



Weekly message for Greenhead College students and parents/carers

Friday, 8 December 2023



Dear all,

I hope this week has gone well for all our students. It has certainly been a very busy week, with our first M+P week of the academic year taking place, alongside our annual charity day.

Here are some photos and information regarding these events, as well as some further messages:

Events in College

Can I thank all students for their participation in recent events as part of our **sustainability week**:



Our Environmental Action group ran a bake sale in aid of Friends of the Earth



Students brought in books they'd read and swapped them for something new to read



Students took part in practical conservation work with River Holme Connections

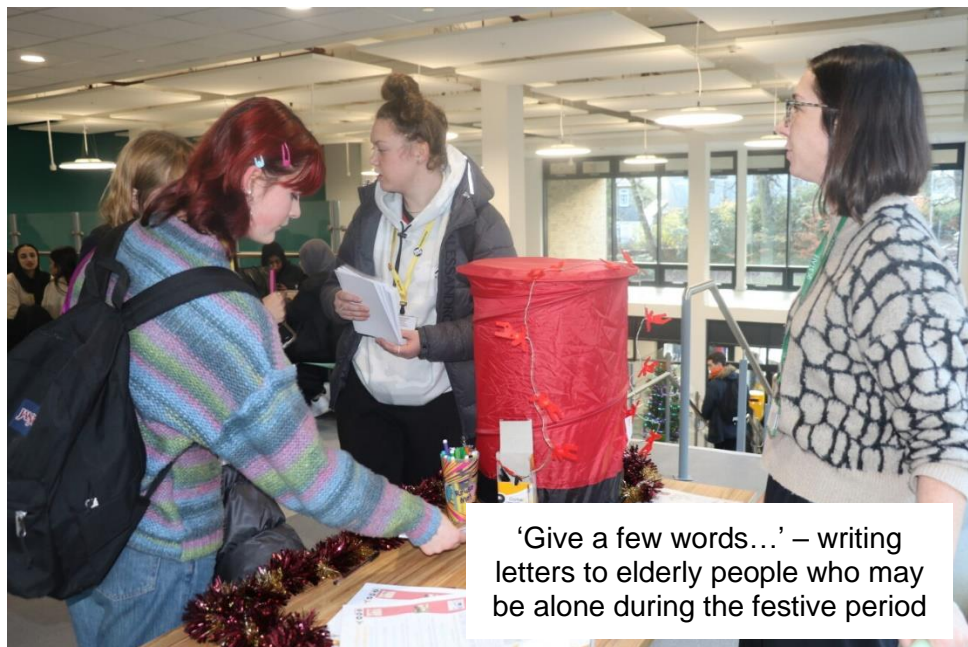


An interactive one-man show on climate change took place in our new main hall in Hirst building

Our **M+P week** has also been a great success. Here are images of some of the events which took place during the week:



Ava, one of our therapy dogs, with students



Our **charity day** was also a huge success. Students had the opportunity to come to College in fancy dress and other activities included 'Guess the sweets in a jar', a basketball shootout in the Sports Hall, face painting in Hirst building, and a highly-anticipated ice-bucket challenge.

All money raised will go towards Project Youth Cancer, formerly the Laura Crane Trust. This charity has special links to Greenhead College, as it was set up to support young people facing cancer following the sad passing of Laura Crane, who was formerly a student at the College.

Over the years, we have maintained close links with the charity and recently supported its rebrand to Project Youth Cancer.

Here are some photos from the day:



Christmas Jumper Day

We will be holding a Christmas Jumper Day in College on **Tuesday, 12 December**. Students are encouraged to bring in a tin donation to go towards the Welcome Centre Food Bank in Huddersfield.

There will be two drop-off points: a large wheelie bin outside the entrance to Hirst building and several smaller boxes near the Library.



Duke of Edinburgh's Award update

It has been a very busy start to the Duke of Edinburgh's Award Scheme this year, with over 120 A1 students joining our A2s to complete their Gold Award. Can I specifically praise the nine first years and two second years who recently completed their Gold expedition in very wet and cold conditions in the Holme Valley.

Our students will be training over the winter months in preparation for further expeditions in March, July and August next year. We also hope to have students participate in a canoeing expedition, which will include a residential organised by Kirklees Council. This will be an exciting opportunity and there are still spaces available. Please contact Barbara Farmer for further details: bfarmer@greenhead.ac.uk.

On **Tuesday, 16 January**, we will be taking part in a Kirklees Council presentation at Huddersfield Town Hall. This is where students and former students will receive awards ahead of their invitation to the national presentations, which will be held in London and/or Edinburgh later next year.

Academic Skills Weekly Top Tip

As this is our M+P week, our top tip this week focuses on well-being when studying.

Your independent study is key to your success, but you need to study with self-care in mind to promote good health and positivity.

<u>Be active</u>	<u>Connect</u>	<u>Give</u>	<u>Take notice</u>	<u>Keep learning</u>
<p>Build in activity between study sessions to create energy or channel nervous energy.</p> <p>Get some fresh air, take the dog for a walk, or go for a jog. Sit ups, press ups or burpees are quick ways to get active and stay alert. Yoga is great and dancing too.</p> <p>When we exercise, we produce 'happy hormones' so this can lower stress, improve mood, and enhance your sense of well-being.</p>	<p>Spend time with friends and family when you have finished studying.</p> <p>Talk to someone if you feel stressed or anxious, so that you don't internalise your worries or allow them to build up.</p> <p>Support your friends at College and work with a 'study buddy' or a study group to connect with others.</p>	<p>Give yourself breaks and be mindful when planning so that you include some 'me time'.</p> <p>Be kind to yourself by setting small goals which are easier to achieve. Reward your success by doing something fun after completing a task.</p> <p>Give support to your classmates and check in with friends who are working hard, as acts of kindness can help improve your own well-being.</p>	<p>Create a happy workspace which is quiet and well-lit, so you feel secure and focused whilst studying.</p> <p>Plants are a fantastic way to bring positive energy into your study area too.</p> <p>Consider putting images around you that remind you of your aspirations or goals, as this can help boost your attention and keep you motivated.</p> <p>Take note of how tired you are and build in relaxation and a good sleep routine.</p>	<p>Be reflective – think about what is working for you and do more whilst changing study patterns that are not effective for you.</p> <p>Try to engage with your subjects – look at the 'curious about...' subject information to build on your interest and further your joy of learning.</p> <p>Work in short bursts and take regular breaks, so you don't overwork.</p>



Latest sporting fixtures

Here is our latest enrichment scorecard. Unfortunately, due to weather conditions, there were limited fixtures played this week:

GC Team	Score	Opposition	Score
Netball Second Team	21	Cardinal Newman College First Team	47
Badminton	7	John Leggott College	3

In further sporting news, our Basketball team finished third in their pool in the Association of Colleges regional championships.

Our trampolinists – Martha Surman, Hollie Walker and Maggie Baird – won first team in the Yorkshire round of the English Schools competition. Matthew Bell achieved third individual.



Huge congratulations to all those involved in our sporting fixtures and competitions this week.

Best wishes to you all,

Simon Lett,
Principal