Dear Parent/Carers

Please find below a summary of the information which we are sharing with students in tutorials next week.  As always, we appreciate your support and we hope you and your families are remaining well and safe.

**COVID messages**

* Students are being reminded that they need to still inform college if they test positive by following college absence procedures (email absence@nelsongroup.ac.uk or ring 01282 440293)
* Students should look out for an email next week with more information about Covid testing in college.
* In tutorials, tutors will be discussing why it is important to follow lockdown rules.

**Equipment support for virtual learning**

Ever since the summer, we have been issuing lap tops for students to borrow, prioritising students who are eligible for the bursary.  If a laptop request has been made by your young person via their tutor, they will need to look out for an email to their college email addresses which explains the actions they need to take to arrange collection.  Students under 18 years old will need to get a parental signature on the loan and acceptable use agreement.  If you are bringing your young person into college to collect the laptop and sign the agreement, please could we ask that you wait in your car, to reduce the number of people on site and keep it as COVID safe as possible.

**Preparing for university applications - Inspiring Minds Virtual Taster Events**

For parents who have children in the first year of a level 3 or A level course, you may be interested to know that this term, we will be launching an introduction to applying for university.  A number of universities are offering online / virtual information events which give students the opportunity to explore a variety of degree subjects through taster sessions delivered by academics and virtual tours and talks delivered by undergraduate students.  One such university is Loughborough and they are offering virtual sessions to parents to find out about the process of applying to university through UCAS.  Students / parents /carers can sign up here:

<https://www.lboro.ac.uk/study/school-college-liaison/events/>

It is launching on the 18th January 2021 and available for a month.

**Internal progression – applying for your next course at college**

In our vocational curriculum areas, the internal progression process has begun for many students who are hoping to progress to another course within the college at the end of this year. This involves students completing an online application and, in some cases, attending an interview. Here are the key actions and deadlines over the coming weeks:

* Students should have completed their planned destination on Pro Portal.
* Id students are undecided about what they want to do next year they should make an appointment with the Careers team, who can provide information and guidance.
* Instructions on how to complete the online application are being emailed to students, so they should check their college email and contact their tutor if they haven't received it.
* The application portal is live between **18th January and 1st February**, so all applications must be made by the deadline. Students should speak to their tutor if they're struggling to complete the application.

We do not yet know how students will be assessed this summer, but the important thing is they keep working hard towards their targets so they are continuing to develop their knowledge and skills in readiness for their next steps.

**Extra-Curricular**

There are lots of resources on social media and Moodle with ideas for students to keep well, healthy and connected.  New competitions and ways to engage with college are being issued weekly. Next week we will be launching Couch to 5k and 1 to 100 challenges (e.g. press ups, sit ups). Attached is the current remote Extra C virtual timetable.

You Tube             [https://www.youtube.com/channel/UC6MgfLoZbixI1yCzMUMvbCA](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUC6MgfLoZbixI1yCzMUMvbCA&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Ccee7657ed55c416ffeb708d8b94ae9be%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637463078678509270%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Rmn2aH4U5doN5%2Bh1o3GNXAG7DrVYp%2FtAUuzTDIoHwMA%3D&reserved=0)

 Nelson Group Extra C

Instagram            @NCC\_ExtraC and @ARC\_Extra C

Moodle                [https://mymoodle.nelsongroup.ac.uk/course/view.php?id=1356](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmymoodle.nelsongroup.ac.uk%2Fcourse%2Fview.php%3Fid%3D1356&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Ccee7657ed55c416ffeb708d8b94ae9be%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637463078678519228%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=J4qf2C2cAR2N832%2FoQRBiZ6vGhwWcSQh3E42r%2FSIyhw%3D&reserved=0)

**Health and Wellbeing**

On Monday, students will be emailed the link to the weekly Health and Wellbeing bulletin. It’s so important that we support our young students to stay mentally and physically healthy during lockdown.

In this week’s edition of the Health and Wellbeing Bulletin, the content is based around the topic of Blue Monday - what it means and how they can support/boost their mental health and wellbeing using the suggestions/strategies provided.  They are also informed of other upcoming awareness dates, activities, and events for the week / month; Veganuary and Lancashire MIND's JanYOUary campaign (based around the 5 ways to wellbeing)- all followed with details of how to get involved, any events associated, and where to find more information if needed.   Students will also be provided with the Health and Wellbeing A-Z Resource Guide, an extensive list of local community support hubs and information on the Counselling provision if they require additional support over the period of lockdown - all of which can be found on the Moodle page also.  Please do remind your young person that these are all resources to help them, should they need it.

Best wishes



**Fionnuala Swann**

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  [www.nelson.ac.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nelson.ac.uk%2F&data=02%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Cb6cb6d7cfcdb4f0a735708d85bc0762e%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637360229455632014&sdata=pNLm3kosvRO2SVetwxUk0SVdzGZ%2BElfKOfP2lgOxQzg%3D&reserved=0)     [www.accross.ac.uk](http://www.accross.ac.uk)    [www.lal.ac.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nelson.ac.uk%2F&data=02%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Cb6cb6d7cfcdb4f0a735708d85bc0762e%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637360229455632014&sdata=pNLm3kosvRO2SVetwxUk0SVdzGZ%2BElfKOfP2lgOxQzg%3D&reserved=0)