdisorders.org.uk	SEED EATING DISORDER SUPPORT 01482 718130 hello@seedeatingdisorders.org.uk	LETS TALK HULL 17 1/2 YEARS UPWARDS SELF-REFER 01482 247111	EMOTIONAL WELLBEING SERVICE SELF-REFER 01482 335451	IESO ONLINE COUNSELLING FOR EAST RIDING GP PATIENTS (18+) www.iesohealth.com

GP CONTACT YOUR GP AND REQUEST TO BE SEEN	THE MIX (CRISIS SUPPORT SIGNPOSTING) CRISIS MESSENGER TEXT 'THE MIX' TO 85258 0808 808 4994	CAMHS CONTACT POINT HULL - 9AM-5PM 01482 303688	CAMHS CONTACT POINT EAST RIDING - 9AM-5PM 01482 303810	CAMHS TEAM NORTH LINCOLNSHIRE 9AM-5PM 01724 408460	SANELINE 4.30PM-10.30PM 0300 304 7000
CAHMS CRISIS TEAM HULL AND EAST RIDING 5PM-9AM INC. WEEKENDS 01482 301701	CAHMS ACCESS TEAM NORTH LINCOLNSHIRE 5PM-9AM INC. WEEKENDS 01724 382015	SAMARITANS 116 123 EMAIL jo@samaritans.org	PAPYRUS HOPELINE 0800 068 4141 TEXT 07786209697	A&E PRESENT AT YOUR LOCAL AGE	CALL 999

UCAS Information / Employer Engagement

The Holbeck Scholarship is now open!

The scholarships are administered by York, but eligible students could be applying to attend any higher education institution in the UK.

Eligible students must:

- attend school/college in the Yorkshire and Humber region
- be engaged in the UCAS application process, applying to commence their first year of university study in 2020
- have predicted grades of ABB or better at A-Level or equivalent
- have the drive to attend university and complete a course.
- be in receipt of, or entitled to, discretionary payments at school/college, or has a household income below £42,875
- have no experience of higher education in their immediate family (not including siblings)

- have faced significant difficulties in their personal, social or domestic life that have placed extra demands upon them.

The deadline is Friday 15th May 2020

Please let your tutor know if you will be applying as they will be requested to write a reference and confirm your eligibility.

Are You Planning to go to University or College in 2020?

You may be eligible for the JVENN bursary of up to £5,000 each year if:

- You are currently resident in the City of Hull or have a Hull postal code
- Going to university or college anywhere in the UK from Autumn 2020
- You were born after 31st August 1997 and
- Your family's income is below £20,000 or you have faced certain difficulties in your life.

Please contact your Tutor for more information. The deadline for this is 15th May 2020

Message from Paul Britton:

“Hello everyone, Ofqual chose the Thursday before the Easter bank holiday weekend to announce the first set of information about how vocational and technical qualifications will be awarded this summer. It is the Easter break, and a bank holiday weekend, so I am unable to share with you the details of the college's response at this stage. This guidance does not give us clear details about what will happen for your course – keep working!

Ofqual have only shared the guiding principles behind the approach, rather than a specific process for each course. Until we have that clarity for your course please continue to work as normal and complete work set to deadline. We do not want to disadvantage you.

We will continue to issue RAG grades for engagement in vocational subject areas until we have the details for your course.

So, a bit more information but not all the detail we need yet. As ever, do send me through your comments and queries, they have really helped the process.

Do keep safe over the Easter weekend,

Paul”

Easter Word Search:

H G N V N R C S S R U D C T K
I N O F Z U T H E D A C N X T
P I I W A F B T O F N U Y U H
A T T Y I M S S F C H E L J P
N N A G N A I O S T O I I P D
D U R S E N D L I O P L H R U
H B B W U I U B Y S R M A C F
O P E U L B B B V S C C E T T
P G L S L A F N R O H Z T E E
C X E B R L E N T R I E D O W
V V C S P R I N G C C K G M H
G O O D F R I D A Y K U K G O
N O I G I L E R W Q S I R D C
L Z H T E N N O B R E T S A E
L B M Y I E A B Y A D N U S B

BUNNY, BUNTING,
CELEBRATION
CHICKS, CHOCOLATE,
CROSS,
DAFFODILS, EASTER,
EASTERBONNET
EGG, FAMILY,
FRIENDS, GIFTS
GOODFRIDAY,
HIPANDHOP,
HOTCROSSBUN
LENT, RABBITHUNT,
RELIGION, SPRING,
SUNDAY, TULIPS

Wyke Staff Easter Word Search:

T N B R R Q M L S H G F Y K B
B H O R I I I Z E U H L E R A
P Q O S E G F R I F L B L A X
U E L M N D R O V N N R L L T
N R A U P I L U A C O I I C E
A Q O K N S T O D W S T L F R
V Y Y G S B O R B X R T J R Y
K N I G H T B N A O E O L Y G
R E K A T T I H W M D N K N R
K C E B L A I R D U N J U E R
S T M I L L E R B C A O T U M
O L A V E R I C K R Y S D D A
S S E G R U B A O O O K R I S
D I C U L W S S H F I W X A O
T J X C I M C C A N E E N K N

ALBECK, ANDERSON,
BAXTER, BOLDER,
BRITTON
BROWN, BURGESS,
CHOYOUNG, CLARK,
DAVIES
DIAK, FOSTER,
HERRING, KNIGHT,
LAIRD
LAVERICK, LILLEY,
LUCID, MARTINSON
MASON, MILLER,
PEAKS, RUDKIN,
THOMPSON
WHITTAKER, YOUNG