

## Hey guys, I'm Carmen your Student President!

### YOUR STUDENT PRESIDENT



I just wanted to give some words of encouragement as we have had an unusual start to our Spring term with most of us studying remotely at home. Let's be honest, it's not always easy to work from home as there are many distractions. When this happens to me, I turn off the TV and anything else that may distract me so I can focus on my work - so why not give that a try!

I know we all miss seeing each other in person but we can all still catch up online.

Don't be afraid to pick up the phone and call a friend to keep in touch as it's important that we all stay connected. Remember the College has support for us if we need it so please reach out to Client Services if you need to talk. The College has also set up some wellbeing activities that we can all take part in which include quizzes, debates, Tai chi, meditation - so I guess I'll see you all online!

You can find wellbeing activities at <http://bit.ly/jrcwellbeing>

## Sutton United Football Academy

John Ruskin College has partnered up with Sutton United Football Academy to bring together the best of education and the footballing world. Academy students will be studying either Level 2 or 3 BTEC Sport qualification, alongside full-time football training and matches. This provides students with a clear route to employment, whether in the football world, in the wider leisure industry or beyond. To those students, welcome to the John Ruskin College team!



## COVID-19 TESTING AT JOHN RUSKIN COLLEGE

A lot has been happening in the last few weeks at John Ruskin College. We have introduced a COVID-19 test centre in the Barbering Salon for staff who are required to be onsite. Testing for students will start soon. Testing is optional however we will be encouraging students to take the tests to help you protect your classmates, staff, family and community whilst supporting the national effort. The tests are self-administered lateral flow tests which is a fast and simple way to test people who do not have symptoms of COVID-19, but who may still be spreading the virus. All tests are booked in advance and require consent.

Along with social distancing, guidance will be provided on how to take the test. Once more people are allowed to return to College then details of the online booking system will be circulated (please do not visit the College unless you are already scheduled to attend and have permission to do so). We'll keep you updated on any changes but feel free to ask your tutor if you have any questions.



## REMINDER: COVID-19 SAFETY

It's really important that students, staff and visitors remember to wear a face covering in all communal areas around College as well as when travelling on public transport (unless exempt due to health reasons).

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



HANDS



FACE



SPACE

## Have you arranged your work experience placement?

Work experience gently introduces you to the world of work and gives you an idea of the relevant skills you may need to thrive in the workplace. It is an important part of your course as it gives you the chance to get a taste for your chosen industry, is valuable when progressing on to University as well as a great way to impress future employers! Learning your craft in a classroom is one thing, but actually seeing how those concepts are applied in a work situation is pretty exciting!

It is going to be rather challenging entering the world of work, especially in the current circumstances, and employers will expect to see experience of work on your CV and will discuss this with you at interviews.

Stay ahead of your competitors and build your work portfolio whilst at College. In some cases, work experience placements can be virtual, so no need to wait – take the opportunity now!

You may have a contact through your family or friends, or need help to find somewhere that suits you. Chat to your tutor or with Client Services who can help you with all the arrangements.

### Carmen's Work Experience at VideoBlogg



Whilst studying on my Media Studies Level 2 course I undertook work experience at **VideoBlogg Productions**, a full service digital production company. During the work experience, I

undertook different tasks including video production, writing movie reviews and interviewing whilst working in a team. A highlight for me was getting practical experience setting up for a shoot with lights, camera and sound as well as video editing.

My advice to anyone thinking about work experience is just **go for it and have fun!** Take in everything that is being shown to you because it can help you to branch out and learn new things.



## Join in online!

It's important to take care of your mental health and wellbeing.

Make sure you take some time out from your regular routine and join in on these fun wellbeing sessions we have lined up for you!

Tai chi

Quizzes

Games

Debates

Desk Yoga

Meditation

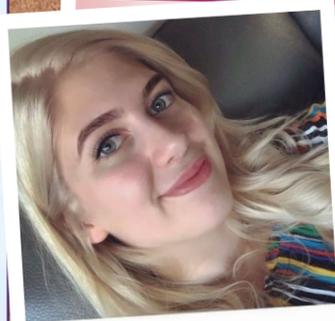


Everyday on GoogleMeet

12:00 and 12:30

<http://bit.ly/jrcwellbeing>

## Home renovations to create a spa



Lockdown presents a new set of challenges for many students. **Level 3 Body & Spa Therapy student Elizabeth** overcame one of these obstacles by creating her very own home treatment room! Her conservatory was converted, providing her with a space to practise her skills on volunteering family members.

Well done to Liz, we hope your family enjoyed their VIP spa treatment!



## Apprenticeships

National Apprenticeship Week  
8 to 14 February 2021

The annual week-long celebration of Apprenticeships shines a light on the amazing work being done by employers and Apprentices across the country. The week also recognises how employers of all sizes have stepped up to the challenge during this unprecedented time.

So far we've already had some really exciting virtual sessions from **Gatwick Airport, Cooperative Childcare, Centronic and Mott MacDonald!** Mott MacDonald showed us how their civil engineering Apprentices have been getting hands on experience in major projects such as redesigning Waterloo station!

Other employers we look forward to hearing from include **Warner Media, Siemens and Palace for Life** plus more. Check in with your tutors for updates and make sure you get involved!



Don't forget to follow us on social media to keep up to date with all #NAW2021 activity!

## Building on our Construction Courses

Our new cohort of Construction students have had a great first term, settling into the new workshops and cracking on with their practical projects.

In 2021, we look forward to the addition of the new Construction Skills Centre (a purpose built building which will feature high spec facilities for construction courses). This new addition will complement our existing workshops and support students whilst they develop their specialist trades.

In addition to this, JRC has been recently awarded the Mayor's Construction Academy (MCA) Quality Mark! This Mark identifies and recognises high-quality construction skills training providers around London, and sets a high bar for construction skills training provision.



## Diversity Week

In December, students got involved with many different activities including wearing country colours or national dress, using the flag wall to show fellow students where they're from and getting involved in lots of different sports and competitions too!

Our Diversity Board was a great hit, giving students the opportunity to write down what diversity means to them, compliment others by writing down words of kindness for other students to read as well as telling us what's good about JRC too!



-  Facebook: /JohnRuskinCollege
-  Twitter: @JRuskinCollege
-  LinkedIn: John Ruskin College
-  Instagram: @johnruskincollege

Whether you want to talk about your course, have completed a great work placement, or want to share some competition success, we'd love to hear from you! **Email marketing@johnruskin.ac.uk** or **message us on social media** to get your story featured on our social media pages.

## Thinking about University?

Did you know that **East Surrey College** in **Redhill** also offers University Level Courses? Our sister College offers a wide range of University Level Courses so stay local and study at ESC!

### You will benefit from:

- ▶ Low tuition fees
- ▶ Industry experienced tutors
- ▶ Flexible entry requirements
- ▶ Smaller class sizes

For more info or to apply visit  
[www.esc.ac.uk](http://www.esc.ac.uk)



## Book a chat with us!

**Do you have friends or family that want to find out more about the College and the courses we offer?**

We've launched a **BRAND NEW** offer of video and audio chats so that prospective students can have direct access to our experienced staff!

**They will have the opportunity to talk to...**

- ▶ **Client Services** about JRC generally, as well as financial and wellbeing support
- ▶ **JRC's Additional Learning Support team** to find out about the extra help we can provide to support students
- ▶ **Tutors** to talk through our wide range of courses and the careers they can lead to

For more information and to book a slot, go to <https://bit.ly/1-1BOOKING>

## Basic

## Computer Skills

**FREE\*  
adult  
course**

**Do you know someone (aged 19+) who has little or no digital skills?**

Nowadays it is essential to understand how to use technology to stay connected, whether it be using a computer, tablet or smart phone.

Our **Essential Digital Skills course** starting in **April** will help you to build your confidence and skills in using and understanding digital devices and the internet.

**Find out more today**

**020 8651 1131**

\*FREE tuition is subject to eligibility and skills scan

## Thank you to my lecturers!

"I would like to thank Justin and Richard for their support with my GCSE Maths which I have now achieved! This qualification will help me with my goals towards finding employment in Travel and Aviation."

John, Level 2  
Air Cabin Crew student

