

FEBRUARY 2022



Newsletter

Welcome

FROM MS COOPER

Term 3 has been a busy, productive and successful term here at Post 16.

One of the highlights of the term has been to have all of our Level 2 and dance students at JCA, meaning that for the very first time all of our Post 16 students are together on one site. It has been wonderful to see our students settling in, making the most of the social facilities and joining in whole year group activities such as our Enrichment sessions and our Apprenticeship week. Seeing our students grow together and blossom as a whole community fills me with immense pride for their hard work, resilience and determination to succeed.



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Key Dates

CHECK OUT OUR WEBSITE FOR FURTHER UPDATES

18th February: Last day of Term 5

28th February: First day Term 4

28th Feb-8th March: Mock Exams

7-14th March: Careers Week

15th March: Parent Forum

16th March: INSET

30th March: Parents' Evening

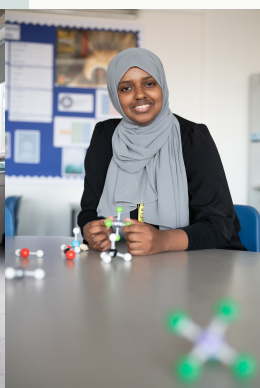
8th April: Last day Term 4

A key highlight of this term has been our enrichment sessions.

These have given students the opportunity to experience something new, whether that was creating paper shapes using maths or creating their own Banksy-inspired piece of work.

Enrichment is part of our commitment to support students holistically and teach them a broad and wide curriculum that goes beyond academic knowledge.

Activities have been so popular that we will be looking to replicate this next term.

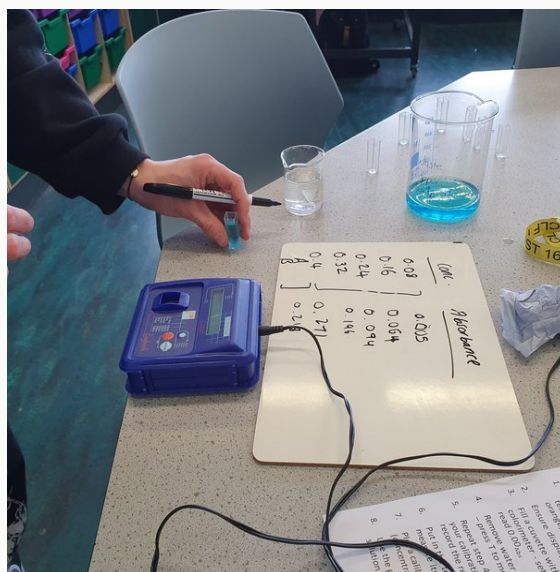


Teaching and Learning

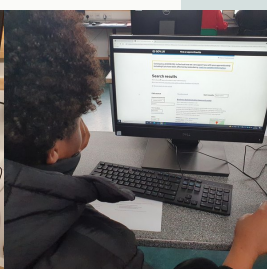
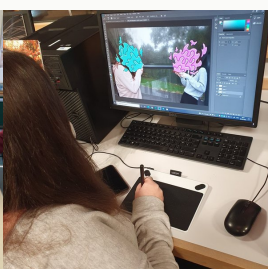
AN UPDATE FROM OUR TEACHING STAFF

This term has provided opportunities for many of our students to focus on coursework, preparation for mocks and practical experiments and hands-on activities. Our scientists have covered a range of subjects, from mushroom spores to exploding viruses and how liquid can change the resonance of wine glasses. Business Studies students have been working on creating their own marketing campaigns and Psychologists have analysed recent events in the light of their learning and our Product Designers have learned how to accurately measure their creations.

Our English students have been inspired by Ms Faulkner, a teacher and published author who has come in to support literacy across the Academy and our Digital Artists have learned to use multi media to create a range of impressive displays. Students have also had the opportunity to expand their knowledge and skills through a broad range of extracurricular activities, from cooking on a budget to lighting a fire outdoors and learning Makaton.



'I never expected to enjoy my lessons as much as I do. Our teachers really know how to bring our learning to life' *Post 16 student*



Exam Update



GCSE Resit Success

Post 16 students who resat GCSE English in Maths in November received their results this term.

Congratulations

go to the 19 students who were delighted with their improved English results and achieved grade 4 and above, and 15 of our students who celebrated getting grades 4 and higher in Maths.



Vocational Students faced a busy January

542 papers were sat in January 2022 and we are looking forward to receiving the results for Cambridge Technicals on 16th March and BTEC Nationals on 24th March. More information on how and where results can be collected will follow shortly.

Term 4 Pre-Public Exams (Mocks)

Our Post 16 students will be coming back to Term 4 on 28th February to start a full suite of internal exams. This will run every day until Friday 11th March. Individual timetables have already been issued to students and the full timetable can be found on the website. There will be some students who don't have exams in this season as they are completing coursework and lessons will continue for all students who are not sitting in the exam hall. Under the governments 'contingency arrangements' due to the pandemic, these exams will be conducted exactly as external exams would be and the papers will be kept as evidence of student's achievements this year. Teachers have issued revision materials in lessons and all students have had reminders about revision techniques to help them prepare for the forthcoming mocks. Please support this by helping students plan their revision over half term and plan their journeys to arrive ready for exams on the first day back, arriving at 8:45 am or 1:15 if the exam is in the afternoon.

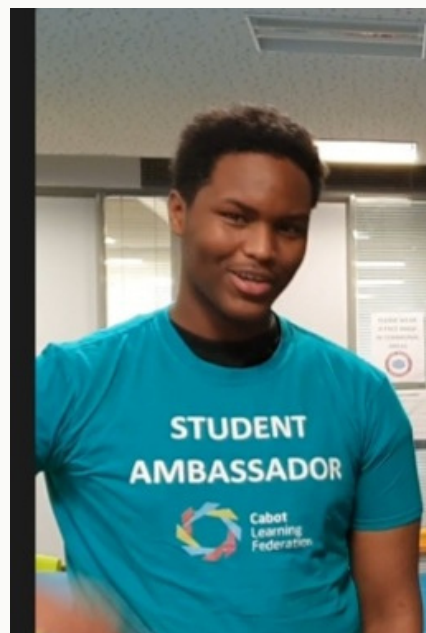
Student Gallery



During Children's Mental Health Week, we wore cultural dress and bright colours and had hot chocolate to raise money for children's mental health charities



Our Student Ambassadors turned out in force to support our Open Evening and did a fantastic job of representing our Academy to potential students and parents. They are a credit to us all!



Our Tuesday football club continues to be highly successful, with students showing fantastic teamwork and dedication to supporting each other



As part of our commitment to knowing that our students are safe, we take registers within the first ten minutes of lessons. If your young person is not in at this time, we will contact you to let you know.

This makes punctuality all the more important!

Safeguarding

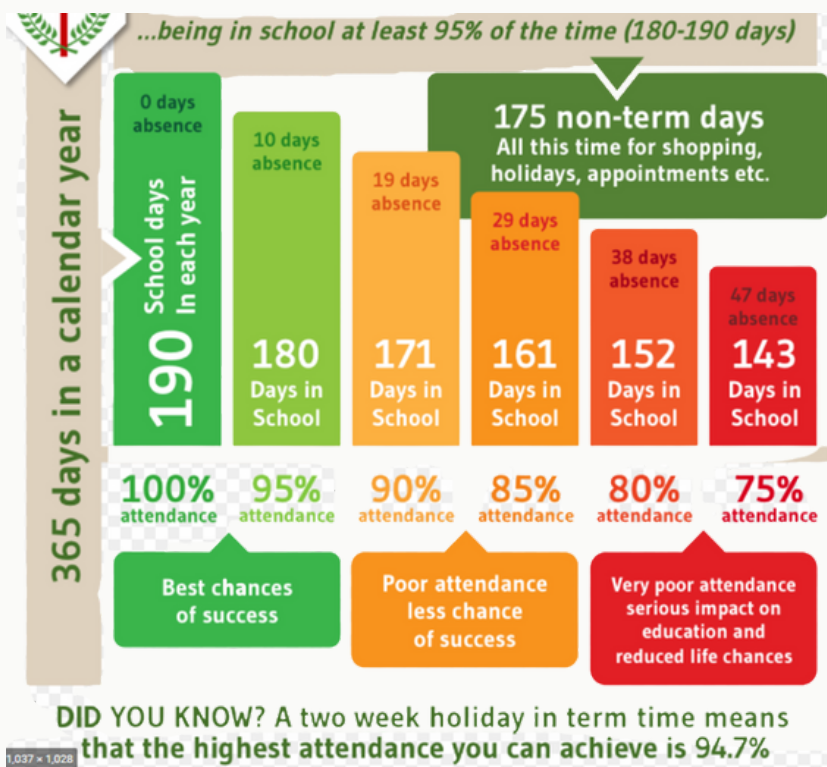
LEARN MORE ABOUT HOW WE KEEP OUR STUDENTS SAFE

We have been exploring internet safety with a range of activities aimed at understanding the impact of our digital footprint. Our young people are beginning to sustain romantic relationships and the nature of meeting and dating has developed with the digital age. With this comes a new set of challenges and it is important that our young people are equipped to keep themselves safe. While we will continue to engage your child in training and development around these issues, we appreciate that it can be challenging, yet incredibly powerful, to broach the conversation at home. As a result, we have attached a helpful guide to approaching online behaviours with 16-21 year olds.

Summary of top tips

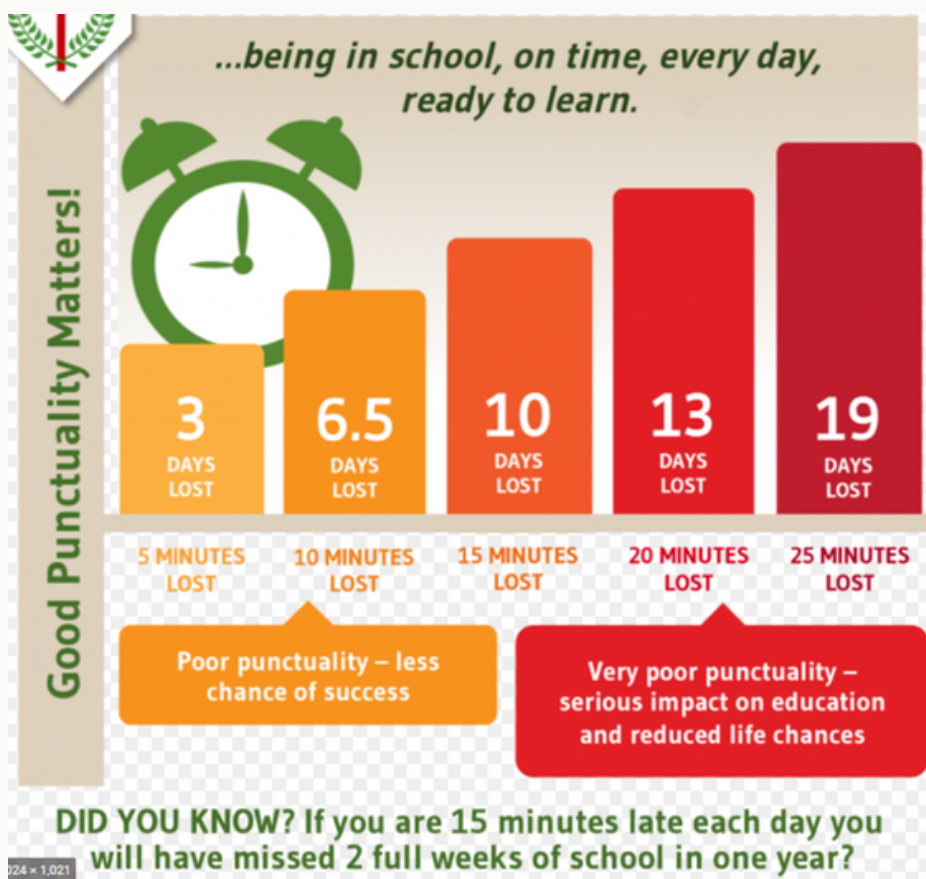
- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.
Don't wait for the crisis.
- 2 Keep the conversation going. Adapt to your child so you can support them.
Don't mention it once and think that's enough.
- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.
Don't scare them with 'the big talk'.
- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.
Don't punish them before listening and understanding.
- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.
Don't pretend these issues don't exist
- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.
Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

Why Attendance and Punctuality Matter



Our target attendance, including illness, is 95%

Students who are persistently late will be supported to make up for lost time and understand the importance of punctuality in one of our Punctuality workshops





If you have any questions or concerns about your young person who has additional needs, please contact our SENCO, Ms Crosbie, at lane.crosbie@clf.uk

SEND

SUPPORTING STUDENTS WITH ADDITIONAL NEEDS

Exam time is always a stressful period for students and can be even more difficult for students with SEND.

In order to support students, we are running three workshops on revising for exams.

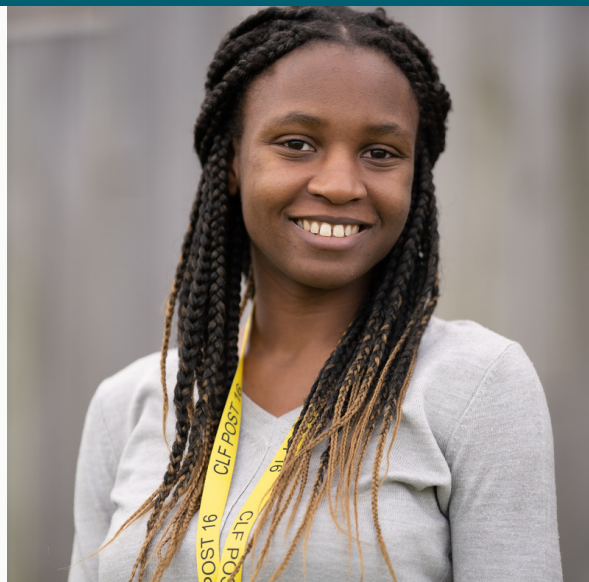
Students with an identified need will also be met by members of our Inclusion team and taken to their exam. Often they will take them ahead of time to view the room that they will be in so as to alleviate anxiety.

The Hub remains open to students who are looking for a quiet, sensory space to manage their feelings and emotions.



Careers

SUPPORTING STUDENTS WITH THEIR
NEXT STEPS



Term 3 has seen a successful celebration of Apprenticeship Week, with pop-up shops and a full afternoon with a range of activities. Students had the opportunity to listen to a former Post 16 student discussing his pathway to success through apprenticeships. We're now busy planning our Careers week for the week commencing 7th March, where we're looking forward to welcoming professionals from many professions, holding interviews and supporting students to prepare for the world of work.

At CLF Post 16, we take next steps very seriously.

Our Careers Advisor, Rochelle, meets with all our students to support them in thinking about their next steps but also creates links with industry experts to support students in gaining work experience, employment and apprenticeships. Think that your employer might be interested?

Find out more by emailing
rochellenng'onga@clf.uk

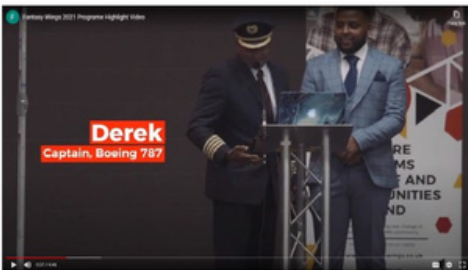
Opportunities



Fantasy Wings are committed to **changing the statistics and creating more opportunities for BAME students** to become Airline Pilot's and Aviation Professionals.

The Fantasy Wings programme will **fund the cost of training and Private Pilots Licenses** for 3 BAME (Black, Asian and Minority Ethnic) Young People on their 22/23 programme. 50 additional BAME students of their 22/23 programme will receive a trial flying lesson fully funded by Fantasy Wings.

Click the video below for 2021 highlights.



For more information and to apply, click [HERE](#)



Pathways to Bath Programme

This enrichment programme is for **Year 12 students** interested in studying at **Bath University** and includes:

- The opportunity to *complete a project* in a subject of your choice alongside academic tutors and undergraduate e-mentors
- A free *3 day residential* at the University of Bath
- The chance to *receive an alternative offer* to the University of Bath?

Click the video below for more information...



For more info and to see if you're eligible, click [HERE](#)



Every week, students receive a Careers Bulletin with opportunities such as the ones on the left. Careers bulletins can also be found on our website. Please encourage your young people to read them carefully and consider applying



Good news from our students

- Many of our students have secured fantastic next steps, including apprenticeships, University placements and years out. Well done to all!
- Our Maths students have been giving back by mentoring students in Senior School in their work. We love this community spirit!
- Our Student Leaders are particularly strong this year. Our Student Representatives gathered feedback and presented to our Academy Counsellors. The Counsellors later said that this was the best student voice they had ever seen. Well done to all who made their voice heard and to our student leaders for creating these opportunities to make Post 16 an even better place for all.

We are always proud of our students for their academic achievements, however so many of our students also achieve amazing things outside of the school day and we like to take the time to celebrate this!

If your young person achieves something amazing, (even if you think it would only seem amazing to them) please let us know at info@clfpost16.org.uk





Good news from our students

Congratulations to all of our students who have been learning to cook on a budget during our after-school club. Special thanks to Frah for sharing her delicious recipe for Spicy Sweet Potato Curry, find the recipe below!

Spicy Sweet Potato Curry

For four people

Ingredients

- 2 big, sweet potatoes
- 270ml Double cream
- 2 med onions
- 2 ripe tomatoes
- ~~Sm~~ bunch fresh Coriander
- 1+ Green Chilies (add more or less depending on taste)
- Tablespoon Olive oil

Seasonings

- 1 tsp Pepper
- 1 tsp Vegeta (all purpose seasoning)
- 1 tsp Chili powder (add more or less depending on taste)
- 1 tsp Paprika
- 1 tsp Turmeric

1. Peel and chop Sweet Potatoes in big chunks then put it in a saucepan with water and boil (for 15mins or 20 mins)
2. While it boils, dice onions, tomatoes, and green chilies.
3. In another pot, over a medium heat, add the olive oil and when hot put the onions in and cook till golden then put the tomatoes and mix it together, now wait for 5 minutes put it on low heat too. So, the tomato and onions become a sauce.
4. Add Vegeta and pepper and then add double cream with the rest of the seasonings (paprika, chili powder) mix for a min, so all the flavors come together nicely. After that add Turmeric to give it a nice curry color and flavor.
5. Check on Sweet Potatoes and put a fork in to see if it is cooked. If the fork goes in easy then it is cooked, if it does not just wait another 5 mins. If it starts to fall apart you can shallow fry them for 5 mins to firm up the outside to prevent them 'melting' into the curry
6. Lastly, drain the water from the sweet potato and add the sweet potato to the curry sauce and stir the curry for a bit then put the lid on and wait for 5 mins and check on it, if you see it bubbling and there are signs of oil that means it is cooked and ready to eat.

Operations

PRACTICAL INFORMATION



Planned absence from school

Please note that attendance at Post 16 is expected and that a student must apply for leave for any planned absence (medical appointments, driving lessons, family emergencies or religious observances). Please email attendance@clfp16.org for more information.



Do you have questions or want to find out more about school life at Post 16?

Hear updates from our Principal, ask questions and make suggestions at our Parent Forum on 15th March!



Covid-19 update: masks are now optional in communal spaces in Post 16, although we continue to offer them to students who choose to wear them. Numbers remain in line with the national average and we have been able to maintain lessons during staff absence.

We are expecting the government to announce changes to Covid regulations soon and will keep you updated as soon as we know more.

Operations

PRACTICAL INFORMATION



Free School Meal Vouchers have been emailed to qualifying students' CLF emails, please encourage them to read this

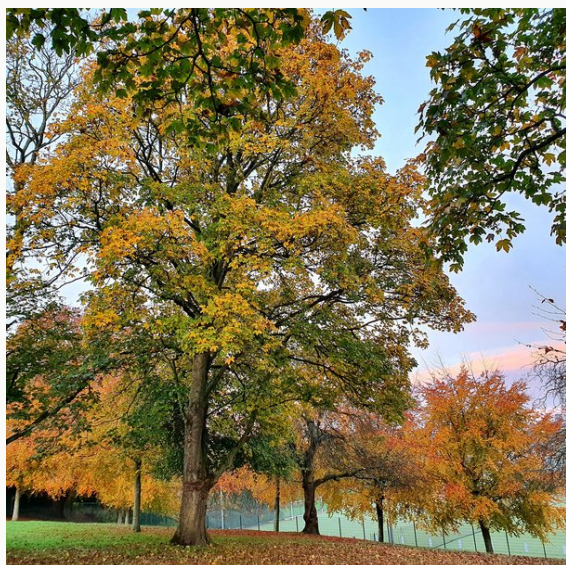


Have you moved, changed number or email address? Please help us by updating us with your new details. Email info@clfpost16.org with any changes to your contact information.



We have several vacancies to be filled at the moment, including a Vice Principal role, a School Counselor role and Exam Invigilators.

If you or someone you know is interested in joining a passionate, dedicated team with a real focus on our students, visit <https://clf.uk/careers/> to find out more



Here at Post 16 we are doing our bit to preserve the beautiful world that we live in and the stunning scenery that surrounds us (picture by Mr Crow). We've introduced more recycling in Central in order to hit our target of increasing our recycling by 200% and we have reviewed our energy use in order to lower our Co2 emissions.



If you are interested in supporting us with our efforts to become more environmentally friendly, please get in touch!

Contact



0117 9882525



info@clfp16.org

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