

# ATTFE College Learner Newsletter

ISSUE 11 - FRIDAY 20 DECEMBER 2024



Liz Barrett OBE

## Principal

Dear All

This is our final learner newsletter of our Autumn 2024 term. As I write this there is a real buzz about the recent learner visit to Nottingham Playhouse Pantomime. We are incredibly grateful to Swiftool Precision Engineering (SPE) Ltd for funding this opportunity. All who went had a fun time and lots of Panto laughs. What a joyful way to start the festivities.



The Planetarium at Sherwood Observatory has recently opened its doors to the public. WOW! What a magnificent venue. ATTFE College are honored to be working in collaboration with them to run the cafe at the heart of the planetarium. This fabulous space is being used as a teaching / learning space where ATTFE College learners / volunteers experience a real life cafe situation involving customer service, money

handling, food safety etc. If you haven't yet checked out this venue then it is worth doing so.

### Sherwood Observatory

As a learning provider we are always starkly aware as to how wonderful the festive period can be for those that celebrate it including / especially the festivities leading up to it. We are however also really aware that for many people this is not the case. Within this learner newsletter we are sharing with you a range of resources to support you over the Christmas College closure period so that you are not alone.

#InThisTogether

Take care and enjoy time to rest and restore as we head in to a brand new year!



Simon Martin

### Designated Safeguarding Lead

Hello Everyone

Please find below some useful information on electrification of railways and rail safety. Accidents on railway lines have risen recently including people being physically on the line and trespassing, which is highly dangerous, and it is worth spending a moment to look through.

### Further Reading

Please also see in this issue information about how to stay safe during the party season, and information on support agencies that you can contact, should you need to, whilst the College is closed over Christmas.

Many thanks

Simon Martin

Designated Safeguarding Lead

Lisa Chapman

### Deputy Designated Safeguarding Lead

Hello,

The festive season can be a challenging time for some, but I hope you all have a safe and joyful Christmas. To help, I've included some tips to stay safe and a list of useful contact numbers should you need support.



Have a wonderful break and a well-deserved rest,



Dianne Holmes

## Head of Curriculum Strategy and Partnerships

As we approach the Christmas break and move into the new year I would like to share with you the latest list of courses available for learners to engage in during 2025.

Please follow the links below to view these:

[January Courses](#)[Rest of 2025 Courses](#)[Online Courses](#)

For many, the New year is always a time to think about setting new goals and thinking about being more healthy in our daily lives. Below are details of Your Health Notts Healthy Lifestyle Service sessions that are free for Nottinghamshire Residents to access. For further information please use the contact details listed on the posters.

**YOUR KIDS  
FAB HEALTH!**

**FOOD, ACTIVITY, BALANCE**

**FREE SUPPORT & ADVICE FROM  
NUTRITIONISTS & PERSONAL TRAINERS**

**HELPING FAMILIES TO EAT WELL AND MOVE MORE**

Empower yourself  
to make positive  
changes for your  
family

To find out more:  
Call us on 0115 7722515  
Text 'Family' to 62277  
Or scan the QR code

**Your Health  
Notts**

**Nottinghamshire  
County Council**

**Your Health  
Notts**

**QUIT SMOKING**  
Age 12 + smoking tobacco

**LOSE WEIGHT**  
Adults with a BMI between 30 - 50

**FREE**  
integrated wellbeing  
service for  
Nottinghamshire\*  
residents

**IMPROVE  
STRENGTH  
AND BALANCE**  
For those at risk of falls

**HEALTHY FAMILIES**  
Children 4 years+ above 91st BMI centile

**HOW TO REFER**

Online: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)  
Or call us on 0115 772 2515  
Telephone and Online support Available



## FREE 12 WEEK WEIGHT MANAGEMENT PROGRAMME

Are you ready to become the best  
version of yourself?



Ollerton Scout and  
Guide Activity Centre

You'll get...

- Tailored exercise sessions
- Guidance on healthy eating, portion control, healthy snacking, and more
- Supportive group environment
- Tools to achieve your weight loss goals!

Refer today:



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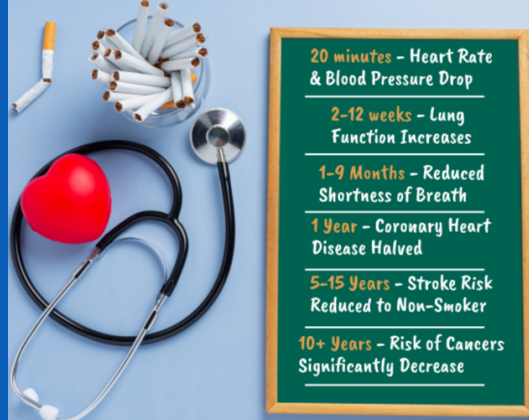
[Yourhealthnotts.co.uk](http://Yourhealthnotts.co.uk)



[Yourhealth.notts@nhs.net](mailto:Yourhealth.notts@nhs.net)



SCAN HERE



20 minutes - Heart Rate  
& Blood Pressure Drop  
2-12 weeks - Lung  
Function Increases  
1-9 Months - Reduced  
Shortness of Breath  
1 Year - Coronary Heart  
Disease Halved  
5-15 Years - Stroke Risk  
Reduced to Non-Smoker  
10+ Years - Risk of Cancers  
Significantly Decrease

## QUIT SMOKING

Get In Touch Today

0115 772 2515

[www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)



Nottinghamshire  
County Council



Your Health  
Notts

Sarah Wilkinson

### Head of Quality of Education

Dear Learners,

As we approach the festive season and a well-deserved break, we want to take a moment to celebrate your incredible efforts and share some highlights from this term at ATTFE.



### A term of growth and achievement

You've all worked so hard this term, and it's been inspiring to see your progress! From improving your skills to building confidence and achieving personal milestones, your dedication has been truly amazing. Remember, every small step you take contributes to your larger goals.

### Highlights from This Term

- **Building Confidence:** Many of you have participated in activities like group discussions and collaborative projects. These exercises not only developed your knowledge but also boosted your confidence in working with others which is an essential life skill!
- **Celebrating Success:** A big congratulations to those who have already reached key targets in your learning plans. Your achievements show that hard work really does pay off.
- **Digital Learning:** This term, we've embraced new technologies to support your journey. From using online resources to developing digital skills, you've shown great adaptability!

Looking ahead



The new term will bring fresh opportunities to grow and achieve. Remember to:

- **Set your goals:** Take some time over the break to reflect on what you'd like to achieve in the new year.
- **Stay inspired:** Learning is a journey, and every step counts. Keep aiming high, and we'll be here to support you every step of the way.

We're so proud of all that you've accomplished this term. Your resilience, determination, and positivity have made this a fantastic term, and we're excited to see what you'll achieve next.

### Holiday wishes

On behalf of the entire Quality of Education team, we wish you a joyful and restful holiday season.

We'll see you in the new year, ready for more learning and success!

Merry Christmas and a very Happy New Year



### Festive Fun Christmas Quiz

#### Round 1: Christmas General Knowledge

1. What is the name of the snowman in the famous song "Frosty the Snowman"?
2. Which country started the tradition of putting up a Christmas tree?
3. In the movie *Home Alone*, where does the McCallister family go on vacation when they leave Kevin behind?
4. What are the two main ingredients in a traditional Christmas pudding?
5. Which famous Christmas song begins with the lyrics, "You better watch out, you better not cry"?

#### Round 2: Festive Film & TV

1. In *Elf*, what are the four main food groups according to Buddy the Elf?
2. Which actor plays the Grinch in the 2000 live-action *How the Grinch Stole Christmas*?
3. What is the highest-grossing Christmas movie of all time?
4. In the TV special *A Charlie Brown Christmas*, what kind of tree does Charlie Brown choose?

5. Which UK soap opera is famous for dramatic Christmas Day episodes?

### Round 3: Festive Numbers

1. How many reindeer does Santa have (including Rudolph)?
2. How many gifts are given in total in the song *The 12 Days of Christmas*?
3. In what year was *All I Want for Christmas Is You* by Mariah Carey first released?
4. How many points does a snowflake traditionally have?
5. How many ghosts visit Scrooge in *A Christmas Carol*?

### Bonus Question (Tie-Breaker):

What is the world record for the largest Christmas tree ever displayed (in feet)?

## Here are the answers to the Christmas quiz:

### Round 1: Christmas General Knowledge

1. **Frosty**
2. **Germany**
3. **Paris**
4. **Dried fruit and suet**
5. **Santa Claus Is Coming to Town**

### Round 2: Festive Film & TV

1. **Candy, candy canes, candy corns, and syrup**
2. **Jim Carrey**
3. **Home Alone**
4. **A small, scraggly tree**
5. **EastEnders**

### Round 3: Festive Numbers

1. **9 reindeer** (Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, and Rudolph)
2. **364 gifts** (total from all verses of *The 12 Days of Christmas*)
3. **1994**
4. **6 points**
5. **4 ghosts** (Jacob Marley and the three spirits of Christmas Past, Present, and Yet to Come)

### Bonus Question (Tie-Breaker answer):

The largest Christmas tree ever displayed was **221 feet tall**, recorded in 1950 in Seattle, USA.

☐ Hope this quiz adds some festive fun to your celebrations! ☐☐



Louise Davy

## Head of Programme of Study

**Hi Everyone,**

As we head into the Christmas break, I just want to say a huge well done for all your hard work this term. You've made great progress, and it's been fantastic to see the effort you've put into your learning.

Now it's time to take a break, relax, and enjoy the holidays with family and friends. While you're having fun, please remember to keep safe—look out for each other, make good choices, and don't hesitate to reach out if you need support.

Have an amazing Christmas and a happy New Year. See you in January!

Take care,

Lou

Heather Bowerman

## Careers Adviser and Corporate Learning Manager

### Careers

We have made it very nearly to the end of 2024 with Christmas very soon to envelop us all.

Over the last number of weeks, Career meetings have been going well with many learners being seen. Of those not seen or who have requested a second interview these meetings will be carried out early in the New Year.

Many of you have a good idea of the type of job role you would like to pursue once you leave ATTFE but many of you are already planning to return to ATTFE for their next steps.

It has been a real pleasure speaking to you all and learning about your goals and aspirations, so I would like to wish you a very Happy Christmas and a fantastic New Year.

Heather



### Melody Beattie

*"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."*

# This Week's #WellbeingWednesday



# Useful Contacts for Your Mental Health



## Anxiety UK

Advice and support for people living with anxiety.  
03444 775 774 (helpline)  
07537 416 905 (text)



## Samaritans

Samaritans are open 24/7 for anyone who needs to talk.  
116 123 (freephone)



## Sane

Offers emotional support and information for anyone affected by mental health problems, including a helpline.  
0300 304 7000  
sane.org.uk



## YoungMinds

Provides advice and support to young people for their mental health, as well as supporting parents and carers.  
0808 802 5544 (Parents Helpline)  
85258 (text the word 'shout')  
youngminds.org.uk

#ATTFECollege

#InThisTogether

#WellbeingWednesdays

## Online Wellbeing Resources

A friendly reminder that ATTFE College has a range of wellbeing resources available on our [Wellbeing Website Page](#) and [YouTube Channel](#)! Whether you're interested in Tai Chi, Qi Gong, Yoga, or beginner's exercises, we've got you covered.

Don't hesitate to share these resources with your loved ones!

Here are some of the highlights for this week:



We have another session of beginners exercises with Sally. If you can't access the video below, you can watch the video on YouTube though this link: [Beginner Exercises with Sally](#).



Last but not least, we have a session of Yoga with Millie! Her yoga sessions will be perfect for those who prefer a more relaxing approach to wellbeing.

If you can't access the video below, you can watch the video on YouTube though this link: [Yoga with Millie](#)

Do you know? On our ATTFE website, we have a variety of online wellbeing resources. There are recourses such as exercise videos, mental wellbeing tips, and also information on external wellbeing resources.

You can check them out by clicking this button below:

ATTFE Wellbeing

### Dragonfly Skims Water



### Tai Chi Kicking Exercise



### Powers of Tai Chi Chuan



### The Frolic of the Monkey



### Chair Based Exercises



### Five Loosening Exercises



### Restoring Vitality



### Tai Chi Stretching



## ATTFE College

### Sutton Community Academy

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

### Dukeries Academy

Whinney Lane, New Ollerton, Newark,  
NG22 9TD

### Portland College

Nottingham Road, Mansfield, NG18 4TJ  
[Portland Pathways] Outram Street,  
Sutton-in-Ashfield

### Motor Vehicles

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

United Kingdom

01623 441310

college.info@attrust.org.uk

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