



WELCOME... to the April newsletter!

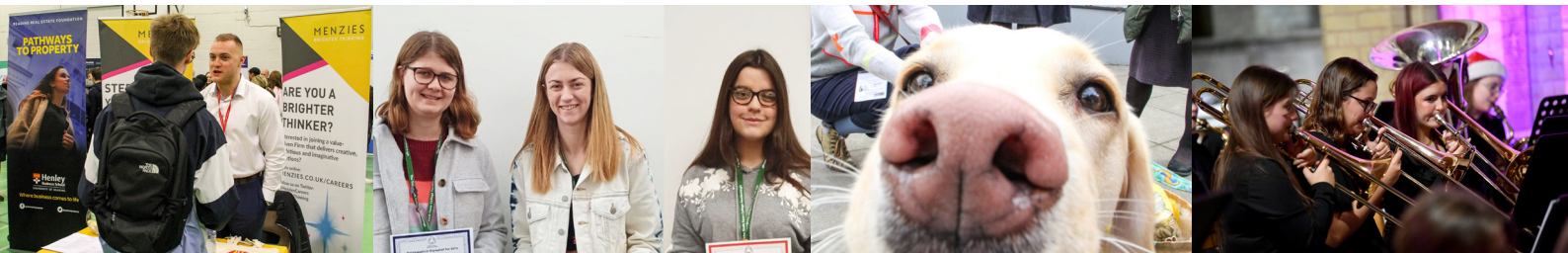
I would like to start off by saying a huge well done to all the second year students during their TAG exams; I'm sure these would have been stressful for you all, so I hope you are able to have some well-deserved time to relax over the Easter break. I hope you found the therapy dogs helpful with relieving some of the stress - thank you to Lisa and Caroline for bringing Rosie (the labrador), and Betty (the labradoodle) into the College during this time.

We held our Interview Day in February where we interviewed over 800 applicants. This is an important process in the recruitment of our students, so I would like to thank all students and parents/guardians for your cooperation to stay off site during this day. We also recently held our Applicant Evening for those who were still unsure about their subject choices. These events proved very successful, and we look forward to welcoming our new applicants in September!

The College has organised a number of events for students to think about their future careers. Our recent Training, Employment and Apprenticeship Fair was attended by over 900 students. We welcomed 29 exhibitors in person, and nine virtually, so a big thank you goes to the Prospects Careers Team for organising this so brilliantly! We also managed to transport over 1,000 students to the Higher Education 'UCAS Discovery' Exhibition in Farnborough. The logistics of this event were extremely challenging, so thank you to the tutor team who organised it and all the staff that supervised the buses!

We have also enjoyed a variety of music events at the College. 'Farnborough Introducing' showcased the versatility and diversity of the music departments' student ensembles, bands, singers and instrumental soloists. The evening was fronted by second year student, Ethan Fleming, and featured a multiplicity of musical genres. In March, students from the Royal Academy of Music collaborated with Farnborough's music students in a joint ensembles concert; well done to all those involved!

Lastly, I would like to thank you all for your hard work this term, and I hope you are able to have a restful Easter! We look forward to welcoming you all back for the Summer term.



TERM DATES

End of Spring term & College Closure - Friday 8 April 2022 - Any students who would normally have lessons on this day will have work set by their teachers which should be completed at home.

Start of Summer term - Monday 25 April 2022



WHAT'S BEEN HAPPENING?

Click on the links below to view the news articles.

[German Debating Competition](#) - Students reach national final.

[STEMM Careers Talk](#) - A virtual visit from the first British astronaut in space.

[ARTiculation Prize](#) - Student reaches regional heat.

[A Celebration of Christmas](#) - Celebrating the festive season.

[The Sixties Meets Vienna](#) - Big Band, Chamber Orchestra and Contemporary Voices perform.

[Class of 2021 Celebration](#) - Recognising students who left College in the summer of 2021.

[AoC Sport Competition](#) - Students organise sporting event.

[Young Amateur Photographer of the Year](#) - Second year student shortlisted.

[Autumn Scholars' Concert](#) - Music Scholars perform.



STUDENT STARS

Our students regularly enter competitions and achieve great things! We've listed below just a couple of recent examples.

We are delighted with the success of our students in the **Mathematical Olympiad for Girls**, and the excellent standard of mathematics they were able to demonstrate. Two first year students, Alice Routley and Immy Anderson, achieved 'Merits', and one second year student, Isabelle Cole, achieved 'Distinction'. You can read more about their brilliant achievement [here](#).

Congratulations to the 25 Farnborough students who were awarded gold in the **Bebras Computing Challenge**. They achieved 139 points or more, putting them in the top 10% in the country! You can read more about the challenge [here](#).

QUALITY IN CAREERS AWARD

The Quality in Careers Standard is the national quality award for careers education, information, advice and guidance (CEIAG) in secondary schools, further education colleges, and work-based learning. It is one of the highest accolades an organisation can receive for excellence in this area of work. The College was first awarded this in 2008, and it is now The Prospect Trust Careers Services' fifth successful reassessment, which shows their continued commitment to ensuring that every student has access to high quality careers education, information, advice and guidance, to support positive progression and pathways. You can read more [here](#).

THE THREE PILLARS OF MENTAL HEALTH FOR YOUNG ADULTS

Obstacles caused by the pandemic have been shown to have disproportionately affected young people. However, a recent study has shown that young adults can take control of their mental health by making small yet powerful lifestyle changes. It has identified the **top three health behaviours**, which offer a way to stay healthy, both mentally and physically.

The First Pillar: Sleep Quality

The research discovered that sleep **quality**, not quantity, was the most important of the three pillars of mental health. The research showed that as long as it's quality sleep, anywhere between 8 and 12 hours is beneficial for young people. Young adults who slept 9.7 hours of sleep per night had the lowest levels of depressive symptoms, and those who slept 8 hours per night had the highest levels of 'flourishing'.

To get better quality sleep, young adults can try the following:

- Go to bed and get up at the same times each day (including weekends)
- Keep bedroom dark and cool
- Stop using devices 30 minutes before bed
- Avoid drinking coffee in the afternoon
- Establish a relaxing bedtime routine.

The Second Pillar: Exercise

The results confirmed previous studies showing that physical activity helps counteract mental health problems in young adults. Exercise for young adults promotes well-being by releasing endorphins, reducing cortisol (the stress hormone), and building self-esteem.

To establish an exercise routine:

- Find an accountability partner to keep you on track
- Exercise while listening to a podcast
- Do five or 10 minutes of physical activity several times throughout the day
- Find an activity you really enjoy doing.

The Third Pillar: Healthy Diet

The survey asked participants how much of the following they consumed weekly: raw fruit, raw vegetables, processed fruit or vegetables (cooked, frozen, or canned), fast food, sweets, and fizzy drinks. 'Flourishing' levels were highest for young adults who ate 4.8 servings of fruits and vegetables daily - that's because fresh produce contains nutrients that support brain function and healthy serotonin levels.

Here's how young adults can eat more raw fruits and vegetables:

- Instead of crisps, snack on grapes or cut-up carrots
- Dip vegetables in hummus or peanut butter
- Add raw vegetables to cooked grains or pasta
- Make fruit or vegetable smoothies.

If you are worried about the mental health of your child, please feel free to contact their Personal Tutor. There are also lots of resources and information available on the **[College counselling website](#)**.

WORKING AT FARNBOROUGH

Behind the work of our brilliant students is the support of our most precious resource, our staff. We currently have a number of vacancies at the College - please see the latest roles available [here](#).

COMING UP...

Take a look at our [College calendar](#) for all upcoming events. Please note that all events are subject to change.

The Wonderful World of Dissocia: *Thursday 28 and Friday 29 April 2022 at 7:30pm*

The Prospect Theatre Company will be performing their interpretation of Anthony Neilson's absurdist comedy 'The Wonderful World of Dissocia'. First performed at the Tron Theatre in 2004 as part of the Edinburgh International Festival, the play follows Lisa Jones, a visitor to a bizarre wonderland, as she searches for a lost hour that has tipped the balance of her life. Full of fantastical humour and surreal ideas, Dissocia is a wildly inventive commentary on society's treatment of mental health. Click [here](#) to book tickets.

MTE presents 'Songs from the Shows': *Wednesday 25 and Thursday 26 May 2022 at 6:30pm*

Musical Theatre Enrichment presents 'Songs from the Shows' as their Summer production. More details to follow soon.

Getting Ready Days: *Thursday 30 June and Friday 1 July 2022*

All of those who have been offered a place at the College are invited to come to spend the day at Farnborough to experience life as a student. More details about these days will be emailed to applicants in due course.

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. Please do not block any resident driveways or entrances. We also strongly encourage students not to park in any residential streets around the College without a pass. We ask for your cooperation with this to help ease the congestion on the roads around the College.

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;
- send an email to studentabsence@farnborough.ac.uk ; or
- via the Parent Portal.

Second year students can record absences on CristalWeb as long as their attendance is above 90%. A reason must be given for their absence and contact is required for each day that college is missed. Whilst it is polite for students to contact their teachers to let them know, this is not compulsory and will not authorise the absence. Absences that are not notified are monitored carefully and we will contact parents and guardians if this occurs.

Lanyards - Students must wear their lanyard at all times whilst they are on the College site.

Photo Consent - We love to use pictures of our students to show what life at Farnborough is like, including for the website, news stories, social media, advertising and the prospectus! The law requires written consent to use these photos. We therefore ask that students set their preferences on CristalWeb. Students can update these preferences at any time by clicking their name in the top right hand corner of CristalWeb and selecting 'Consent Options'.