

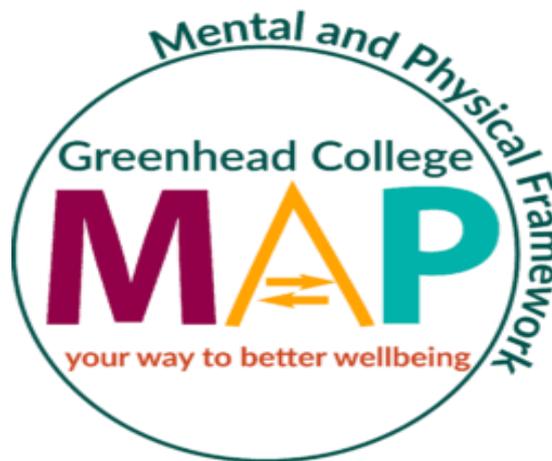
**3 December 2021 – Update for GC students and parents/carers**

Dear all,

Can I start this week's message by thanking all our students for their support with the recent changes made to COVID-19 restrictions. Much is still unknown about the Omicron variant and what impact this may have in the coming weeks and months. However, I will continue to update students and parents/carers with any new developments as soon as I receive them.

Here are this week's messages:

**Mental and Physical Health (MAP) week**



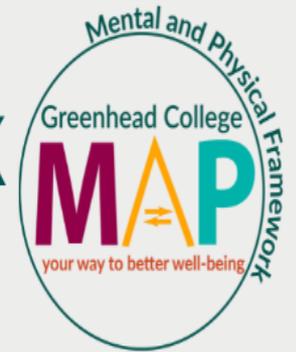
The College's Mental and Physical Framework encompasses all the wellbeing strands across College under one framework. This enables us to address wellbeing collectively, to the benefit of the whole College community.

Details of the framework can be found [here](#).

Next week is the first of three designated MAP weeks in College, with a number of activities taking place for students and staff throughout the week.

Across the curriculum, there will be a focus on mental health and wellbeing in each subject. This could be looking at growth mindset and resilience strategies or simply providing an opportunity for students to discuss any worries or concerns they may have about their subject.

In addition, a number of activities will be taking place for students during the week. These are listed on page 2, with a more detailed description of each of the activities available on our website (see the link above).



# MENTAL AND PHYSICAL WEEK

## 6th - 10th December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What's in your cuppa? Main Hall Breaktime </p>	<p>MoodMaster - Investing in your well-being C6 at lunchtime</p>	<p>College Cinema (C2) Disney's Coco Tickets from C5  1.35pm</p>	<p>Read and Relax Lunchtime Library </p>	<p>Human Rights Day Cake Sale led by our Amnesty group  Main Hall</p>
<p>Grounding Techniques C2 Breaktime</p>	<p>Read and Relax Lunchtime Library </p>	<p>Group walk  Photograph and collect objects Meet in C6 at 1pm</p>	<p>A1 MAP week discussion in tutorial sessions</p>	<p>Christmas Jumper Day! </p>
<p>Write a letter to your past or future self C6 Lunchtime </p>	<p>A1 MAP week discussion in tutorial sessions</p>	<p> Meet Ava the Therapy Dog Art Department</p>	<p>Subject related MAP activities in lessons</p>	<p>Cosy Café &amp; Crafts Main Hall Conservatory From 10am</p>
<p>Read and Relax Lunchtime Library </p>	<p>Subject related MAP activities in lessons</p>	<p>Read and Relax Lunchtime Library </p>		<p>Grounding Techniques C2 Breaktime</p>
<p>A1 MAP week discussion in tutorial sessions</p>		<p>Indoor Cricket Sports Hall  11.25am - 12.35pm</p>		<p>Read and Relax Lunchtime Library </p>
<p>Subject related MAP activities in lessons</p>		<p>A1 MAP week discussion in tutorial sessions</p>		<p>A1 MAP week discussion in tutorial sessions</p>
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## Bake sale

Students may also be interested to hear that during next week's MAP week, there will be a bake sale on Thursday, 9 December (break and lunch-time).

This has been organised by a group of second-year students who are helping to raise funds for a good cause called 'Eden's Army'. This relates to a father who lives in Holmfirth whose six-year-old daughter has been diagnosed with stage four neuroblastoma cancer. The group is currently raising money for her treatment which is only available in the USA.

The link to the Facebook page can be found [here](#).

## 'Night Owls'

Please see information below regarding a free, confidential support helpline for young people and parents/carers in West Yorkshire:



Night OWLS is a confidential support line for children and young people in crisis. Helping them, their parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

We're available  
**8pm –  
8am**

Call this number for free:  
**0300 2003900**  
Text us on:  
**07984 392700**  
Chat to us on:  
**wynightowls.org.uk**

## **Asthma**

Every Autumn and Winter, there is an increase in people who require urgent medical treatment due to their asthma. Can I encourage students who are affected by asthma to make sure they always carry their inhaler(s) with them. Please keep spares in College if possible, either in lockers or at Reception.

Should students have any concerns, they should contact the Additional Learning Support Team in College. More information relating to triggers and specifically COVID-19 can be found [here](#).

## **Update on upcoming College events**

### **A2 reunion**

Due to the COVID restrictions which have recently been announced, we have taken the difficult decision to cancel our planned reunion for last year's second-year students on Tuesday, 14 December.

A Level certificates will shortly be posted home to all our former students.

### **'Festival of Nine Lessons and Carols'**

Our carol service will still be going ahead as planned at Holy Trinity Church on Tuesday, 14 December at 7.30 pm. However, in order to attend, students and parents/carers should obtain a ticket in advance from our Music department so that we can limit numbers.

A face covering should be worn throughout the service (unless exempt). Refreshments will not be served at the interval.

### **'The Midnight Playground'**

This year's College drama production will still be going ahead on Tuesday, 7 December and Thursday, 9 December at 6.30 pm. There will also be a matinee performance on Wednesday, 8 December at 2.00 pm. Tickets are on sale at the Finance office and are £5.00 for adults and £3.00 for students/concessions.

A face covering should be worn throughout the performance (unless exempt).

## **Careers update**

The College's Careers department has recently employed an additional part-time Careers Adviser, Liz Hirst. The team now comprises of Zoe Smith, Susan Stewart, Claire Stainton, and Liz, who are all Careers Advisers, and Robina Tariq, who is our Careers Assistant.

Careers appointments can be booked for all Advisers on Moodle using [this link](#).

Students can also find lots of other useful information here, as well as the all-important Careers Noticeboard Live! ([Careers Noticeboard: LIVE! \(greenhead.ac.uk\)](#)). The Careers department use this notice board to post details of the latest events and opportunities that students may find useful, and is definitely one to keep an eye on.

Regular emails are also sent out to students with details of College talks, events and updates. Can students please look through these emails on a regular basis so as not to miss out on invaluable opportunities, such as mock interviews and drop-in sessions.

If students wish to get in touch by email, please use [careers@greenhead.ac.uk](mailto:careers@greenhead.ac.uk) or feel free to pop in to the Careers Library (C4) between 8.30 am – 4.00 pm, Monday to Friday. Students can also follow the department on Instagram: [greenheadcollegecareers](https://www.instagram.com/greenheadcollegecareers) and Twitter [@gccareersdept](https://twitter.com/gccareersdept) for all the latest careers-related news.

### **Creative challenge**

As previously mentioned, the Sixth Form Colleges Association is currently running a creative challenge every month for all students. Each one includes a task, a mini-tutorial showing how it might be completed, and a link to submit entries. There are also prizes for the winning entries.

Each challenge is posted at the start of the month. Students have two weeks to complete the task; judging takes place towards the end of the month and prizes are then announced.

The new challenge, all about creating a magazine cover, blending text and graphics, can be found [here](#).

### **Car parking**

Can I please remind parents/carers not to block the College entrance or exit when dropping off or picking up students from College. Your assistance with this is hugely appreciated.

### **COVID-19 updates**

#### **Latest COVID-19 figures**

Week ending 3 December 2021	Total
Number of students with confirmed COVID-19	27
Number of students self-isolating	23
Number of staff with confirmed COVID-19	0
Number of staff self-isolating	1

#### **Reusable face coverings**

Finally, can I encourage students to use reusable face coverings. University College London [research](#) has found that using reusable masks creates 85% less waste, generates 3.5 times lower impact on climate change and incurs 3.7 times lower costs. It has also been demonstrated that reusable masks are effective at combating the spread of viruses.

Best wishes to you all,  
Simon