



Weekly message for Greenhead College students and parents/carers

Friday, 9 February 2024



Dear all,

I hope you and your families are safe and well. Wherever you live, I hope you haven't had too much disruption caused by this week's bad weather.

A reminder that the College will be closed next week for half-term. We will re-open on **Monday, 19 February**.

Here are this week's messages:

Destinations update

This week, 12 employers came to Greenhead College for our **Apprenticeship Employer Fair**. All the organisations who attended are well known employers who recruit for apprenticeships.

The visitors were: Armstrong Watson, the Army, Atkins Realis, Cummins, Grant Thornton, Mazars, the RAF, Reliance, Schofield Sweeney Solicitors, Transport for London and Wheawill & Sudworth.

If your destination after Greenhead College is an apprenticeship or employment, please continue to engage the support of your Personal Tutor and our Careers team.

Here are some photographs from the event *overleaf*.



On a further destinations-related theme, may I wish all those students intending to progress to higher education 'good luck' with their UCAS application. With the deadline for this having recently passed, I can confirm that we submitted **1192** applications this year.

Can I particularly say a big 'well done' to the 27 students who have secured offers to study at Oxford or Cambridge, several of whom are shown *overleaf*.



You can also read [further details](#) about this here.

Academic skills weekly top tip

This week's top tip is about motivation.

Motivation is the drive to achieve your goals. If your goal is to achieve good A Level grades, then you need to stay focused on that vision and stay motivated. This sounds easy but we all know that motivation levels change and sustaining high levels of motivation can be challenging.

Try the following ideas to promote and maintain your motivation:

Plan your study and stay organised.	It is difficult to feel motivated if your study resources or weekly planning are chaotic. Your motivation levels will improve if you have systems in place for learning.
Use a positive inner voice to stay motivated.	If you believe you can do it and tell yourself you can, then it is more likely to happen. A positive inner voice can reduce stress and relieve anxiety. A positive mindset can lead to improved confidence and an ability to deal with obstacles.
Set yourself achievable goals.	If you aim to do too much you might experience a sense of failure, so make sure what you are aiming to achieve is realistic. Set the right kind of tasks for the right time of day.
Try chunking to break down big tasks into manageable ones.	You are less likely to feel overwhelmed with smaller tasks. Chunking can improve motivation levels as you can see real progress.
Use the Pomodoro technique.	Long study periods without a break can lead to burnout, whereas short, focused study sessions can help sustain motivation levels.

Reward your hard work.	Build in your favourite treats and celebrate your achievements, however small. Having something to look forward to can increase motivation.
Sleep well.	Eight hours of uninterrupted sleep is ideal. Increased sleepiness = decreased motivation. Even the simplest things can seem hard when your energy is zapped.
Ask for support from others.	We all need support when we are under pressure, so it is okay to ask for help. Work with a friend or 'study buddy' to stay connected and to encourage each other to remain motivated.
Have a clear vision.	Motivation becomes strong when you have a clear mental image of what you want to achieve and a strong desire to manifest it. Try surrounding yourself with images and words that link to your desired goal on screensavers, posters or on post-it notes. Remind yourself why you are working so hard.

Self-help books

We have produced this [list of books](#) which can be found in our library to support your mental health and well-being. You can also access this book list on Moodle. Here you can see books and check their availability before even going to the library. Login to Moodle, click 'Library resources', then 'Recommended reading', then 'Subject read around lists' and then 'Self-help'.

If you prefer not to go to the library shelves to find a book yourself, please email the title and the author to Christine Lawson (clawson@greenead.ac.uk). Christine will then have your book ready for collection from the library office. You can go to the library desk and say that you have a book to pick up.

Latest sporting fixtures

Here is our latest enrichment scorecard. Well done to everyone who took part. In all it was a very successful week:

GC Team	Score	Opposition	Score
Rugby League	30	New College Pontefract	20
Netball First Team	52	Harrogate Grammar School (Away Fixture)	27
Netball Second Team	22	Notre Dame Catholic Sixth Form College First Team	21
Netball Third Team	13	New College Pontefract Second Team	14
Women's Football	1	Runshaw College (Away fixture)	3
Men's Football First Team	9	Grimsby College (Away fixture)	2
Men's Football Third Team	12	Wakefield College Third Team	0
Mixed Hockey	2	Cardinal Newman College (Cup fixture)	4

Student success

Here are two student success stories to share with you.

Our congratulations go to **Anna Whitaker**, who represented the City of Leeds Synchronised Swimming Club last Saturday at a regional competition in Newcastle. The team's routine netted them a gold medal.

Finally, we wish former student **Ashleigh Jones** the very best of luck tonight. She has been nominated in the category of 'Student of the Year' at the British Education Awards, which is being held at the Hilton Hotel in Manchester.



Best wishes to you all,

Simon Lett,

Principal