



Weekly message for Greenhead College students and parents/carers

Friday, 6 October 2023



Dear all,

It continues to be a very busy period in College. Last week, we ran our first open event for prospective students who will be joining us next September. We received extremely positive feedback on this event and it was great to meet so many young people who were enthusiastic about wanting to come to Greenhead College.

Here on campus, our enrichment sessions are now in full swing and I hope students are enjoying these. It has also been great to see so many of our students engaging with staff from local and national Universities in the main hall.

Please find below messages for this week:

Student safety

This is a reminder to continue to be vigilant in nearby public spaces. In the last few days, we have received some concerning reports of incidents in Greenhead Park. We have informed the police of these and they are going to try to increase patrols in this area. Members of senior staff will also be walking through the park during the lunchtime period.

I am advising students to enter and walk through Greenhead Park in pairs or small groups. If approached by a stranger, please walk away and contact us at College straight away. Please do not exchange any of your personal information with anyone.

Park Avenue

Can students please note that car parking space on Park Avenue is for Greenhead staff only.

Academic skills weekly top tip

This week's update on academic skills concerns **time management**.

It is vital that students plan their time effectively to deal with lessons, homework, coursework, consolidation and revision. Good planning will ensure deadlines are met and reduce stress and anxiety. Students need to enjoy their time at College, so also need time to relax and do social activities which are important for their well-being.

Creating a weekly 'to-do' list for each subject can help students stay on top of things. Having a weekly planner, which includes evenings and weekends, can help with time management. Students may find it useful to make a long-term plan for a term or a year overview to help manage non-examined assessment tasks, extended projects and to ensure they are prepared for classroom assessments.

Students will find resources on Moodle in the [Academic Skills section](#) to support their time management, so do make use of the templates and start planning now!

A1 students	A2 students
Have you? ... <ul style="list-style-type: none">• Made a weekly plan to include all your lessons, a minimum of 4-5 hours of independent study per subject, enrichment and personal commitments?• Found a way of creating a weekly 'to do' list using a diary, notebook, plus a phone app, a colour system or voice notes?• Broken down tasks into smaller parts so you can deal with them one step at a time?• Planned a varied timetable of study which allows you to move from one subject to another to maintain focus and motivation? (Nobody can study the same subject all day effectively.)• Made sure you are not overworking? (Your time management plan should include frequent rest breaks, balanced with relaxation.)	Have you? ... <ul style="list-style-type: none">• Made a weekly plan to include all your lessons, a minimum of 4-5 hours of independent study per subject, enrichment and personal commitments, plus time to consolidate A1 topics?• Established a way of using a weekly 'to do' list using a diary, notebook, a phone app or voice notes?• Got a system to list the tasks you need to do in order of priority?• Made a long-term plan to help you prepare for mock exams in February and final exams next summer?• Planned to use short periods of time effectively? (Even 10 minutes is enough to do small tasks like learning some vocab or doing an equation.)

"Time management is the process of organising and planning how to allocate your time between different tasks and activities. It allows you to work smarter, not harder, leading to greater productivity and reduced stress." (MindSkills, 2023)

'Dyslexia Awareness Week 2023'

As part of 'Dyslexia Awareness Week 2023', we are sharing some suggestions (see [page 3](#)) to support studying at home. These are relevant for all students but particularly for those with a Specific Learning Difficulty, such as dyslexia.

Top Tips

Supporting your young person
with studying at home

As part of Dyslexia Awareness Week we are sharing some suggestions to support studying at home. These are relevant for all students, but particularly for those with a Specific Learning Difficulty such as dyslexia, or a Cognition and Learning difficulty.



Proactive and not just reactive

Prioritise homework first, but A* Level also requires **proactive, self-directed** study:-

- 1
 - Create summaries **at** the end of each topic, not just before exams but don't just re-read and copy directly from the study packs.
 - Try **reorganising information** into a mind-map, knowledge organiser, Cornell notes or creating PowerPoint slides.

Regular over-learning

Review, reconstruct and reorganise information regularly.

- 2
 - Combat the 'forgetting curve' -for students with dyslexia, it generally takes more over-learning before knowledge becomes **secure in long term memory**.
 - **Spaced repetition** involves returning to check recall of a topic after increasing lengths of time, e.g. summarise a topic, then check recall the next day, after three days, after seven days etc until the knowledge is secure in long term memory.
 - Frequent shorter study sessions are generally more effective than long sessions.

Multi-sensory

Use as **many senses** as possible when over-learning information. This prompts the memory to make links in **different areas of the brain**, which increases the likelihood of remembering:-

- 3
 - Record it and listen back, add icons and simple images to summaries, use acronyms and rhymes, teach it to a family member, make it bizarre, use headings and chunk information, create flow diagrams, story boards or timelines.

Pomodoro

A simple **time management system** to encourage **undivided attention** on a specific task, followed by frequent, managed short breaks.

- 4
 - Makes getting started easier, managing focus and increases awareness of interruptions.
 - Our brains assimilate information in the breaks, so frequent breaks during studying are critical. Pomodoro

Distractions

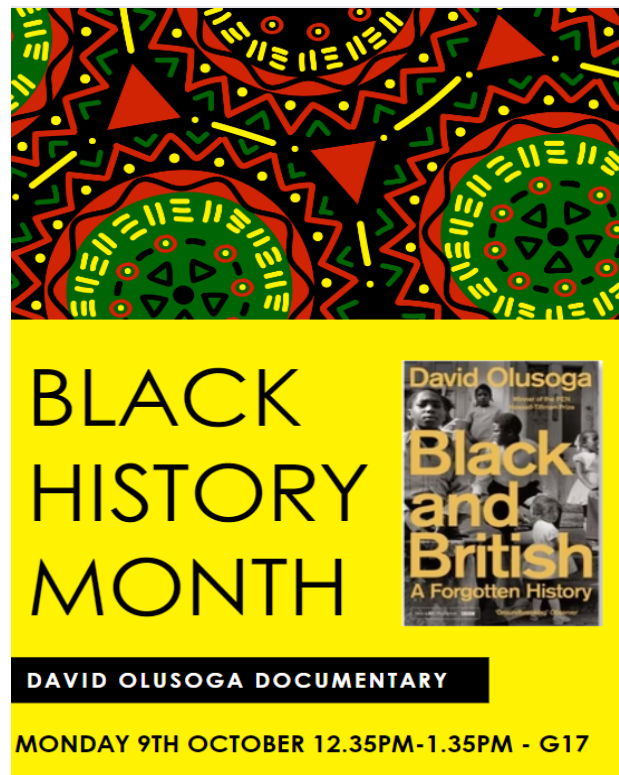
Working memory and processing speed difficulties can put **additional pressure** on a student's ability to keep track of their own thought processes.

- 5
 - Minimise distractions and interruptions at home during independent study time
 - Manage family expectations and responsibilities around study time.

Thank you to all students and staff who contributed to 'Dyslexia Awareness Week 2023', highlighting the importance of celebrating different ways of thinking and championing neurodiversity. [#UniquelyYou](#)

Black History Month

Students may be interested in attending this screening which we will be putting on as part of Black History Month:



'Show Racism the Red Card'

Here are details regarding our 'Show Racism the Red Card' which we will be supporting shortly:



Sports results

I will be using my weekly message to update you on the success of our sporting teams. Here are the sports results for this week:

Basketball

Greenhead College **104 - 30** Calderdale College 2nd Team

Women's Football

Greenhead College **9 - 0** Barnsley College

Men's Football 2nd Team

Greenhead College **3 - 1** Notre Dame Catholic Sixth Form College 2nd Team

Netball 2nd Team (first round of the cup)

Greenhead College **48 - 8** Leeds City College

Well done to one and all – a great set of results!

Best wishes to you all,

Simon Lett,
Principal