

# Tutorial Newsletter

**Week Beginning: 18<sup>th</sup> May 2020**

Welcome to issue nine of the tutorial newsletter. This week is National Mental Health Awareness Week, and we will be sharing some useful and supportive strategies that you can access from home. The Mental Health Foundation is using this week to celebrate the theme of kindness:

“We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive. Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.”

Some really through provoking ideas, which really resonate in these challenging times. We hope that some of the resources and activities that we will share with you in this edition will be useful.

## RAG grades due by 12pm Tuesday

All students on continuing courses will continue to receive a weekly RAG mark to represent the quality of their engagement with the remote working tasks they have been set. Teachers and tutors will be following up any concerns that they have and contacting parents where necessary. The grades essentially mean the following:

RED	No student engagement (this might not be your fault, but could be due to illness or IT issues. In this instance, please let your tutor know.)
AMBER	Some student engagement, but poor quality of work.
GREEN	Student is fully engaged and producing good quality work.

## University of Hull Webinars



**UNIVERSITY  
OF HULL**

The University of Hull are hosting several online webinars on a wide variety of topics. These are available to staff and students. Please see below a mix of subject focused webinars covering Politics, Marketing, Biomedical Science and the Pandemic, Business and Leadership as well as some general

sessions on making choices. More webinars will be added to the schedule as we prepare them and we will keep you updated:

**Disease X** – Tuesday 19th May – 10.15am- 11.00am - (Dr Cheryl Walter)

<https://attendee.gotowebinar.com/register/6303221292946170896>

**Student Finance** – Wednesday 20th May – 11.30 – 12.15pm (Nicola Beech)

<https://attendee.gotowebinar.com/register/137364593541265680>

**What's my next step?** – Thursday 4th June (10.15-11am) (Schools and Colleges Engagement Team)

<https://attendee.gotowebinar.com/register/7939473815477715213>

**Social Media Marketing Masterclass** – Friday 5th June – 2pm-3pm (Peter Andrews)

<https://attendee.gotowebinar.com/register/5845959695727139853>

**Making choices** – Monday 8th June 10.15-11am (Schools and Colleges Engagement Team)

<https://attendee.gotowebinar.com/register/1822492606950525453>

**Leadership Origin stories** – Wednesday 10th June – 2pm -3pm (Dr Tom Hoyland)

<https://attendee.gotowebinar.com/register/8428020916553683984>

**Power and Politics** – Friday 12th June - 2pm – 3pm (Justin Morris)

<https://attendee.gotowebinar.com/register/3013845341483144461>

### **The Sutton Trust Summer School:**

The Sutton Trust Apprenticeship Summer School will be delivered digitally in partnership with leading employers for Year 12 students. The programme is designed to help you make an informed decision about your future career and will take place in July.

You will gain an in depth understanding of degree apprenticeships, what they involve and whether a degree apprenticeship is the right choice for you. You will hear from current apprentices, experience networking opportunities, attend interactive digital sessions hosted by employers and learn the different application processes employers use. The programme will be delivered through live interactive sessions, webinars, Q&A panels, pre-recorded videos, group work and other online resources.



Applications close on 28<sup>th</sup> May 2020. Register your interest now by going to:

<https://www.suttontrust.com/our-programmes/apprenticeship-summer-school/>

### **Soft Skills Britain:**

These are a set of online courses that might be pertinent to our second year students not going to university this year. They are designed to:

Guide young people into the world of work.

\* Help young people to understand Employer perspectives.

- \* Highlight common mistakes made by younger people entering the workplace for the first time.
- \* Support young people with key life skills and do's and don'ts for when at work.
- \* Help young people prepare for interviews, placements, apprenticeships, and being at work.
- \* Give young people subjects they can talk to Employers about to help them build rapport.
- \* Support Confidence.



Please follow the link provided to gain more insight:

<http://softskillsbritain.thinkific.com/courses/GetWorkplaceReady>

### **Mental Health Awareness Week 18<sup>th</sup> – 22<sup>nd</sup> May 2020**

The Mental Health Foundation are launching a brand new challenge this May, to get you moving and feeling good, whilst fundraising for the Mental Health Foundation. This year the theme is kindness. Their challenge is all about being kind to yourself by taking some time out each day for yourself.



They are asking you to be active for 30 minutes a day, which may include running, walking and cycling, but this does not have to be strenuous – you can do the gardening or get those arm muscles moving by baking a cake. Whatever your physical ability, this challenge is for everyone.

#### **What sort of activities can I do?**

- HIIT, Pilates, Yoga – whatever exercise floats your boat that day.
- Walking – it's great to try and get some fresh air everyday so why not incorporate this into your challenge?
- Baking – get your sweat on in the kitchen by cooking up a storm.
- Gardening – this can be a great workout too!
- Ultimately, you can get creative in this challenge by taking on whichever form of movement makes you happy (personally we think dancing in your kitchen is a good one!)

#### **Fundraising tips:**

Create a fundraising page online - they recommend using JustGiving.

Share share share! Once your page is up and running, you can share it on social media, and encourage friends and family to sponsor you.

Not everyone is online, so think about who else you can reach out to more personally to tell them about your challenge.

Get your donors involved, ask them to challenge you to different activities in exchange for donations!

**Kooth:**



Kooth are also providing a wealth of resources this week as part of Mental Health Awareness Week, including:

- Free Counselling
- Discussion boards
- Magazine and articles
- Journal and Self-Help Tools

**Big White Wall:**

As part of Mental Health Awareness week, BWW have a number of really interesting articles that can provide an insight and offer support to how we might be feeling during the lockdown and these very challenging times:

## How to build emotional resiliency

Struggling to cope? Find out how to spring back from, and successfully adapt to, life's setbacks and adversities with these top tips from the American Psychological Association



Resilient people are flexible in their thinking, endure difficulty with a realistic outlook and often use the experience in self-empowering ways. But resilient people are not necessarily born that way; experts are not in agreement about how much of resilience is genetic and many argue that resilience can be learned.

**Some other useful contact and agencies:**

<b>MIND</b> 01482 240200	<b>THE WARREN</b> COUNSELLING, HEALTH AND LGBT SUPPORT 01482 218115	<b>SCHOOL NURSING TEAM</b> TEXT SCHOOLNURSE TO 01825	<b>NORTH LINCOLNSHIRE HEALTHY LIFESTYLE SERVICE</b> 01724 298212 nlc.healthylifestyles@nhs.net	<b>EAST RIDING EMOTIONAL WELLBEING SERVICE</b> www.humberews.co.uk
<b>BEAT EATING DISORDERS</b> 0808 801 0711 fyp@beateatingdisorders.org.uk	<b>SEED EATING DISORDER SUPPORT</b> 01482 718130 hello@seedeatingdisorders.org.uk	<b>LETS TALK HULL</b> 17 ½ YEARS UPWARDS SELF-REFER 01482 247111	<b>EMOTIONAL WELLBEING SERVICE</b> SELF-REFER 01482 335451	<b>IESO</b> ONLINE COUNSELLING FOR EAST RIDING GP PATIENTS (18+) www.iesohealth.com

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

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

## ***UCAS Information / Employer Engagement***

### **Thinking of studying medicine at university?**

Everything you need to get into Med School, all from your own home!

From Monday 29<sup>th</sup> June to Friday 3<sup>rd</sup> July, you can join a week of seminars, competitions, access to the Medlink Exhibition and much more!

Interact with and learn about Medical schools and universities from all around the country and the world, all in one place, as well as institutions such as the Royal College of Surgeons.

As well as everything you'll find in the exhibition you'll have access to FREE seminars on every aspect of your application to university.

Not only that, the more you interact, the more free stuff you can get access to!

This is open to students, teachers, parents, school parties and ANYONE in interested in a career in medicine or the health sciences.

For more information, please go to:

<https://www.eventbrite.co.uk/e/medlink-free-2020-tickets>

### **Are you holding an offer with Leeds Beckett University?**

#### **Keeping you updated on the 2020 UCAS cycle:**

It is an understatement to say that the UCAS cycle for 2020 entrants has been 'disrupted' and 'unusual'. We know that it has been difficult for staff in schools and colleges to keep up with different universities' approaches to the cycle, so we are running two live online events next Thursday 21 May, one between 12:00 - 13:00 and the other between 15:30 - 14:30 to update you with the UCAS cycle as it stands, covering our approach to offers, grades, clearing, Open Days, and how we're looking to adapt our approach to outreach over the coming months. The content of the two sessions will be the same, but we want to give everyone the chance to join us. There will, of course, be the opportunity to ask any questions you have.

Please visit the following site to sign up:

<https://register.gotowebinar.com/rt/4514951392316772875>

### **NatWest have launched #DreamBigger to broaden students' career horizons and develop their awareness of entrepreneurship as a possible future career**

Female students aged 16+ are welcome to join DreamBigger's weekly online workshops:

- Introduction to Entrepreneurship - every Tuesday @ 11.00am
- Develop an Entrepreneurial Mindset - every Wednesday @ 11.00am
- Defining Entrepreneurial Purpose - every Thursday @ 11.00am

DreamBigger provide lots of learning materials, exercises and follow-ups for both students and teachers: <https://www.eventbrite.co.uk/o/natwest-group-dream-bigger-30163367844>

### **Apprenticeship Vacancies:**

Here are some of the very latest apprenticeship vacancies advertised on the government website and the links for the newsletter:

Digital Project Delivery Apprentice - BALFOUR BEATTY PLC

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000006327>

Civil Engineering Apprentice – Degree Level – Hull 2020 - BALFOUR BEATTY PLC

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000006333>

Mechanical Engineering Fitter - Manufacturing Apprentice - Swift Group Ltd

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-517682>

Apprentice Senior Health Care Support Worker - Hull University Teaching Hospital NHS Trust (level 2 students only)

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-519878>

EY Assurance Apprenticeship Programme - Ernst & Young Llp

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-466797>

Electrical and Mechanical Engineering Apprenticeships - ASSOCIATED BRITISH PORTS

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000005972>

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000005973>

Apprentice Dental Nurse - Swabys Dental Practice

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-519922>

Apprentice Wind Turbine Technician - ORSTED (UK) LIMITED

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-513714>

Apprentice Electronics Technician Level 3 (Unified Communication Technician) - BT

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-507468>

Amazon Automation Engineering Apprenticeship Program and UK IT Degree Apprenticeship programme - AMAZON UK SERVICES LTD

<https://www.findapprenticeship.service.gov.uk/apprenticeship/10000064>

<https://www.findapprenticeship.service.gov.uk/apprenticeship/1000006411>

### ***Message from Paul Britton:***

“Hello everyone,

I am sure you will have been following the news about proposals for a partial reopening of schools and colleges on Monday 1st June. The government issued its guidance late last night and the senior team at college has been digesting it through today. It is good news that the coronavirus pandemic is under sufficient control that we can even begin this conversation. But, I am sure that many of you, like me, have concerns about how to reopen the college in a safe way. The leadership team at college are working hard on plans that we hope will maximize the support we can give to all of our students whilst also keeping us all as safe as possible. We must be clear that any reopening will be partial, under strict conditions to ensure safety and targeted at the students who are most at risk of falling behind. Please

do get in touch with any comments you feel will be helpful in our planning process. At this stage I'm afraid I won't be able to answer many questions as we are still working on the plan but, as ever, your feedback will be extremely valuable through this process.

Well done all of you for the great work you have put in during this most challenging of times.

Do keep yourselves safe,

Paul"