

THE ZONE

STUDENT NEWSLETTER

**Looking
for careers
advice?**

Check out our
NEW Careers
Hub online

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**Students visit
CHELSEA
STADIUM**

Page 02

This edition is
packed with

- ✓ News
- ✓ Events
- ✓ Resources

Salon System

Chat to Beauty
Therapy and Body &
Spa Level 3

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**MEET THE
STUDENT
UNION TEAM**

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Welcome



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Since our last edition, students have been very busy taking part in **mock interviews and workshops**, **attending course trips**, and **raising money and donations** for charities.

In this edition, you'll have the chance to read all about what students have been up to this term from exciting trips to Chelsea Stadium and the London aquarium to employer workshops and visits. We'll also be sharing how you can access our NEW Careers Hub, full of useful resources to help guide you onto your next steps.

A TRIP TO CHELSEA STADIUM

Sport Level 3 students had the amazing opportunity to visit Stamford Bridge Football Stadium, the home of Chelsea Football Club!

Students were given a guided tour starting with the Chelsea FC Museum informing them of the 115-year history and got the chance to view the exclusive match-worn items for the Men's 1st Team.

Students also took part in a mock up Q&A session in the stadium's Press Room as well as a guided tour of the stadium from the players' point of view in the home dressing rooms.



Covid-19 Safety REMINDER

It's **recommended** that students, staff and visitors remember to wear a face covering in **all learning and social spaces** around College.

Face coverings reduce the spread of Coronavirus droplets from coughs, sneezes and speaking, alongside regular hand washing and social distancing.

50%
STUDENT
DISCOUNT

The Atrium
Hair, Beauty & Spa

**BOOK YOUR
APPOINTMENT
TODAY**

receptionhb@johnruskin.ac.uk or
020 8651 1131 Ext 158

Get Pampered this Spring!

Offering an extensive range of hair, beauty and spa treatments at affordable prices, our fully operational training salon is open to the public, staff and students.

A visit from Salon System



Beauty Therapy and Body & Spa Therapy Level 2 students welcomed Salon System to their salon. Janet, the Nail Technology tutor from Salon System spent the day assisting and training students to help them build confidence and develop their skillset in acrylic nail overlaying and how to apply nail tips.

Students practiced these newly developed skills on both hand mannequins and real life models and were delighted to receive certificates at the end of the training!



Travel & Tourism Museum Trips



Travel & Tourism Level 3 students recently visited the **Science** and **Natural History** Museums in London as part of their course.

The trip provided students with a chance to reflect on aspects that they have learned on their course as well as reinforce their learning.

In addition, they had the opportunity to experience the **customer service provided** and how the museums monitored this as well as the **methods of funding**, and types of customers that visited the museums and how the museums met their needs.

OPEN EVENT DATES

Haven't you heard?

We have two more Open Events coming up this year!

Open Events are a great way to engage with expert tutors and explore the College facilities and find out more about the range of Full-time, Part-time, T Level courses and Apprenticeships on offer. Don't miss out!

UPCOMING OPEN EVENTS:

- Tuesday 1 March 2022
17:30 - 19:30
- Saturday 18 June 2022
10:00 - 12:30

Let your
friends
& family
know!

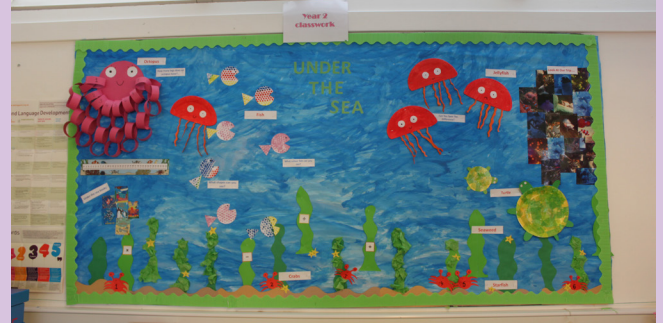
Pre-register online at
www.johnruskin.ac.uk,
or scan the QR code
today!



Childcare visit the London Aquarium

Childcare Level 3 Year 2 students recently travelled up to London to visit the Sea Life Centre London Aquarium! As well as being a reward for their hard work, this trip was part of their unit work for supporting emergent literacy and mathematics. The aim was for the students to see the visit through the eyes of a group of children and reflect on the trip as if they had taken a group of Year 2 pupils.

After the trip, students were tasked with putting together a colourful display, reflecting the children's interests and embedding mathematics and early literacy, incorporating the colours and shapes seen around the Aquarium.



THE INTERVIEW & EMPLOYABILITY SKILLS WORKSHOP

Art and Design Level 3 students participated in an Interview and Employability Skills Workshop arranged by Melinda, Partnerships and Programme Manager at Croydon Commitment. Students were able to engage in conversation with people from a variety of sectors including Construction Management, IT and Pension Protection Fund Management.

Students were offered effective tips and advice on interview techniques and learned how to utilise their CV's during an interview.

Overall students gave positive feedback on the event and will use this knowledge to help them prepare for upcoming interviews!

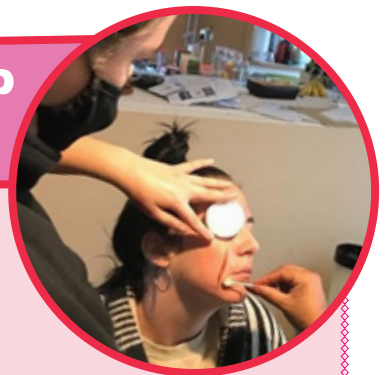


Hair & Make-Up Alumni Talk

Former Hair and Media Make-Up Level 3 student Ashleigh, returned back to College to speak with current students.

Ashleigh spoke to students about her journey at John Ruskin College and how she progressed onto a University level course at East Surrey College studying Theatrical, Media and Special Effects Make-Up Foundation Degree (FdA). She then went on to share how she had completed multiple professional work on TV productions, one of them being a new television drama called 'Pysched' which is currently in the production phase.

It was great to see students thankful to hear from someone who started off at John Ruskin and how what they are learning in the classroom can be applied within industry.





Meet Elizabeth

President of the Student Union
& Student Governor

Hi everyone,
I'm Elizabeth, your President of
the Student Union!

This year, the SU have planned and prepared exciting things for all students to get involved in ranging from a **Football Tournament, a Talent Show** to **raising money for charity!**

I went for this role as I wanted to be at the forefront of creating and organising fun activities with Harvey, our Enrichment & Wellbeing Officer to engage with the local community and raise money whilst doing it!

After College I plan to take a gap year to focus on journalism and tourism, but afterwards study Occupational Therapy at University.

I hope you all had a great beginning of term and I cannot wait to see what this year brings.



Meet Emily

Vice-President of the Student
Union & Student Governor

Hello everyone,
I'm Emily, your Vice-President of
the Student Union!

If you haven't already taken part in our events this year - now is your chance. We have loads for students to get involved with and we want to make sure your voice is being represented within the College.

I went for this role as I wanted to meet new people and **help grow the JRC community**. The best part of this role is meeting all of you and **hearing your great ideas!**

I've already applied to multiple universities next year and have been given an offer already at Canterbury Christ Church University to study Occupational therapy!

My last update would be to make sure you check out our NEW webpage coming soon to follow our latest news and have your say!

student
UNION
JOHN RUSKIN COLLEGE



This term we have been busy, busy, busy with planning and organising some exciting upcoming events! Keep a look out for our new Student Union web page coming soon and for the latest activities, follow the College's social media pages - you don't want to miss out!

DONATIONS FOR THE HOMELESS

This term the Student Union helped coordinate the "Unwanted" presents campaign. Students across both Colleges (East Surrey College and John Ruskin College) donated presents to Centrepont, a charity supporting homeless young people!

A massive
thank you to
all those
that donated!



WHY SHOULD YOU GET INVOLVED?

- Turn your feedback into an action
- Help build the College community
- Develop skills for your CV
- Meet new people
- Enjoy a variety of activities

time to talk day

03/02/22



Rethink Mental Illness.

The nation's biggest mental health conversation Time to Talk took place 03 **February 2022**. This was a day about learning how to create supportive communities by having conversations with family, friends, or colleagues about mental health.

If you are struggling with mental health or are worried about someone else's mental health, you can find support links our Wellbeing Hub at: www.johnruskin.ac.uk/wellbeing-hub

Want to chat to someone in person?

Pop into Client Services for a 1:1 chat.

WELLBEING WORDSEARCH

C	L	G	B	C	R	I	H	M	O	V	I	N	G
H	E	I	A	I	E	P	T	M	N	A	E	U	H
I	R	U	E	I	L	E	L	I	C	A	L	M	S
L	S	I	N	S	A	E	A	N	G	B	I	V	N
L	S	U	A	O	X	L	E	D	N	N	D	E	A
E	R	G	C	C	I	S	H	F	I	I	L	G	R
C	O	E	S	I	N	B	Y	U	E	N	E	E	U
Y	O	Y	I	A	G	A	E	L	B	U	X	T	N
A	D	E	E	L	D	A	S	N	L	F	E	A	N
Y	T	I	V	I	T	C	A	E	L	L	R	B	I
C	U	G	R	S	R	L	C	S	E	H	C	L	N
U	O	A	G	I	U	E	N	S	W	E	I	E	G
A	A	N	Y	N	B	A	N	A	N	A	S	N	L
I	I	E	M	G	A	L	N	M	T	U	E	C	A

YOGA

RELAXING

MINDFULNESS

CALM

ACTIVITY

CHILL

EXERCISE

SOCIALISING

SLEEP

HEALTH

GYM

WELLBEING

VEGETABLE

GYM

MOVING

FUN

OUTDOORS

RUNNING

BANANAS

ACTIVITY PROGRAMME

SPRING TERM

Take a break from studying and try something new!

Get involved with our new Spring term Enrichment activities including Multisport, Creative Arts & Gaming. Or perhaps you fancy joining in with Basketball, our LGBTQ+ Society or a dance class.

To see our full Activity Programme, visit our website: www.johnruskin.ac.uk/about-jrc/enrichment

All sessions need to be booked in advance – to book a session pop into Client Services or email enrichment@johnruskin.ac.uk



DATES FOR YOUR DIARY

PANCAKE DAY

1 March

NATIONAL CAREERS WEEK

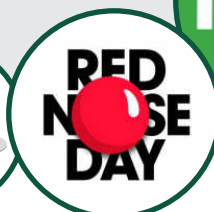
7 - 12 March

INTERNATIONAL WOMEN'S DAY

8 March

RED NOSE DAY

18 March



CAREERS HUB

Whilst studying with us, we want you to have access to our wide range of resources, take part in exciting activities and engage with employers to gain invaluable connections.

We've made new and exciting changes to our online Careers Hub to show you all the fun and exciting things happening throughout the year to help you make the right next steps in your career.

Have a browse on our Careers Hub today and discover a wide range of resources at your fingertips!



SCAN ME

You can also pop into Client Services and have a 1:1 chat with our dedicated Careers Team.

Our Careers team are here to help support you through:

- CVs & applications
- how to improve your job search
- identifying your transferable skills
- exploring career pathways
- interview techniques
- Apprenticeships & more

www.johnruskin.ac.uk/careers-hub/about-careers-hub

PART-TIME COURSES FOR ADULTS

Don't miss out - we have upcoming part-time courses running this term!

A part-time course is an excellent opportunity to develop your skills and improve your employability.

If you or someone you know want to learn a new skill or gain a qualification, check out our part-time course list.

It's not too late to sign up for our classes starting this March and April.



PROGRESS YOUR CAREER > RETURN TO WORK > DEVELOP A NEW SKILL

Study a University Level course at ESC

View and apply online
ESC.AC.UK

Higher Education is an investment in your future. University level courses are designed to equip you with the skills and experience that employers are looking for, to help you stand out from the crowd and progress in your career.

Why choose ESC?

- // Excellent facilities
- // Great transport links from London, Croydon and across the South East
- // Industry experienced tutors
- // Lower fees than universities
- // Small class sizes
- // Flexible entry requirements



START SEPT 2022!

For more information and to apply visit:
www.esc.ac.uk/higher-education
or call our Client Services team on: 01737 788444



T-LEVELS

THE NEXT LEVEL QUALIFICATION

Equivalent to 3 A Levels

Includes a significant work placement

View
Courses
Online

www.johnruskin.ac.uk

KEEP UP TO DATE

Join us online to be the first to hear about student news and events! We post everything from student stories and work to important JRC updates.



NEED
EXTRA HELP
WITH YOUR
ENGLISH OR
MATHS?



Our Additional Learning Support team are offering revision and support sessions in class and where applicable in the LRC for anyone looking for extra help.

Contact us

richard.gulley@johnruskin.ac.uk

ayub.zaman@johnruskin.ac.uk

justin.ingham@johnruskin.ac.uk

We want to hear from YOU!

We're encouraging our students to step forward and shout out about their course, a completed work placement, a competition success or what you love about our college environment!

Email: marketing@johnruskin.ac.uk or message us on our socials to get your story featured on one of our platforms!

We want to hear from YOU!



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