



Weekly message for Greenhead College students and parents/carers

Friday, 1 December 2023



Dear all,

Can I start this week's message by thanking all students for their patience and good behaviour in this week's fire drill. This was our first evacuation of the Hirst building and it went very smoothly.

We have three weeks left of what has been a very long term. I should like to thank all students for their commitment and hard work. Please keep going; we're all proud of you and you're doing an amazing job!

Here are this week's messages:

M+P Week 1

Students and parents/carers may wish to read the College's Mental Health and Well-being Framework, which can be found here on our website: [Mental Health and Well-being at Greenhead College](#).

As part of this framework, Mental and Physical (M+P) Weeks run once a term and our first M+P Week of the academic year will be taking place throughout next week. This year, we have decided to align it with Charity Day, to build on the momentum of such a well-established week in the calendar.

M+P Weeks are intended to bring the College community together to highlight the importance of mental health and well-being. They are a chance for staff and students to access activities, information sessions and resources to support mental health and well-being both in and out of the classroom.

Time in a lesson for each of your subjects will be dedicated to considering mental health and well-being. How this is done will vary from subject to subject, but it is intended to offer an opportunity for you to reflect and feedback points. You will also be asked to complete a short online survey in each lesson and in your Tutorial session.

Outside the classroom, there are some activities that you can choose to sign up for or get involved with. Further details can be found here:

 [M+P Week + Charity Day \(1\) student activities.pdf](#)

Charity day

Charity Day will be taking place on **Thursday, 7 December**, in aid of Project Youth Cancer.

To remind students, there are a few important 'ground rules' for the wearing of fancy dress:

- Students must still wear their College ID card and lanyard during the day
- Outfits must not be too revealing
- Outfits must also be in keeping with the College's key principles, specifically:

*'Create an inclusive, welcoming and safe space',
'A sense of community amongst both staff and students' and
'Mutual respect between all College staff and students'.*

In other words, please do not wear anything that is liable to cause offence to other groups of students and staff.

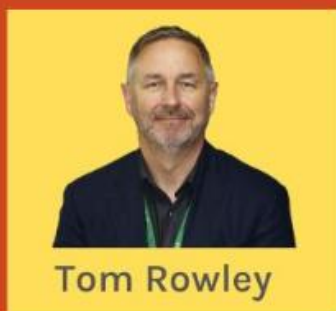
Come to College in fancy dress!

Thursday 7 December



CHARITY DAY ICE BUCKET CHALLENGE! WHO WILL YOU DUNK?

Taking place outside the Hirst Building over lunchtime on Thursday 7 December



RAFFLE TICKETS JUST £1!

Buy a raffle ticket that matches the colour of the staff member you'd like to see dunked.

The ticket drawn will win a prize and that staff member will be dunked.

Want to do the dunking? Bring extra cash and bid!



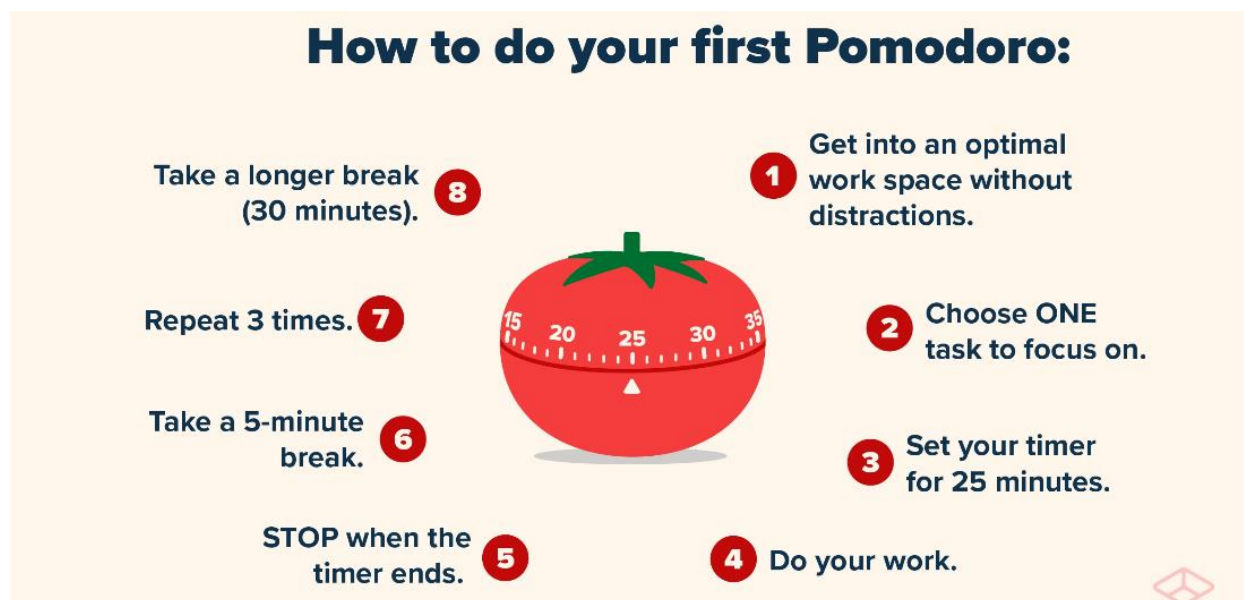
Academic Skills Weekly Top Tip

This week's top tip concerns the Pomodoro Technique.

The Pomodoro Technique is a time management method developed by Francesco Cirillo which uses a timer to break work into intervals, typically 25 minutes in length, separated by short breaks. Each interval is known as a pomodoro, from the Italian word for tomato, named after the tomato-shaped kitchen timer Cirillo used as a student.

The timer (you can use any type!) instills a sense of urgency, instead of feeling like you have endless time to get things done and as a result it can lead to better productivity.

How to do your first Pomodoro:



We recommend this study method because it is an effective way of working, allowing you to work in short bursts of time with short breaks in between. It can boost your motivation, keep you focused and prevent mental fatigue.

It is useful if you easily become distracted, overwork, have lots of open-ended tasks, find it difficult to estimate how long a task will take, or benefit from clear goal setting. If you get overwhelmed by the enormity of your workload, it can help because you don't focus on the outcome, just one pomodoro at a time.

Build positive things into your break, move away from your work area, and enjoy your favourite song or a snack so you are rewarding your hard work. Think in tomatoes 🍅 rather than hours and plan some nice breaks to make studying more enjoyable!

Latest sporting fixtures

Here is our latest enrichment scorecard. Congratulations to all those involved:

GC Team	Score	Opposition	Score
Netball First Team	38	Huddersfield New College	31
Netball Second Team	37	Wyke Sixth Form College First Team	12
Men's Football First Team	7	Wyke Sixth Form College First Team	4
Men's Football Second Team	3	Wyke Sixth Form College Second Team	1
Men's Football Third Team	2	Barnsley College	5
Basketball	80	John Leggott College	40
Badminton Cup Round	4	Notre Dame Catholic Sixth Form College	6

Best wishes to you all,

Simon Lett,
Principal