



We returned from the holiday period to a rather chilly January, and I hope our families are managing to cope with all the challenges facing the country at the moment. In College, we have been keeping busy and have seen our Year 13s through their mock examinations as well as offering our Year 11 students

taster sessions for Sixth Form. I spoke to several Year 11 students following their taster sessions and they seemed to have thoroughly enjoyed the experience as well as finding it incredibly useful with plans for their post-16 studies.

We met with Year 10 and Year 11 parents this month and I am pleased with the engagement and feedback received with our new drop-in style set up, initially trialled with the Sixth Form last term. It is important for us to be able to share progress and strategies for success with our families and I would like to thank staff and parents for helping us achieve this for as many of our students as possible.

I am enjoying meeting with students for Principal's Breakfast each week and continue to be amazed at some of the conversations I have with them. A highlight for me this month was a suggestion from the students for a fully accessible college site so that any child could benefit from the learning we have to offer. Students regularly commend our staff and their approachability as well as the care they take to help our students individually. There is no doubt that one of my proudest moments every week falls on a Tuesday morning during Principal's Breakfast.

I also wish to thank you for your understanding and co-operation with the alternative arrangements on the strike day this week. The College will keep in touch regarding any arrangements for other upcoming strike days.

Wishing you all a restful week ahead.

*Ms Dohel*  
*Principal*

### Principal's Breakfast This Month



**As a reminder, please can students check the lost property that is currently in the dining area so that they can retrieve any lost items ahead of the half-term break.**

# Health and Wellbeing

## How can parents/carers help their children cope with exam pressure and achieve their potential - while also protecting their mental health?

### **Listen to their concerns**

It is important to understand that your child may well be feeling worried at this time, and that this is normal. Encourage them to talk about their concerns and reassure them that their feelings are valid and that you are there to support them.

### **Help with exam preparation practicalities**

Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence. It will also help ensure everything is covered.

### **Encourage healthy routines**

Sleeping well, eating regular healthy meals and relaxing are important for everyone's wellbeing. Encourage your child to stick to healthy routines and to make some time for activities they enjoy - such as exercise, doing something creative, getting fresh air, or seeing friends - as these help reduce stress.

### **Relaxation techniques**

Focusing on breathing slowly can reduce stress or help your child sleep if they are finding it difficult to unwind.

### **Promote a sense of perspective - and don't add to the pressure**

Young people can feel overwhelmed by pressure to achieve high grades in exams. It comes at them from school, peers, social media influences and more. So, while it's normal to want your child to do well, it's important that you avoid heaping on more pressure, and that you help instil a sense of perspective.

### **Look out for signs that your child is struggling**

While some degree of worry or nerves around exams is to be expected, do be aware of signs that anxiety levels may be building. These can include sleep or appetite problems; difficulties with concentration; or physical symptoms such as nausea, sweating or palpitations.

### **Be positive**

Let your child know that you believe in them and feel positive about their future. Planning a special treat and talking about things they are looking forward to after exams can help them feel positive, motivated and less worried.

[Exam stress - How can parents help? - BBC Bitesize](#)

[Help your child beat exam stress - NHS \(www.nhs.uk\)](#)

[Are You A Parent Fretting Over Your Child's Exams? | White Swan Foundation](#)

[Parents' Guide To Supporting Children At Exam Time | YoungMinds](#)



*William Tweed,  
Mental Health Counsellor and Wellbeing Support*



# College News

Before Christmas, the PE department held a student World Cup championship with each tutor group from Years 7 - 10. Each tutor group picked the name of a country and competed in qualifying rounds, before moving onto the semi-final and the final. This was a fantastic way to celebrate the end of the term, with lots of fun had by staff and students alike.

## Winning teams:

Blue Ties - Argentina

Red Ties - England

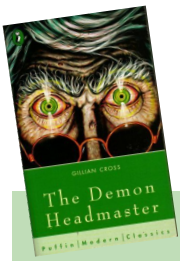
Green Ties - Australia

Purple Ties - Holland



Football teams in Years 7 - 10 have been competing against St Cecelia's and Ashcroft Technology College in a number of recent matches, with the most recent match involving Purple Ties taking place on Tuesday, 31 January.

The students bring huge enthusiasm to the pitch and we are really pleased to see their progress.



# College News



## Reading Challenge

The library is launching a new initiative to get everyone reading more!

After half term, students will be able to collect EBC Reading Challenge bookmarks from the library. Every time you read and return a book, the bookmark will be stamped. Read five books to complete your bookmark and be entered into the Library Prize Draw. Each term one lucky winner will be chosen at random to win a book token!

## Library Monitors

Two Blue Tie students have been working as library monitors since the beginning of this term and have been doing a fantastic job at helping to run the library.

Mr Divac is currently looking for more students to sign up as library monitors. Students will find out about how a library works, help to organise books following the library registration system, check in and out books that fellow students are borrowing and create fun displays helping to advertise the different library offerings. Please talk to Mr Divac at break time to find out more information.

## Book Drive

Are there any books at home that your son no longer reads? If so, we would love to give them a home in our library!

Please bring any good quality, unwanted books to our **new** donation box at the entrance to the library, ready for fellow students to enjoy.



## New Manga Arrivals

Recent delivery of Naruto and Attack on Titan!



## GCSE Resources Available in the Library



The library has CGP subject revision guides and revision cards, as well as other supplies including blank revision cards for students to make their own notes, stationery and paper.

Free to use for all students preparing for GCSEs!



# Careers Update

*"On Friday 20th January, twenty Green Tie students were invited to take part in a journalism workshop organised by a group of professional journalists called 'The Student View'. The workshop was run by three experienced journalists who each explained what their roles entailed. One of the journalists worked for the South London Press and another for The Financial Times!*

*The workshop involved several activities including quizzes and the five best techniques to use when gathering information for a story. We also had time to write an article on issues that affect young people living in Wandsworth.*

*A large part of being a journalist involves experiencing a range of different places, people, and perspectives. You may also have to travel to areas of conflict and war such as the one involving Ukraine and Russia. You may also meet famous musicians, actors and sports people, which is very cool and exiting.*

*Overall, I really enjoyed the workshop, and I was engaged throughout, it really was a fantastic insight into the world of journalism.'*

**- Zakir 9SSS**

'The Student View' is a digital media literacy charity working to create a newsroom in every school and ensure all young people become critical media consumers and creators. They are a team of passionate professionals who believe all young people should have the skills to determine truthful, reliable and trustworthy information online. 51% of the UK's children say they have been exposed to more misleading online content in the last year than before 2020, often leaving them feeling annoyed, upset, sad, angry, attacked or scared.

The Green Tie students spent time talking about what it means to work as a journalist and how to effectively research a story. Working in small groups, students researched key issues that affect people living and working in Wandsworth and spent time talking with the journalists about their working experiences. This was a fantastic event that introduced students to a new possible career path - hopefully we will see some journalists from this cohort in the future!



# TEENTECH FESTIVAL ROEHAMPTON

A highly interactive event which will inspire young teenagers about the contemporary industries shaping their future!



**TUESDAY 25TH APRIL 2023, 9:30AM - 3:00PM**

FOR YEAR 6, YEAR 7, YEAR 8, YEAR 10, YEAR 11 AND YEAR 12 STUDENTS

WITH AN INTRODUCTORY VIRTUAL EVENT ON TUESDAY 21ST MARCH, 9:30AM - 11:30AM, FOR YEAR 6, YEAR 7 AND YEAR 8 STUDENTS

The TeenTech Roehampton Festival, at The University of Roehampton, will bring together schools and colleges across the region for an exciting interactive programme that will help young people understand the range of opportunities across digital, science and technology and the many different entry points. There are different sets of activities for KS2/3 students and for sixth form/college students. Both age groups will have the opportunity to meet leading companies and take part in exciting challenges and hands-on activities. It's a day that changes minds - especially those who may never have previously considered a career in science or technology!

"We have had an amazing day collaborating in our groups and thinking about what we can do to make a brighter, more accessible and sustainable future!"

- Students

"I had a passion to be a game designer but I didn't think I could do it. TeenTech has helped me develop my skills and helped me create a game that I enjoy."

- Student

Supported By



[TEENTECH.COM/FESTIVALS/ROEHAMPTON/](https://teentech.com/festivals/roehampton/)

# TEENTECH FESTIVAL

TeenTech Festivals give students and teachers from across a region the opportunity to try their hand at immersive challenges and experiments, to handle cutting edge technology and, most importantly, to spend time with engineers, technologists and scientists from a wide range of companies influencing their 21st-century lives.



## AN OPPORTUNITY TO INNOVATE

Pupils will work in teams, in roles aligned with a start-up company, to become the inventors of tomorrow in an hour-long workshop and challenge! Students will be designers, developers and marketing experts, using sensors, data and cutting edge technology, to tackle real-world problems! Following the TeenTech Festival, all students will have the opportunity to develop their ideas further and enter the TeenTech Awards.



## INDUSTRY INSIGHTS

Pupils will meet and talk to real-world innovators, large technology companies, and industry leaders. Pupils get an understanding of the industry, and can participate in simulated tasks that illustrate the real work that goes into science and technology. They will also interact with regional companies, showcasing the wide range of exciting science, technology and engineering companies that the students may not know exist.



## CHALLENGES

Pupils will compete in simulated tasks that demonstrate real world work by major science and technology companies, and prizes are awarded. This is a chance to experience innovations in science, technology and engineering, and a chance to show students that they have the skills required to be successful in these areas.

## FOR YEAR 6, YEAR 7 AND YEAR 8 STUDENTS

This carefully planned programme of activities will give your students insight into the world of science and technology helping them understand how they could be the innovators of the future. There are two parts to the experience.

On Tuesday 21st March, we will run a half-day live virtual TeenTech City of Tomorrow session, after which students will work in teams to create a building for the safer, smarter and kinder city of the future. Schools can engage as many students as they wish in this virtual event and then bring two teams of five students to represent their school at the live Festival Day at The University of Roehampton on Tuesday 25th April.



## FOR YEAR 10, YEAR 11 AND YEAR 12 STUDENTS

Students will attend the Festival Day at The University of Roehampton on Tuesday 25th April, for a special programme of focussed events which will include:

- A series of hands-on activities which will enable them to meet a range of employers in digital, science, technology and engineering.
- Workshops providing insight into the wide range of STEAM careers and the different university or apprenticeship programmes that could lead them there.
- A tour of the Roehampton campus where students will be able to ask questions about university life.



## IMPACT

We have measured the impact of events since 2008 and know there is a real shift in student perceptions, particularly amongst girls. The Festival day is just part of the TeenTech initiative, with schools working on projects both pre-event and post-event.

Feedback from teachers and companies is overwhelmingly positive with 98.5% schools who attended a TeenTech event in 2014 saying they will definitely attend another.

It is estimated that more than three-quarters of the jobs that will exist in 2030 don't yet exist! What we do know is that jobs in the future will have a technological or scientific component, and will require transferable skills such as creativity, teamwork, computational thinking, and communication.

TeenTech Festivals are a powerful intervention before students make GCSE subject choices, dispelling gender stereotypes and shifting perceptions of careers teenagers may have considered "difficult", "geeky" or "boring".

Taking place on 25 April, the TeenTech Roehampton Festival will bring together schools and colleges for an exciting interactive programme that will help young people understand the range of opportunities across digital, science and technology and the many different entry points. This is a sharply focused event that changes perceptions and helps students to understand their own potential and promote careers in science and technology.

The posters above are hyperlinked; please click through to find out further information on the TeenTech website.

## Emanuel School Careers and Higher Education Convention

On Saturday 28 January, a mix of 15 Year 12 scholarship pathway students and Yellow Tie potential scholarship pathway students visited the Emanuel School careers convention, accompanied by sixth form staff members. Students benefitted from talks regarding their graduate employability and were given advice regarding applying to competitive universities, such as Oxbridge and medical courses. The universities and employers, including Google, led the conversations and students were extremely engaged and made the most of the opportunities on offer.

## National Apprenticeship Week

[Please click here to access a guide to National Apprenticeship Week.](#) It provides all the information that you need to understand the process of obtaining an apprenticeship, from how to research and find an apprenticeship, the application process, and the pros and cons of an apprenticeship.



## Sixth Form Taster Day

Yellow Tie students recently had the chance to experience being a Sixth Former for the day; attending A-level taster classes and finding out what life is like at the EBC Sixth Form.

Choosing the subjects to study at A-level is always a big decision, and so this day was designed to shed some light on the content of each course and help students to think about which subjects really interest them.

On the right we share some photographs from the Art and Design taster session.



### Key Dates

**Monday 13 - Friday 17 February**  
Half Term - College Closed for Students

**Thursday 23 February**  
Sixth Form Parents' Evening

**Monday 27 February**  
Year 11 Mock Exams Start

**Wednesday 1 March**  
Year 9 Options' Evening

**Thursday 9 March**  
Year 9 Parents' Evening

### Dressmaker's Dummy Request!

Do you have a spare dressmaker's dummy that you no longer use?

If you do, please consider donating it to EBC! The Creative Arts department is seeking one to use for an upcoming class project; any help with this will be greatly appreciated.

Thank you!



### Thank You

Thank you to all our wonderful students and their families for the generous food bank donations. The donations were very much appreciated by Earlsfield Food Bank.

Fundraising on Odd Socks Day also raised a total of £175 for CARAS, a local charity who supports refugees and asylum-seekers in South-West London.

Thank you all for your generosity.

### Second-hand Uniform Donations

We are still accepting second-hand uniform donations.

If you have any items of uniform or PE kit that your son has grown out of or no longer needs, please donate this in the collection box at main reception. This allows us to reuse the clothing and help out other students who may need new uniform items.

# Community Notices

This winter we are seeing high levels of flu, COVID-19 and scarlet fever. Here are some simple steps and guidance we received from Wandsworth Council that parents can take to help protect their families and those around them.

## Hand hygiene

Regularly washing hands in soap and warm water for 20 seconds or using hand sanitiser when out and about can help you and your child to stay well and not pass on germs.

## Catching coughs and sneezes

Use a tissue to catch coughs and sneezes and then bin it before washing your hands with soap and water or hand sanitiser. Teaching children this habit and providing them with tissues will help them to not pass on germs when they are unwell.

Free [online resources](#) are available to teach your child about good hygiene habits.

## Get vaccinated

Flu can be very unpleasant and sometimes lead to more serious illness. Flu vaccination is still available to those who are eligible and offers the best protection against the virus.

Eligible children include:

- children aged 2 and 3 on 31 August in 2022
- all primary school-aged children; some secondary school-aged children
- some children aged 2 to 17 years with long-term health conditions.

For more information visit [Child flu vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

For adults, both flu and COVID-19 vaccinations remain available, please visit the [link](#).

## Utilise resources about winter illness

Most winter illnesses can be managed at home and [NHS UK](#) has lots of information available to parents:

- [Information about flu symptoms and treating them at home](#)
- [Information about COVID-19 in children](#)
- [Information about scarlet fever symptoms and managing the illness](#)
- [Information about fevers in children and how to manage them](#)

Also visit SWL NHS website for [vaccinations](#) and our council's website for public health advice on [Winter wellness](#).



**MONTHLY  
FILM & SOCIAL CLUB**  
For autistic and disabled community  
CARERS & PA'S WELCOME  
**3RD SATURDAY  
OF THE MONTH  
COMMENCE FEBRUARY**  
**10-3PM**  
*£3 entry and refreshments*  
TOOTING & BALHAM SEA CADETS  
89 MELLISON ROAD  
LONDON SW17 9AS

FOR MORE INFO:  
INFO@A2NDVOICE.COM

Age 18+



Please click on the image to be taken to the website.



## WANDSWORTH FOODBANK

If you're facing hardship, many local organisations can refer people to **Wandsworth Foodbank** for emergency food, support and advice. Ask the person who gave you this leaflet, visit [wandsworth.foodbank.org.uk/get-help](http://wandsworth.foodbank.org.uk/get-help) or scan this QR code.



You can also call **Trussell Trust's** free helpline on **0808 208 2138** (Mon-Fri, 9am-5pm, closed public holidays). You'll talk confidentially to a trained adviser who can refer you to your nearest food bank.

## IF YOU'RE FEELING STRESSED OR ANXIOUS

Talk **Wandsworth** offers free NHS support and confidential help for problems such as stress, worry and low mood. For help, phone **020 3512 6264**, visit [talkwandsworth.nhs.uk](http://talkwandsworth.nhs.uk) or scan this to self-refer online.



Whatever you're going through, a **Samaritan** will face it with you. You can call them on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org). They're here 24 hours a day, 365 days a year.

## DOMESTIC ABUSE ADVICE AND SUPPORT

The **One Stop Shop** is a free drop-in service providing legal advice, information, and support to local people experiencing domestic abuse. Phone **0203 879 3544** (Mon-Fri, 9am-5pm), or pop in:

- **Mondays** 10am-12pm at St Mark's Church, Battersea Rise, SW11 1EJ
- **Wednesdays** 10am-12.30pm at Picasso Building, Minstead Gardens, Roehampton, SW15 4EE

## ADVICE FOR OLDER PEOPLE

**Age UK Wandsworth** is a local, independent charity working in the community to support older people and their carers - including by providing benefits advice. You can phone on **020 8877 8940** or email [advice@ageukwandsworth.org.uk](mailto:advice@ageukwandsworth.org.uk)



## HELP FOR YOU THROUGH THE COST OF LIVING CRISIS

A quick guide to local sources of help, for people who live in Wandsworth Borough

This leaflet is being shared by local voluntary and community organisations across Wandsworth, to help local residents. For more copies, please contact [info@wandsworth.foodbank.org.uk](mailto:info@wandsworth.foodbank.org.uk)

## COST OF LIVING ONLINE HUB



**Wandsworth Council** has put together lots of useful information to help residents with the cost of living.

Scan this QR code or visit [wandsworth.gov.uk/hub](http://wandsworth.gov.uk/hub), or call freephone **0808 175 3339** to speak to an advisor.

## ONLINE BENEFITS CALCULATOR

Many people across the UK are missing out on benefits payments that they're entitled to.

Check you're receiving everything you're entitled to by scanning this QR code or visiting [turn2us.org.uk](http://turn2us.org.uk)



## CITIZENS ADVICE WANDSWORTH



**Citizens Advice Wandsworth** offers free, impartial, independent and confidential advice. To get in touch, scan this QR code, visit [cawandsworth.org/get-advice](http://cawandsworth.org/get-advice) or phone their free AdviceLine on **0808 278 7833** to speak to a volunteer adviser (Mon-Fri, 10am-4pm).

## COST OF LIVING & ISSUES WITH DEBT

If you're struggling with your bills because they're too high, or want to know if you're getting all the benefits you're entitled to, ring **South West London Law Centres** for free on **0808 109 8032**. Leave your name, phone number, and what you want help with, and one of the team will get back to you with free advice.

For other money issues, please visit [swllc.org/get-advice/debt/](http://swllc.org/get-advice/debt/) or call **0208 677 9252**.

**Crosslight Advice** also provides free debt and benefit advice. Visit [www.crosslightadvice.org/help](http://www.crosslightadvice.org/help) or phone **0300 373 1180** (open Mon-Fri, 9:30am-5pm).

## FOOD, FUEL & RENT GRANTS FROM WANDSWORTH COUNCIL

If you live in Wandsworth Borough, you can apply for support grants from **Wandsworth Council**. These are grants not loans, so you won't need to pay them back. You can receive a total of 3 crisis or community care grant awards in 12 months.



### CRISIS GRANTS FOR FOOD & FUEL

Wandsworth residents can apply for a Crisis Grant for food and fuel, which includes:

- Supermarket vouchers (£35 per adult/£40 per child in your household)
- Top-up gas/electricity vouchers for pre-payment meters (£15-£25 on each, depending on household size) **OR**
- Extra supermarket vouchers instead of top-up vouchers if you pay for energy by bill or direct debit, or are a British Gas customer.



### GRANTS FOR WHITE GOODS & FURNITURE

You can apply for a Community Care Grant for white goods (eg cooker, fridge) and essential furniture, if you're experiencing crisis and hardship.



### GRANTS TO HELP WITH RENT

You can apply for a Discretionary Housing Payment (DHP) if you're receiving Housing Benefit or Universal Credit, including a housing element, and need extra help with housing costs because your benefit doesn't cover your full rent.

## FIND OUT MORE & APPLY HERE

Simply scan this QR code, or visit [wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants](http://wandsworth.gov.uk/housing/benefits-and-support/discretionary-support-grants). You can also visit Wandsworth Town Hall Customer Centre for help if online is difficult.

