

ATTFE College Learner Newsletter

Issue 15 - Friday 19th May 2023



Mental Health Awareness Week 2023!



Liz Barrett OBE

Principal

Dear All

I hope that your week has been treating you kindly. As a learner have you been **engaging in our mental health activities this week?**

We take great time and care each week to invest in different wellbeing strategies and solutions to ensure we continue to look after you to the best of our ability. You, your family or friends can access the wellbeing pages on our website at any point in time to access FREE resources that are shared to support you [Wellbeing - Academy Transformation Trust Further Education](#) (attfe.org.uk).

The **ATTFE College social media continues to contain some brilliant examples as to what goes on in our classes** and what you as our learners achieve. Each and every day I enjoy taking time to see the impact of what you have learnt and experienced along with the smiles that this generates! If you are coming towards the end of your course and are unsure about what to do next then please contact our wonderful Careers, Education, Information, Advice &

Guidance Adviser (CEIAG) Corporate Learning Manager, Heather Bowerman [h.bowerman@attfe.org.uk], for a **FREE CEIAG session**.

Last week team ATTFE College won the '**Commitment to the community**' award at the Mansfield and Ashfield 2020 awards. This is a huge achievement as the competition was incredibly tough. I could not be prouder of the whole team for what they have achieved.

Your **attendance really matters**, so if you are struggling to attend any sessions then please speak with your tutor. All of our tutors are able to issue homework, catch up learning, send resources home to you via email etc to give you to the very best opportunity to success in your learning.

Enjoy your weekend when it lands.

Liz



Simon Martin

Safeguarding Update

Hello Everyone

We are going into the time of year when assessments, tests and exams are becoming more intensive. These can obviously provoke fear, worry and anxiety so please let us know if you are concerned and would like some support, or just to talk to someone - we can help.



Please find attached a contact flyer for NIDAS. NIDAS is one of the main local agencies that supports the victims of Domestic Abuse. Those victims are not only the direct recipients and sufferers of abuse, but also those who witness it first-hand such as children and young people. We know that the current economic and social pressures have increased the incidences of domestic abuse and this may be a useful flyer to keep to hand in case it is needed for you or for someone you know.

Many thanks

Simon Martin

DSL



Deb Wyld

PoS Coaching Lead Practitioner

GCSE exams began this week:

Learners will need to be at open learning / attic by 9am.

- Maths Paper 1** Friday 19th May am 9.30 (1 ½ hours)
- English Paper 1** Monday 5th June 9.30 (1hr 45mins)
- Maths Paper 2** Wednesday 7th June 9.30 (1 ½ hours)
- English Paper 2** Monday 12th June 9.30 (1hr 45 mins)
- Maths Paper 3** Wednesday 14th June 9.30 (1 1/2 hours)

Many thanks

Sarah Wilkinson

Quality of Education Manager



Hello everyone,

We have World **Bee** Day coming up tomorrow (20th May) and World Day for Cultural Diversity (21st May)

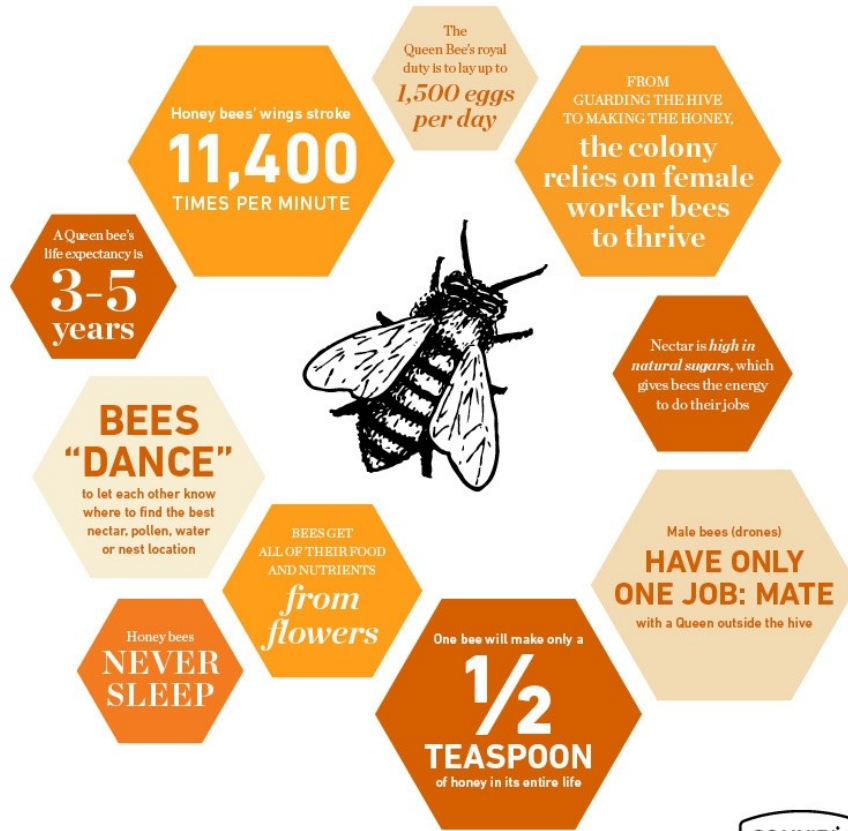


World Bee day is providing a platform for beekeepers raise awareness of the importance of bees and beekeeping, to find out more please have a look at the following link

<https://www.bbka.org.uk/world-bee-day-events>

10 FACTS

about **HONEYBEES**



Held every year, UNESCO leads the celebration of World Day for Cultural Diversity for Dialogue and Development highlighting not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.

<https://www.un.org/en/observances/cultural-diversity-day>

Here are 8 types of cultural diversity!



Quality of Education Reminders

As many of you are finishing off your units and assignments as this busy time of year. Below is an important reminder about referencing your work, as well as understanding the importance of plagiarism.

Firstly, what is referencing?

You would have all been taught and guided on referencing many times throughout the duration of your course.

So, what is referencing? As a recap? *"Referencing is the process of acknowledging the work of other authors. When you have used the words and ideas of another author in an assignment, referencing is the process of acknowledging that use"* (OCR, 2023)

The following guide is a fantastic resource and toolkit to help you understand and apply referencing to a professional standard. The link below also provides other useful links to help you collate research and the information you need in order to write your referencing accordingly. This guide refers to the method of Harvard referencing which is the most common method of recording information within a professional reference format. You may however have experience and used the 'Oxford referencing system' There is no right or wrong answer here and can be purely personal preference.

<https://www.ocr.org.uk/images/168840-the-ocr-guide-to-referencing.pdf>

References are used to:

- Enable the reader to locate the sources you have used
- Help support your arguments and provide your work with credibility
- Show the scope and breadth of your research and understanding
- Acknowledge the source of an argument or idea

Failure to do so can result in suspected **plagiarism**

Secondly, what is Plagiarism?

Plagiarism and referencing work hand in hand. Plagiarism is defined as presenting work or ideas from another source as your own, with or without consent of the original author, by incorporating it into your work without full acknowledgement.

It can also be seen as the significant use by a student of other people's work and the submission of it as though it were his or her own.

This is why it is extremely important that you reference your work and your research sources, as well as writing 'in your own words' Otherwise known as **Paraphrasing**.

Paraphrasing means '*to state something written or spoken in different words, especially in a shorter and simpler form to make the meaning clearer*' (Cambridge Online Dictionary, 2022). A paraphrase is a restatement of the meaning of a specific text or passage using other words.

Here are 5 tips/rules for how to paraphrase!

- Read the original source carefully
- Identify the main point(s) and key words
- Cover the original text and rewrite it in your own words
- Write the paraphrase in your own style
- Review your paraphrase to check it accurately reflects the original text but is in your words and style.

A common question and misconception that can often be raised is.....**Is it still plagiarism if you reference?**

Well the answer is yes! If you do not intend to quote directly from the source, you must write about it in your own words. Using too many words from the original source is plagiarism, even if you provide a reference.

Consequences of plagiarism.

Plagiarism is a form of theft, because it involves taking the words and ideas of others and passing them off as your own. As such, it's academically dishonest and can have serious consequences. Plagiarism also hinders the learning process, obscuring the sources of your ideas and usually resulting in bad writing.

From the whole QE and tutor team we hope that this helps refresh your knowledge and the importance of plagiarism and referencing. If you have any questions about plagiarism or referencing please feel free to talk to your tutor who will gladly support any guidance you may need. You can also email me on S.Wilkinson@attfe.org.uk

Have a lovely weekend and enjoy the remainder of your half term

FUN....FACT.....FRIDAY

Fun Fact⁺⁺⁺

If you search "ASKEW" in google search
the page will tilt slightly clockwise



Learner Shoutout



Thank you to Vanessa who made crochet green hearts for staff and learners during this week's Mental Health Awareness Week.

ATFE College Community Hub - inside Idlewells Shopping Centre



Wellbeing

ATTFE College

Academy Transformation Trust Further Education

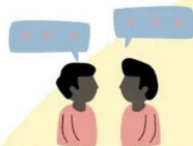


Mindfulness Techniques for Managing Anxiety

Mental health awareness week 2023



Viewing anxiety as a 'visitor' is an effective way to support ourselves and our children to understand that anxiety is not permanent, and is just visiting. It is not a part of us, or a personality trait that we own, but something that we temporarily experience. This can reassure ourselves that anxiety is not a state of permanence, and let us know that it WILL pass.



Give ourselves an opportunity to focus on "fact" rather than fiction. (E.G Managing overthinking, catastrophising, excessive worrying) This can be achieved with tools such as Journaling (writing), trying CBT techniques, such as the 'thought debate' and/or talking to a trained professional to help offer a more balanced perspective and solution focused/targeted approach.



Using mindful techniques to encourage diaphragmatic breathing, and soothe our nervous systems. Giving us the opportunity to move from a fight or flight response, into rest and digest mode. Try a few rounds of balloon breathing or triangle breathing to begin with.



Use our senses to mindfully ground ourselves into the present moment. For example using essential oils for relaxation and tuning into our sense of smell. Using music, nature sounds, birdsong or affirmations to tune into our sense of hearing. Grounding can help us to feel calmer and more connected to ourselves, with regular practice, we can create new habits and positive thought patterns! (neuroplasticity)

Wellbeing Wednesday

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

ATTFE College

Sutton Community Academy

High Pavement, Sutton-in-Ashfield,
Nottinghamshire,
NG17 1BW

Dukeries Academy

Whinney Lane, New Ollerton, Newark,
NG22 9TD

Retford College of Vehicle Technology

16 Beacon Court, New Ollerton, Newark, NG22
9QL

Portland College

Nottingham Road, Mansfield,
NG18 4TJ

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[Unsubscribe](#)



Thank You!

