



30 September 2021

Dear Students, Parents and Carers,

Wellbeing and Tutorial

Throughout our students' time at BHASVIC we are always looking for ways to promote and support positive wellbeing and mental health. We are as committed to helping students' personal development as we are to their academic development and our wellbeing support plays a major role in this.

Underpinning everything we do is the concept of **#BeMoreBHASVIC** – we want our students to **Be Happy, Active, Successful, Valued, Independent** members of the college **Community**. At the heart of this approach is 'Be Happy'. We understand that no one can be happy all the time but we are committed to delivering our students a positive college experience and giving them the tools to build greater happiness now and in the future.

Each BHASVIC student has a **Personal Tutor** who, alongside delivering a weekly tutorial and regular 1:1s, is their main point of contact for any issues or concerns at college. We will be hosting Meet the Tutor video appointment evenings on 13th and 21st October, and will send more details next week. Personal Tutors can signpost to a range of support for learning and wellbeing and work with our team of Guidance Managers to help navigate any barriers to academic progress and happiness. Please see further resources on our [Wellbeing](#) page.

#BeANeuroNinja – We also run regular webinars with our wellbeing partner Andrew Wright ([Action Your Potential](#)) who uses neuroscience to support wellbeing, keep motivated and promote positive study habits. The webinars are fun, informative, engaging and will challenge students to think differently. They will also offer practical advice on how to improve overall wellbeing day to day. The webinar will offer activities to build the skills of a #NeuroNinja, someone who understands how their brain works, so they can get the best out of it. This half term's webinars are listed below, starting at 8pm and running for 30 mins. Each webinar contains actionable strategies to support every parent, carer, and young person.

Wellbeing

Wed 6 Oct 8pm: Building Great Sleep

Thu 7 Oct 8pm: SEND Focus: Finding Balance in the ASD Brain

Mind Management

Wed 13 Oct 8pm: Understanding & Responding to Anxiety (1)

Thu 14 Oct 8pm: Understanding & Responding to Anxiety (2)

Unleashing Learning and Productivity

Wed 20 Oct 8pm: Beat Procrastination: How Do I Get Stuff Done?

Thu 21 Oct 8pm: SEND Focus: Unleashing The Dyslexic Brain

To sign up to the series – [CLICK HERE](#) Action Your Potential take your privacy very seriously and will only use this data to let you know about these webinars, their GDPR [policy is here](#).

Welfare and Counselling Our Student Services Centre contains a wealth of information on welfare and wider student support. In common with the national picture, we are currently experiencing high demand for onsite face-to-face counselling and welfare appointments, at the moment there is some availability with online appointments, however, these are also filling up. For urgent referrals, we always recommend that you book an appointment with your GP, but there is also wider support at college and full details can be found under the [Counselling and Emotional Health and Wellbeing](#) sections of our website or on the [Welfare page of the VLE](#).

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Our Freshers & Enrichment Fair was held on Wednesday 29 September and we had a fantastic turnout. Led by the Student Union and our Student Support and Experience teams, it was a great opportunity for new and returning students to chat with local organisations, find out about support services in and outside college and to sign up for exciting college enrichment activities and societies. There will be more information (and pictures) in the Autumn Term newsletter, but to view more details of current enrichment activities, visit [BHASVIC Enrichment](#).

Greenpower Racing - can you help?

BHASVIC Physics will be relaunching the popular Greenpower electric car project this week. The project has been running for 4 years and students have been able to build and race two electric cars at national motor racing circuits, including Goodwood and Silverstone. The project aims to develop engineering skills and teamwork and several students have gone on to study engineering as a result. We are looking for help with transportation of the cars on race days and we would welcome sponsorship to help fund essential components such as motors and batteries. If you can help in any way, please email p.golton@bhasvic.ac.uk

Citizens Assembly – Thursday 14th October 6:30-8:30

BHASVIC is part of Citizens Brighton and Hove. Last year the alliance held a listening campaign on mental health provision and we will be providing our findings at a 'Citizens Assembly' with students from across the city presenting their 'asks' for improvements to services directly to the City MPs, Councillors and NHS commissioners. This is a blended event - attendance in person is limited to those involved in speaking/presenting from various schools, colleges and Sussex Uni. But we need as many people as we can to 'attend' by watching it online. The more people who attend, the more traction we will have with the authorities to improve services. If interested, please can you put the date in your diary and sign up to attend [here](#).

Course Changes

Our virtual help desk closes on Friday 1 October at 4pm. Help desk advisers will respond to all queries received before this time during next week. Students who have logged a help desk request are asked to continue checking their messages on Teams for updates, and their timetables on Student Advantage. From next Monday, queries about course changes and programmes of study need to be directed to the student's Guidance Manager.

ID cards and Site Security

All students should now have been issued with their ID card and students are required to carry it with them at all times whilst onsite. This is in order to protect all members of the community. All staff and volunteers also wear ID cards and visitors must sign in at Main Reception. If students become aware of anyone without valid ID, they should report this to a member of staff immediately.

Data Protection – Privacy Notices

Later this week we will be sending out our Data Protection Privacy notices to all students. Please look out for this email as it is important and please ensure you/your young person completes the form and acknowledges they have read the information.

Kind regards



Alison Cousens
Assistant Principal (Student Services)