



COMMUNITY BOARD

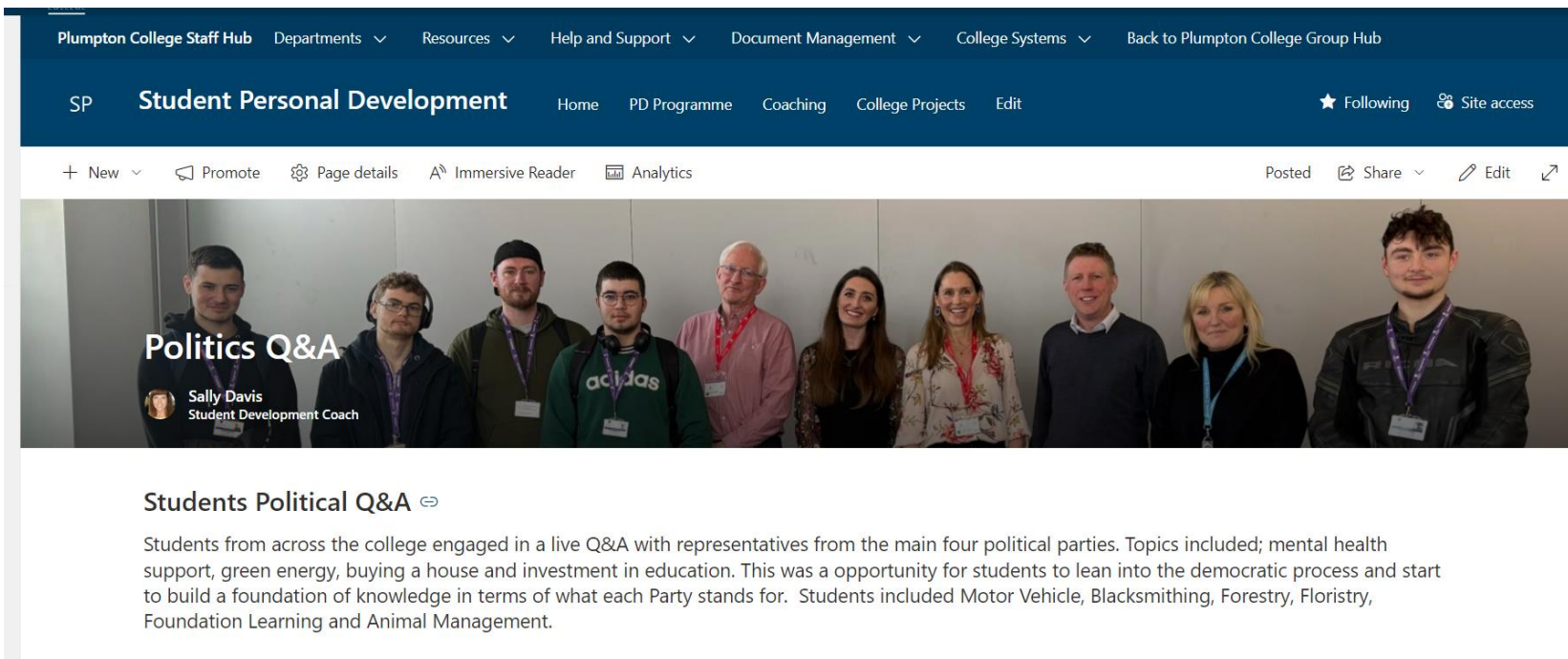
FOR PLUMPTON STUDENTS

Week beginning 11th March 2024


COLLEGE THEME

LIVING IN THE WIDER WORLD

Thursday 7th March we welcomed 4 local politicians to Plumpton



The screenshot shows a SharePoint page with a dark blue header. The main navigation bar includes 'Plumpton College Staff Hub', 'Departments', 'Resources', 'Help and Support', 'Document Management', 'College Systems', and 'Back to Plumpton College Group Hub'. Below this is a secondary navigation bar with 'SP Student Personal Development', 'Home', 'PD Programme', 'Coaching', 'College Projects', 'Edit', 'Following', and 'Site access'. A toolbar contains '+ New', 'Promote', 'Page details', 'Immersive Reader', 'Analytics', 'Posted', 'Share', 'Edit', and an external link icon. The main content area features a photograph of a group of ten people, with the text 'Politics Q&A' overlaid on the left. Below the photo is a sub-header 'Students Political Q&A' and a paragraph of text: 'Students from across the college engaged in a live Q&A with representatives from the main four political parties. Topics included; mental health support, green energy, buying a house and investment in education. This was a opportunity for students to lean into the democratic process and start to build a foundation of knowledge in terms of what each Party stands for. Students included Motor Vehicle, Blacksmithing, Forestry, Floristry, Foundation Learning and Animal Management.'



The graphic is a purple poster with a white central box. At the top center is the Plumpton College logo (a shield with 'EST. 1926' and 'PLUMPTON COLLEGE'). The text 'SKILLS FOR LIFE' is in a white rounded rectangle. Below it, a list of topics is shown: 'Voting', 'Careers', 'Futures', 'Finance', and 'Your Voice', with a heart icon under 'Your Voice'. Two blue and green megaphones are on either side of the list. At the bottom, it says 'PLUMPTON COLLEGE PERSONAL DEVELOPMENT TEAM'. The background has a pink and white wavy pattern at the bottom.

Thank you to all those who took part. Summary available on SharePoint

UPCOMING EVENTS

Events that are coming up in the next week or two that you need to know about

Wednesday 13th March - Young Carers day. See next slide

Do you look after a family member? Do you know someone who does?

Open event - Saturday 16th March 9am to 12pm

Tell your friends who don't know how amazing Plumpton College is (yet)

Volunteer to help on the day; student ambassadors bring the college alive.

Contact marketing@plumpton.ac.uk if you can help.

Young Carers Action Day

Wednesday 13th March 2024

Being a young carer can be an amazing thing, but it can also be tough, and impact young people's wellbeing and ability to thrive. **One in three** young carers **struggle** to balance caring with education, meaning they can miss out on opportunities to learn, earn, and thrive.

Plumpton College are raising awareness of what it means to be a young carer, and offering resources to support people who are struggling.

Our Carer's Day Information Desk will be located between the Bottom Common Room and the Dining Room.

If you are a carer, or would like more information, come and see us or pop into the HR Meeting room for a 1-2-1 between 11:30am and 13:30pm.

EST.
1926

PLUMPTON
COLLEGE





National Careers Week



- National Careers week continues with the **Big National Careers week quiz** in your Personal development sessions.
- **The Apprentice Escape room** is still open for business and you can sign up for this during enrichment sessions. [See our posters on noticeboard.](#)
- Next week 18th -22nd March, your tutors will hold a progression tutorial discussion with you to discuss your plans for next year.

National Careers Week

Visit the National Careers Week [Virtual careers fair](#) with rooms that include exhibitors such as:

- Cats protection
- IMI
- Countryside Jobs Service
- Green Jobs for Nature
- WWF
- John Deere
- UK Flour Millers
- UK Flour Millers
- Royal Meteorological society
- Green careers Hub
- Environment Agency
- Met Office
- Natural History Museum
- CIEEM



Do you want to Volunteer at the Brighton Marathon?



- We are looking for volunteers for the Brighton Marathon which takes place on Sunday 7 April.
- We are really keen to get as much of the local community involved as possible – and particularly to collaborate with new members of the community that we have not had the opportunity to work with previously!
- In exchange for volunteering with us, we offer various perks such as volunteer kit (which you can keep after the event), lunch while on shift, a donation to your organisation (or a charity of your choice) and an allocation of free entries to the 2025 event based on volunteer group size.
- If you are interested, or have any queries, please do not hesitate to get in touch at volunteers@londonmarathonevents.co.uk



Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

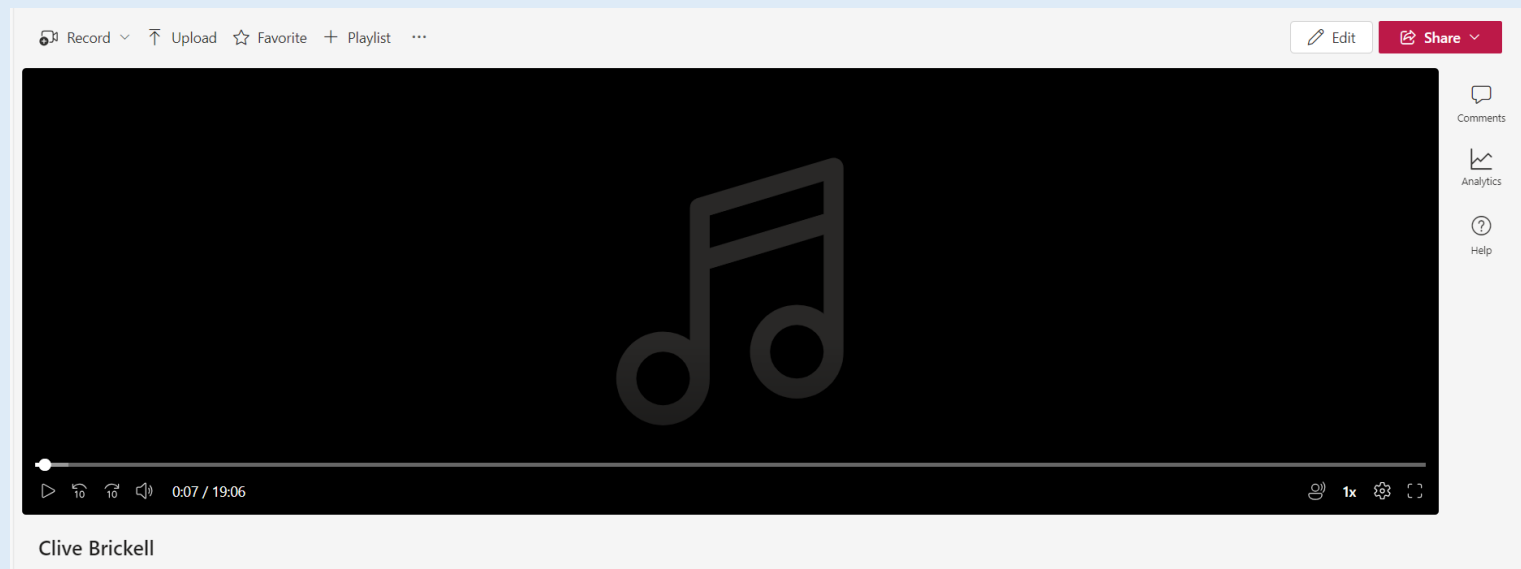
Need a mental health boost?

Check out Action for Happiness and Mindful March



First podcast is now available -
Clive Brickell

Go to SharePoint to listen - maybe on the bus on the way to/home from college? 😊



Feedback from Student Voice, about Litter

At a recent Student Voice event there was a very strong message from your peers:

Please help our environment by taking putting your litter in a bin

Help each other out, remind your friends, **make sure the area you are leaving is litter free**



Litter negatively impacts our local wildlife



Work Experience

Make sure you have added your workplace to ProPortal

- Reminder of the hours required*:
 - Level 1 study 35-37 hours
 - Level 2 study 75 hours
 - Level 3 study 150 hours

*check with your programme manager

If you do not complete the required number of hours you risk not gaining your qualification

For support, email:

workexperience@plumpton.ac.uk

Log your placement and hours on ProPortal now.

Plumpton College Enrichment Programme.

If your allocated Enrichment slot is this half term please book on now.

We have some great new activities for you

Tues, Weds & Thurs 3pm.

Check out the enrichment programme by using the QR codes

Tuesday Enrichment Classes 2024
@ Plumpton College



Wednesday Enrichment classes
2024 @ Plumpton College



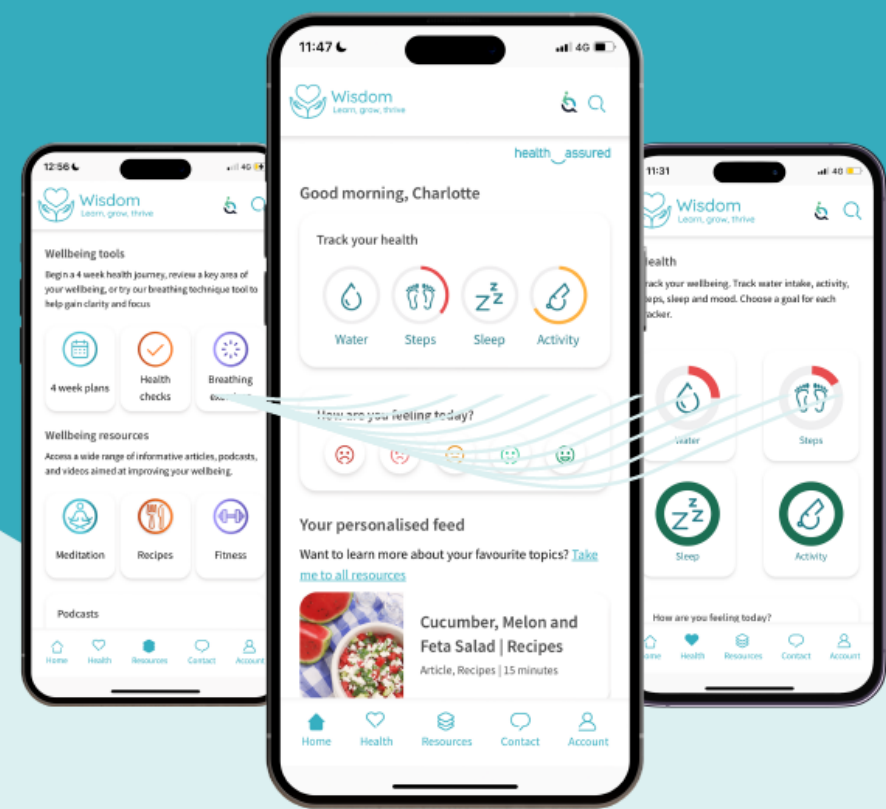
Thursday Enrichment Classes 2024
@ Plumpton College



Have you downloaded the new Student support App?

New Wisdom App
Download and enter the code now

Plumpton Code:
MHA257939



Exciting features available on
The Brand New Wisdom App



Wellbeing Trackers



Breathing Techniques



Four Week Health Plans



Mini Health Checks

Download and register today
Wisdom | health assured

Unique code:



NEW ENRICHMENT CLASSES

Making the MOST of your money!

As a student it's really important to know about how to save, invest and look after your money.

We have 3 invaluable enrichment 'Managing Money' workshops lined up. And we would really appreciate it if you can attend.

All workshops start at 3pm.

Wednesday 13th March Classroom MBG 4

Thursday 21st March Classroom MBG 1

Tuesday 26th March Classroom BT 1



Plumpton College Forum Society

Every week we will follow the rich history and long tradition of debate from the Oxford Union, with debates and speeches from world leaders, thinkers, and influencers across politics, religion, science and the arts.

<https://www.youtube.com/@OxfordUnion>

When: Every Wednesday 3pm - 3:45pm
Location: Library Annex

Have a question or want to suggest a debate to watch from the Oxford Union?
Email: sofia.barnett-king@plumpton.ac.uk

Yu-Gi-Oh Enrichment

Thursday-3pm-Library Annex

The card game is all about strategy, having fun and learning about the game

Student Led

Made with PosterMyWall.com

Tuesday Enrichment Classes 2024
@ Plumpton College



Wednesday Enrichment classes
2024 @ Plumpton College



Thursday Enrichment Classes 2024
@ Plumpton College





TUESDAYS ENRICHMENT:

[HTTPS://FORMS.OFFICE.COM/E/662TW4ZGX7](https://forms.office.com/E/662TW4ZGX7)

WEDNESDAYS ENRICHMENT:

[HTTPS://FORMS.OFFICE.COM/E/S4FPLFKHXT](https://forms.office.com/E/S4FPLFKHXT)

THURSDAYS ENRICHMENT:

[HTTPS://FORMS.OFFICE.COM/E/J6MLPKTZGN](https://forms.office.com/E/J6MLPKTZGN)

