

# ATTFE College Learner Newsletter

ISSUE 13 - FRIDAY, 4 APRIL 2025



Liz Barrett OBE

## Principal

Dear All

Well done on making it to the end of the Spring term. It is lovely to have lighter nights and brighter days.

If you are on a full academic year course with us, it will have taken great resilience to get this far.

### **Building Resilience:**

Resilience is the ability to bounce back from challenges, adapt to change, and keep moving forward despite difficulties. As a further education learner, you may face academic pressures, personal challenges, or uncertainties about the future. Developing resilience will help you navigate these obstacles and succeed in your studies and beyond. It is not just in our studies that we require resilience, it is in everyday life too.



## Why is Resilience Important?

Resilience is essential for managing stress, staying motivated, and maintaining a positive mindset. It enables you to handle setbacks, learn from failures, and develop the confidence needed to achieve your goals. By building resilience, you can improve your well-being, academic performance, and future career prospects.

### Strategies for Building Resilience

1. **Develop a Growth Mindset** – View challenges as opportunities to learn rather than obstacles. Embrace mistakes as part of the learning process and focus on improvement.
2. **Stay Organised** – Managing your time effectively reduces stress and helps you stay on top of your coursework. Use planners, to-do lists, or digital apps to keep track of deadlines and commitments.
3. **Build a Support Network** – Surround yourself with supportive friends, family, and tutors who can offer guidance and encouragement. Don't be afraid to seek help when needed.
4. **Practice Self-Care** – Prioritise your well-being by getting enough sleep, eating healthily, and engaging in activities that help you relax and recharge.
5. **Stay Positive** – Focus on what you can control and try to find the positives in every situation. Keeping a gratitude journal can help shift your perspective.
6. **Learn from Setbacks** – Instead of dwelling on failures, analyse what went wrong and use it as a stepping stone for improvement. Every challenge is an opportunity to grow stronger.

### Applying Resilience to Your Studies

When facing tough assignments or exams, break tasks into smaller steps and tackle them one at a time. If you receive constructive feedback, use it as a tool for growth rather than criticism. Remind yourself of your long-term goals and keep pushing forward.

### Conclusion

Resilience is a skill that can be developed over time. By adopting a positive mindset, seeking support, and practicing self-care, you can strengthen your resilience and thrive in further education. Challenges are part of life, but with resilience, you have the power to overcome them and succeed.

**Team ATTFE College are proud of what you are achieving as a learner with us. Stay strong, stay focused, and keep moving forward!**

Enjoy your Easter time.

Liz Barrett

Principal ATTFE College



Simon Martin

### Designated Safeguarding Lead

Hello Everyone

You may have seen in news feeds that this month is being dubbed 'Awful April' because of the price rises in utilities and general cost of living that are on their way.

We know it is a real problem for many of our students, their families and their households. Please talk to us if you are worried about paying for basics like food and fuel because there may be ways that we are able to help. For example, we run well-established **Food Pantries** for those struggling with paying for food, in Ollerton and in Sutton-in-Ashfield.

There are also community agencies and support that you can access as below:

- **Citizens Advice** – Financial and Housing Support:  
<https://www.citizensadvice.org.uk/>
- **Government Support** – Cost of Living Help:  
<https://helpforhouseholds.campaign.gov.uk/>
- **Local Authority Support** – Each council offers different hardship grants and family support services.

Have a Good Easter.

Simon Martin

Designated Safeguarding Lead

Sarah Wilkinson

## Head of Quality of Education

Dear Learners,

As we approach the Easter break, we want to take a moment to celebrate your hard work and progress this half-term. Learning is a journey, and reflecting on how far you've come is just as important as setting new goals.



### Reflecting on your progress

At the start of your course, you each set initial targets and personal learning goals. Over the past few months, you have worked consistently to develop your knowledge, skills, and confidence in your subject areas. Whether through classroom learning, independent study, or practical application, every step forward is an achievement worth recognizing.

Take a moment to consider:

- What new skills or knowledge have you gained?
- How have you progressed from your starting point?
- What challenges have you overcome?

Your **Individual Learning Plans (ILPs)** are a great way to track progress, and we encourage you to review them to see just how much you've accomplished so far.

### Celebrating your achievements

- This term, many of you have demonstrated:
- Improved confidence in your learning
- Greater engagement and participation
- Strengthened skills in key areas
- Commitment to independent study and development



Your dedication does not go unnoticed, and we are incredibly proud of the progress you have made.

We also wanted to **thank all of you** that have been involved the numerous external visits, discussions and occasions we have had over the past few weeks. You have proudly showcased what you have and continue to achieve, which is an inspiration to all.

### Looking ahead

As we return after Easter, we will continue to support you in reaching your next milestones. The next half-term is an opportunity to build on your progress, refine your skills, and work towards your final goals. Take some time over the break to reflect and refresh, ready to **come back motivated and focused**. Many of you may be sitting exams on your return so again, use this time to **recharge, review your learning**. We hope you enjoy a well-earned break over Easter and prepare for the next stage of your journey.

Thank you for your hard work and commitment this term, keep striving for excellence, and we look forward to seeing what you achieve next!

# Happy Easter



Louise Davy

## Head of Programme of Study

### Spring 2 Wrap-Up: Well Done & Enjoy Your Easter Break! 🐣

Hey everyone!

As we wrap up Spring 2, we just want to take a moment to say **WELL DONE** 🐣 for all your hard work this term.

Whether you've been smashing assignments, pushing through mock exams, sitting your real exams, or showing up every day ready to learn, your efforts haven't gone unnoticed!

#### 🐣 The Importance of Attendance

Being present matters—every lesson counts! Attendance isn't just about meeting requirements; it's about setting yourself up for success. Every session missed is an opportunity lost, so let's make it a priority next term to stay engaged and keep up the momentum. If you feel you need support with your attendance please email me at [Louise.Davy@attrust.org.uk](mailto:Louise.Davy@attrust.org.uk) and we can discuss further. We also have the I want to Talk button on the website you can use.



### ☐ Celebrate Your Achievements

Take a second to reflect on what you've achieved this term. Big or small, every step forward is progress. Maybe you improved your grades, gained more confidence in a subject, or simply showed resilience when things got tough—be proud of yourself!

### ☐ Enjoy Your Easter Break

Now it's time to **rest, recharge, and reset**. Spend time with friends and family, indulge in some Easter treats ☐, and most importantly, come back refreshed and ready to finish the year strong! See you all next term!

Lou ☐

Lisa Chapman

## Deputy Designated Safeguarding Lead

**Hello everyone,**

I can't quite believe we're already in April and that Easter is just around the corner! It's been a busy year so far, and I hope you're all looking forward to a well-deserved break over the Easter holidays.



Easter is a great time to relax, recharge, and spend time with friends and family. Whether you're celebrating with chocolate eggs, spring walks, or simply enjoying some quiet time, I hope you make the most of it. However you choose to spend the break, please remember to stay safe and look after yourselves and each other.

To support you during the holidays, I've included a list of useful contact numbers below. These cover a range of services—from emotional support to emergency help, just in case you or someone you know needs them.

It's always important to take care of your mental and physical health, especially during breaks when routines change. Make time to do things you enjoy, get some fresh air when you can, and don't be afraid to reach out if you need support.

I'll be looking forward to seeing you all again soon, refreshed and ready for the next part of the year. Take care, enjoy the Easter treats (in moderation, of course!), and make the most of the time off.

**Wishing you a happy, peaceful, and safe Easter!**

Warm regards,

Lisa Chapman

# Upcoming Activities

**ATTFE College Easter Crafts  
& Table Top Sale**

FREE TO  
ATTEND

# EASTER CROFTS & TABLE TOP SALE



**7**  
**APRIL**

**10AM - 12.30PM**

ATTFE in the Community Venue  
9 - 11 Low Street, Sutton in Ashfield

Free to attend. Drop in at any point, no need to book.

**#INTHISTOGETHER**



## Steps to a Better Health with Your Health Notts

# STEPS TO A BETTER HEALTH

Free upcoming walks in Ashfield



**29th March** - Sutton (Meeting Point: Sutton in Ashfield Library) - 10am

**5th April** - Skegby (Meeting Point: Skegby & Stanton Hill Library) - 10am

**12th April** - Sutton (Meeting Point: Sutton in Ashfield Library) - 10am

**19th April** - Skegby (Meeting Point: Skegby & Stanton Hill Library) - 10am

**All abilities welcome**  
**To book, please fill out the quick form**  
**using the link or scan here**



- \*No dogs except guide dogs
- \*Prams and well behaved children welcome
- \*Wheelchair and scooter accessible



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**Join Selston Parish Council for a FREE  
Community Picnic & Entertainment  
Event!**





## **'Community Picnic & Entertainment' - FREE Event** **Thursday, 8<sup>th</sup> May 2025 from 5.00 pm - Woodnook Recreation Ground**



**Vera Lynn Tribute by Jane Gregory \* Underwood Rock n Soul Singers \* Pinxton Puppets**  
**Jacksdale Marine Training Corps \* Pye Hill & District Male Voice Choir**

	<p><b>9.00pm - VE Day 80 Proclamation - by Deputy Lieutenant of Nottinghamshire</b> <b>9.30pm - VE Day Tribute - Rev Lee Gordon</b> <b>9.30pm - Beacon lighting - a member of the Mercian Regiment</b> <b>Grand Finale - 'A 30 second firework display of falling red leaves' - Sponsored by Gillotts Funeral Directors</b></p>	
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Also supported by **2<sup>nd</sup> Brinsley Underwood Scout Group \* 1<sup>st</sup> Jacksdale Rainbows \* Jacksdale & District Royal British Legion \* Robin Hood Rifles** and much more, including a face painter, a local coffee van and cake stall .....

**The nation will come together to remember the millions that paid the ultimate sacrifice fighting and securing the freedom we all enjoy today. Remembering the fallen heroes and celebrate the peace after six years of war.**

Selston Parish Council would like to thank the many contributors and to also thank the community who continues to support such events

- Date: Thursday, 8th May 2025
- Time: From 5pm
- Location: Woodnook Recreation Ground

Bring your picnic blankets and join us for an evening of fun, community spirit, and remembrance!

Enjoy fantastic live entertainment, including singers, choirs, and even a puppet show! Plus, there will be face painters, a local coffee van, and a delicious cake stall to make the evening extra special.

This event is a chance for us to come together as a community to honour and remember the millions who made the ultimate sacrifice to secure the freedoms we cherish today.

Don't miss out on this wonderful occasion—see you there!



## **Holiday Activities and Food Programme**

Get ready for a fun-filled April school holiday with our Holiday Activities and Food Programme!

We've got loads of exciting FREE activities lined up for children and young people aged 5-16 years old, plus a tasty meal with every session.

If you have a HAF code, you're all set! To sign up, simply scan the QR code on the poster or fill out our quick online form here:

[Register Here](#)

Note that registrations must be made through the [Eequ.org](https://eequ.org) platform as we do not accept walk-ins. Thank you so much for your understanding!

# Holiday activities and food

# Spring

Nottinghamshire

## Get involved in fun activities this school holiday!

Plus so much more

Available dates:  
Tuesdays, 8th and 15th April 2025  
Wednesdays, 9th and 16th April 2025

Time:  
10am - 2pm

A range of different fun activities will take place during these sessions, from creative crafts to sports activities!

Venue:  
ATTFE College,  
Sutton Community Academy,  
Sutton-in-Ashfield  
NG17 1BN

To book, please scan the QR Code to book online via [Eequ.org](https://eequ.org). Please note, you will need to book your children via this platform as we do not accept walk ins.

Funded by  
Nottinghamshire County Council  
Department for Education



This Week's #WellbeingWednesday



#INTHISTOGETHER

## 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!

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

[Unsubscribe](#)

