



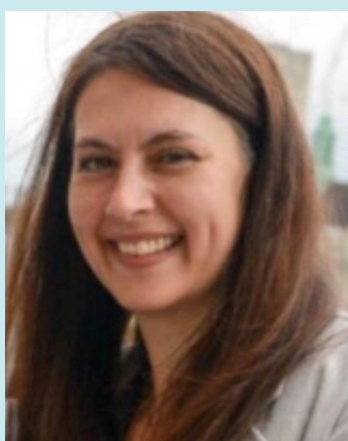
ATTFE College Learner Newsletter

Issue 5 - Friday 26th November 2021.



KINDNESS MATTERS

ATTFE COLLEGE'S THEMED MONTH FOR NOVEMBER 2021.



Liz Barrett

Principal Update

Dear Learner

I hope you are keeping well and taking good care of yourself. ATTFE College has an annual **wellbeing programme** with lots of FREE resources for learners, staff and community to access. If you haven't done so already, take time to check out our website and give some of the resources a try.

It is really important that as a learner you **attend your course regularly**. If you have a problem or an issue in being able to attend your course (from transport to health issues) then please in the first instance discuss with your tutor. As a College we have many different strategies and resources that we can help you access to navigate through any barriers (from distance learning

to funding bus fares). We try and ensure our learning is as inclusive as possible and we are here to support you. By having the best attendance possible you are helping yourself to achieve the strongest outcomes for your course.

Take care and stay safe.

Liz Barrett

Principal ATTFE College

Simon Martin

Safeguarding Update

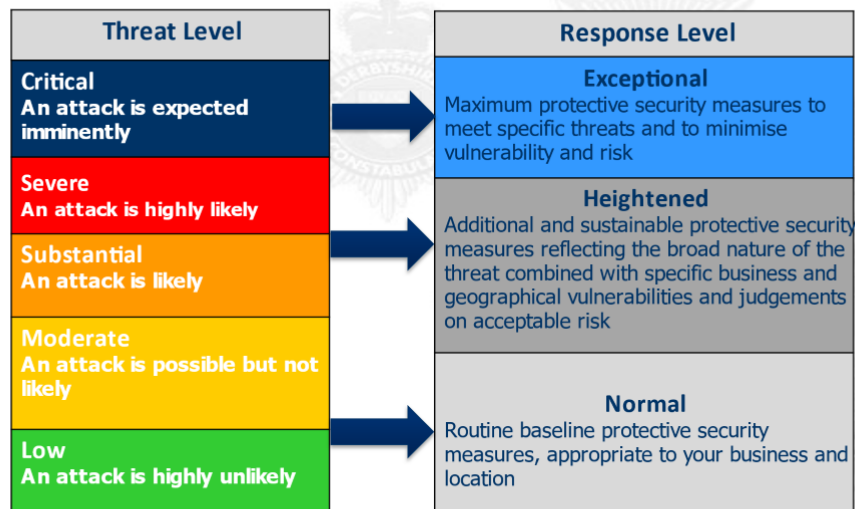
Hello Everyone

There has been a lot in the media in the past couple of weeks about terrorist activities and threats. You may be aware that, following the recent fatal stabbing of David Amess MP in Southend-on-Sea, and then the taxi bomb explosion outside the Liverpool Hospital, the Government has raised the national threat level back up to 'Severe'.



A reminder of the threat level system is shown below.

THREAT LEVELS



It has been made clear that there is not some kind of mass attack expected, but concerns that these attacks may spawn 'copycat' attempts. Also, with Christmas rapidly approaching, there is more opportunity for random attacks due to more crowded town centres, shopping arcades, social venues, and seasonal things like Christmas markets.

This means it is useful to remind ourselves of protective action. Please see the link below to the 'Run, Hide, Tell' film with advice on what to do if you are caught up in an incident.

<https://www.gov.uk/government/publications/stay-safe-film>

Also below is a link to 'Action Counters Terrorism (ACT) which has various useful materials and advice about how to report suspicious activity, whether 'in the flesh' or online, and what to do if you are worried about someone close to you..

<https://act.campaign.gov.uk/>

Finally, please see below a link to MI5 with information about the work that they do to counteract terrorism.

<https://www.mi5.gov.uk/>

Many thanks

Simon Martin

DSL



Tracey Cranmer

Subject Leader Study Programme Maths & Access to HE Manager

Hi all I have been speaking with the maths tutors and we all agree that a big push has to be made with regards your times tables. Times tables are a very important part of mathematical knowledge. Your memory skills will improve when recalling

times tables and you will find maths problems easier to solve.

Multiplying will help you understand division it will help with fractions and ratios just to name a few topics.

12 X 12 Multiplication Table

X	0	1	2	3	4	5	6	7	8	9	10	11	12
0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	0	1	2	3	4	5	6	7	8	9	10	11	12
2	0	2	4	6	8	10	12	14	16	18	20	22	24
3	0	3	6	9	12	15	18	21	24	27	30	33	36
4	0	4	8	12	16	20	24	28	32	36	40	44	48
5	0	5	10	15	20	25	30	35	40	45	50	55	60
6	0	6	12	18	24	30	36	42	48	54	60	66	72
7	0	7	14	21	28	35	42	49	56	63	70	77	84
8	0	8	16	24	32	40	48	56	64	72	80	88	96
9	0	9	18	27	36	45	54	63	72	81	90	99	108
10	0	10	20	30	40	50	60	70	80	90	100	110	120
11	0	11	22	33	44	55	66	77	88	99	110	121	132
12	0	12	24	36	48	60	72	84	96	108	120	132	144

For those of you struggling there are a variety of free apps that you can download on your phone. Alternatively, you can speak to any of the maths tutors for help. We are available 9:30-10am if you want to pop in and catch up on any missed sessions or to work on your tables.

Thanks

Tracey

Wellbeing

My Whole Self MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

How's my mental health today?

How do I feel today?
Mentally?
Physically?



My Stress Container

How full is my container?
Am I using helpful coping strategies?
Are they working?
Learn about your Stress Container here.



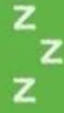
My mental health journey

Our mental health is part of the wider journey of our lives. **Learn more.**



Looking after my wellbeing

How did I sleep last night?
Am I eating a balanced diet and drinking enough water?
For tips on supporting your mental health, especially when working from home, look at our **guidance.**



How's my thinking today?

How are my thoughts making me feel?
Am I having unhelpful thoughts?
Create Your Mind Plan with **Every Mind Matters** to get tips to help deal with stress and anxiety and boost your mood.



What can I do to look after my whole self?

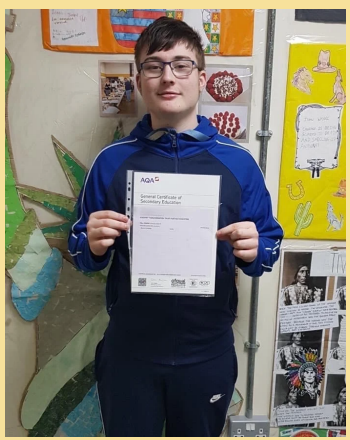
Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.



WELLBEING WEDNESDAY



A look back at the week...



More photos can be found on our socials.

How satisfied are you with the information provided in our learner newsletter?

If you have any further feedback, please email marketing@attfe.org.uk.



Very Unsatisfied



Unsatisfied



Neutral



Satisfied



Very Satisfied

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Thank You!

