



Welcome to Issue One and Catherine's farewell



After 19 years of service at the College I have made the difficult decision to retire and therefore step down as Principal.

Over the past 19 years I have been a Personal Tutor, a History Teacher, a lead on the 14 -19 curriculum, the Gifted and Talented Coordinator and before I came Principal I was Deputy Principal Pastoral. I have had a wonderful and varied experience at the College for which I am truly grateful. It has been very rewarding working alongside such talented teachers and support staff.

I would like to thank everyone who plays a role in making the College such a lovely place to work and who truly embody the values of our organisation. It was this, amongst other attributes that Ofsted recognised when they judged us to be Outstanding in September 2021.

I will be in post until the end of the academic year to say my goodbyes and answer questions anyone may have.

On a more positive note I would like to welcome you all to our first newsletter of 2023! In this issue we will be shining the spotlight on wellbeing and all of the measures we have in place at College to make it a priority.

Support dogs visit the LRC

Some furry friends visited staff and students in the LRC as part of our ongoing commitment to wellbeing and mental health support. We are working in collaboration with Green Oaks Federation who offer canine assisted learning to provide time with therapy dogs Rosie and Betty.

Kirsten Halvorsen, Health and Wellbeing Coordinator said "Research has shown that with their presence alone, dogs can reduce stress and anxiety; petting or positively interacting with a dog can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol. The dogs always receive a very enthusiastic response from students and staff alike. The benefits of their visits, especially around exam time is always very clear to see."



Student Sensory room and Counselling Suite opens

We are delighted to unveil our new Sensory Room and Counselling suites. These exciting additions to our campus provide dedicated calm, and quiet spaces for our students to wind down or seek help. The rooms have already proved very popular and are a testament to the great work our Study Support team does daily.



The Student Union Food Pantry

During the Autumn Term, our Student Union started a Food Pantry at College, with the aim of helping students that need it.

The initiative has proved to be a big success so far, by helping to support students and their families – thank you to everyone who has donated so far.

Further donations would be gratefully received throughout this academic year, to continue to help support those who need it most. If you are able to help, please ask your child to check what is currently needed on the College Study Directory (click Student Union / Food Pantry) or email Jackie Blackwood at jblackwood@farnborough.ac.uk

Upcoming College events

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- Training, Employment & Apprenticeship (TEA) Fair - Thursday 09 February 2023
- Spring Half Term - Monday 13 February 2023 - Friday 17 February 2023
- Parents Evening - Thursday 23rd March 2023
- Applicant Evening - Wednesday 15 March 2023 17:30 - 20:30
- Easter Holidays - Monday 03 April 2023 - Friday 14 April 2023

Notices

Lifts to and from College and car parking

We ask that parents and guardians who are dropping or picking up their child to/from the College do so away from the site and car parks.

Absences from College

If students are unable to attend College, we must be notified in one of the following ways: call Student Services or Main Reception (ideally before 10:30am) on 01252 688201 or 01252 688200; alternatively send an email to studentabsence@farnborough.ac.uk.



We work hard in College to support students with their mental health and wellbeing but are aware that parents are also working hard to support their young people. The following resources are freely available and we hope that they may be useful.

Hampshire Parent Carer Network

This organisation work in partnership with Hampshire CAMHS, delivering monthly Parent and Carer meetings across the County. They are a great opportunity to meet other parents & carers and hear about their lived experience of supporting a child or young person with mental health and/or emotional difficulties. At meetings, clinical experts deliver talks on a variety of topics.

You can see dates and locations of upcoming events [here](#)

Young Minds have produced a guide on how parents and carers can look after themselves whilst supporting a young person with mental health difficulties.

Box Breathing: NHS in Mind have produced a short relaxation **video** to help relieve stress

3-4-5 Breathing: NHS in Mind provides a simple and effective **exercise** for dealing with anxiety and stress

