



# COLLEGE

## Newsletter

Issue 14

January/February 2024

### Safe Week

The college have been working with the learners to think about what it means to them to feel safe. Each of our learners, were encouraged to think about how to stay safe in their homes; their college and when out in the community. By giving them access to a range of fun, practical activities, advice and support, the aim of the week was to enable the learners to recognise danger and know what to do.

### Road Safety – By Robinne

For road safety, the learners used team work to observe each other walk around the site. They were making sure that each other found a safe place to cross and looked both ways when crossing the roads. Each learner started with 100 points. If they forgot to look or did not find a safe space, such as a looking to cross the road, 5 points were deducted. Learners had a look at a car to see if they could correctly identify which direction the car was going in when its indicators were flashing and what the hazard warning lights meant.

Each class were shown around a vehicle and were given a demonstration of the car horn. Many of us jumped when the horn was sounded but everyone was able to identify that they needed to watch out for potential danger should they hear that sound. Everyone did brilliantly and some learners even kept all of their points. It was interesting watching the learners give each other critical feedback which supported their learning. A certificate was presented to them with a score of how well they did.

### Monthly LEARNER Award

#### Group 1 – Emily

For increasing her attendance and active participation in lessons

#### Group 2 – Holly

For her enthusiasm in college lessons

#### Group 3 – Daniela

For actively seeking communications with everyone positively

#### Employee of the month: Matthew

For an excellent attitude to work



## Online Safety by Vicki

The learners have been learning about online safety. Each class had a mini quiz to complete to show their prior knowledge of online safety. We all had a discussion and addressed any misconceptions following the quiz results. We considered who are the groups of people we should / should not be sharing personal details with, including our passwords; bank details; and our home address.

The learners made a poster to show their learning. They used symbols, pictures and words to communicate their learning. The posters reinforced:

- Being respectful to all people online
- Not sharing personal information with strangers- Only talking to trusted people they know online when using social media
- Visiting safe websites

Every learner was able to communicate that they should tell a trusted adult if they saw something that upset or worried them when using a computer or other electronic device. The learners were able to refer to previous work they had done in Prevent sessions about the people in their circle of trust (e.g. family, friends, staff).

# Group 1 & 2 Enrichment Trip

On Monday 12th February Group 1 and 2 went to Hartham Common in Hertford. We were very lucky as it was a very bright and beautiful day. The learners explored the Common. They saw a river, ducks, a waterfall and lots of dog walkers. It was an opportunity for the learners to spend time with their peers in a community setting. After a very long walk (of nearly 7000 steps!) there was time for the learners to sit in the sunshine and have a picnic lunch before returning to college. Upon their return to college, the learners viewed their photographs and completed an evaluation form about their trip. Everyone reported that they enjoyed it and would like to return again.



## Pancake race

On Tuesday 13th February, the college staff (Robinne & Joe) took part in our first pancake race at St Elizabeth's against other staff members from the organisation. Learners learnt all about Shrove Tuesday and why it is a memorable date for us, and not just about Pancakes but marking the start of Lent. The learners came along and cheered their lecturer and LSA on with joy and excitement! Even the rain did not stop them from being fantastic cheerleaders!

Departments all across the centre got involved and took part in a relay race. The competition was fierce, unfortunately College did not win but as we always say - it's the taking part that counts!

# Ash Wednesday

On Wednesday 14th February, the learners attended the chapel service for Ash Wednesday. Father Paul delivered a lovely service, using the ash to bless learners and staff with a cross on their forehead. The learners kept this on for the rest of the day as a mark of respect. Pauline, our Catholic Ethos Advocate, said some kind words which encouraged our reflections during our period of Lent. The service was an hour long and all the learners that attended demonstrated the college values as they were calm, respectful and beautifully behaved.



# Valentine's Disco

On Valentine's day this year, the college and day opportunities joined forces to celebrate Valentine's day with a disco in the Bull & Bush. The learners and service users enjoyed being together and this was demonstrated by everyone dancing the afternoon away to all their favourite popular music songs! You could hear them all over the site which put a smile on so many people's faces. It was wonderful seeing so many friendships being formed.



# Group 3 Enrichment Trip – by Robinne

On Thursday 15th February Group 3 went on an expedition to the newly renamed Hertfordshire Zoo (formerly Paradise Wildlife Park). We loaded ourselves, our lunches and bags onto the buses and off we went. On arrival at the zoo, we had our picture taken and our hands stamped with a green paw, to show we had purchased our tickets. Maps were shared out and the group settled down for snacks and to plan what they wanted to see on their visit. Between us we saw zebras, gibbons, fish, lemurs, camels and emus in addition to the lions and tigers and bears – Oh my!

The weather was kind to us and the rain stayed away all day, which was perfect as we were able to enjoy our lunch in the open area away from much of the hub-bub of the other visitors to the zoo. Over lunch, learners shared pictures that had been taken of all the different animals and there were some stunning shots. One of a lions asleep was particularly striking.

After lunch, we had time for one more visit to see some animals and some of the group went to see the bird show. There was much excitement as the eagle flew over everyone's heads and much laughter as it refused to cooperate with its trainer and ignored the requests to catch the food mid-air. We visited the Dinosaur trail on our way out, marvelling at the huge animatronic dinosaurs above our heads, as they roared and hissed. We found out some facts about each one and some of the staff shared their knowledge too.

This brought us to the end of a wonderful day and we all piled back on the buses to return to College. With have lots of pictures to share and many happy memories to keep from the day, we look forward to our next outing.



# Aspirations Week

Our final week on this half term was action packed to say the least. Not only did we have our Enrichment Trips but also we had different visitors come into college to share their job roles and responsibilities with us.

On Tuesday 13th, we were delighted to meet Dr Thorp from a local GP surgery. The learners in all groups listened to her describing her life as a doctor. She had trained for 10 years to become a doctor, which shows her determination. Everyone then explored some medical equipment such as oximeter, blood pressure machine, thermometer and stethoscope.

We then had the pleasure of welcoming Mr Bruce, the Deputy Head from our School at the centre. He shared with the learners all about his job as a teacher. He provided some pictures of his previous classes and some of our learners recalled when he taught them!

On Friday, the Mayor of Bishop's Stortford visited the college. What an interesting gentleman he is. He has had a wide range of careers in his life time including being a chef, an engineer and even working at the aerospace centre. His talk about his life and how one career led to another was very interesting. The key takeaway from his talk was – always work in a job that interests you; keep learning; and love learning new things no matter how old you are.

Our Aspirations Week will continue into next half term when the fire brigade and the police will be visiting us. Every learner will also be given a work experience placement onsite at the centre which they have chosen themselves. We will enjoy sharing these experiences with you in the next newsletter.



# Gentle Reminder:

The college day starts at 9:20am and ends at 3:30pm. It is important for their learning that this is adhered to where possible to ensure they can transition smoothly into their lessons and not disrupt the learning of others. Should your son /daughter have an appointment or need a period of absence, this needs to be authorised in advance by Vicki Ingram. Please email at [vicki.ingram@stelizabeths.org.uk](mailto:vicki.ingram@stelizabeths.org.uk)

## Upcoming Events

### **March 2024 - ASPIRATIONS WEEK (CONT)**

During this month the learners will continue to meet a wide range of professionals to inspire their future life ambitions. All learners will undertake work experience at different departments around the centre.

### **Thursday 7th March - WORLD BOOK DAY**

All the learners will be taking part in a vocabulary parade. We will be dressing up as a word in some fun and interesting ways to broaden our vocabulary. We will have a parade in the hall. More details will follow.

### **Friday 15th March - COMIC RELIEF**

Red Nose Day, fun activities are available for the learners to raise money for this charity.

### **WB 18th - 22nd March - ENRICHMENT DAY**

Each class have chosen a fun experience day with their peer group.

### **Tuesday 26th March - PURPLE DAY**

Epilepsy awareness Day. The learners will learn about Epilepsy and hear about the experiences of their peers that have this illness.

### **Thursday 28th March - EASTER BREAK**

College will end at 3.30pm and return on the 16th April at 9.20am