

Scarborough UTC News Flash

Friday, 28th February 2025

INTRODUCTION

Dear Parent/Carers,

We started the week as usual with an assembly together, in this we remembered our college rules and what it means to be SUTC. We have for a long while had the ethos of being a Supportive, Tolerant, United Community; but I added to this with qualities we want in our young professionals, Studious, Undaunted, Tireless and Considerate.

Year 11 were reminded that they were 8 school weeks from their GCSEs (now seven weeks)! They were also informed about protocols for next week – the Trial exams (3):

- 1) The timetable can be found on the website: see the Parent's Information/Exam related information tab. Each student has had two copies of their personal timetable.
- 2) School starts for Year 11 at 08:30 each day in the Hall for an exam breakfast, a way to boost last minute knowledge and ask any last minute questions.
- 3) Examinations are in the morning, periods 1-4 (except for a very small handful of SEND children), this is to help them remain focused and purposeful.
- 4) These exams ARE important, key grouping decisions and tiers of entry will be made based upon these outcomes.
- 5) Students not completing all the papers due to absence will do so, they cannot be avoided!
- 6) No equipment or wider instructions will be issued this time around – we aim to make this as real as the real thing.
- 7) Lastly, students need to come equipped with revision guides, as many staff will facilitate private revision when students are not in examinations.

I held student senate today. To be honest it is always a bit scary when I ask if there are any issues, but the senate today in the main say "No, we are all good!". We teased out a couple of issues around IT access, timely communication and seating at lunch. But the main focus was on how the college can support those less fortunate than ourselves, we are planning some exciting events ahead to raise money for local charities. Watch this space.

A heads up. You may be aware that we host the Scarborough Teaching Alliance Team at the UTC. This body are responsible for training the next cohort of teachers through the ITT programme. Next week they are undergoing a “Thematic Review” by Ofsted – this is not an inspection; but on Tuesday to Thursday your child may say the building has a number of important looking people on site – we will make them welcome.

Can I thank everyone for such a positive start to term; a number of events, low numbers of stages, improving attendance – let’s keep working to maintain our very high standards and be as successful as we can.

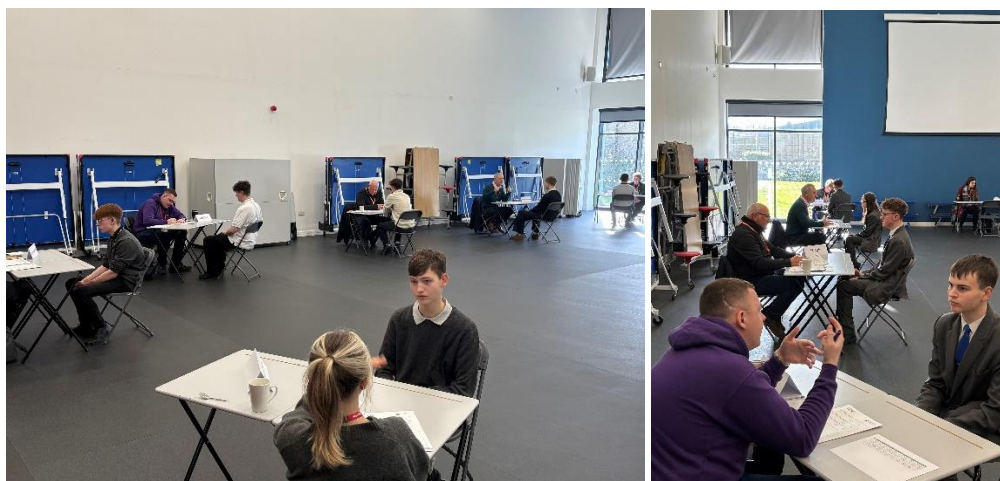
Helen Dowds

Principal

MOCK INTERVIEWS YEAR 10 AND 12

This week we held mock interviews for students in Y10 and Y12, where they had the opportunity to speak to representatives from local employers and institutions about the world of work, their own aspirations, and of course to practise their interview skills. Our huge thanks go to all that attended, we had fantastic support from employers and institutions representing a wide range of sectors. The employers/institutions conducting interviews were complimentary about the students, praising their confidence, sense of humour and good ideas. Well done to our students for applying their employability skills so effectively.

A well done also to our Y10 Careers Champions, Ife Onigbinde and Mandy Olega, who did a great job of supporting during the event by collecting students and guiding them to their appointments, as needed, and ensuring that employers were looked after.



UNITY IN COMMUNITY

The well being in Mind team are reaching out to you to let you know that Unity in Community still have a limited number of fuel vouchers remaining for households who are struggling to top up their pre-payment meters. As the winter months have arrived, we are aware that many people will be struggling to make ends meet. Unity in Community are able to support households with up to £294.00 worth of fuel vouchers, these vouchers are sent via text message. This support is being offered to the parents, carers and guardians of students who attend Scarborough University Technical College.

Help Available - Gas & Electric: Unity in Community will be providing vouchers between £28 and £49 to help towards paying for gas and electric. To qualify you must pay for your energy through a prepayment meter and have not received energy vouchers from Unity in Community within the past year. This is in response to the ongoing cost of living crisis and beneficiaries can be working, unemployed, self-employed or retired. For more information and to register, call 01482 420836, Monday to Friday, 9am - 2pm – if busy, please keep trying.

EXAM STRESS

It is normal to feel a bit worried about exams, especially if your child is under pressure from school or family. Exam stress can cause young people to feel anxious or low in mood, and this might impact their sleep or appetite. If you recognise any of these feelings in your child, or are worried that exam pressure is taking over their life, try our tips below:

Signs that your child may be struggling with exam stress:

Every young person is different, but typical signs that your child is struggling with exam stress may include:

- Worrying a lot
- Feeling tense
- Having headaches and stomach pains
- Struggling to sleep
- Being irritable
- Losing interest in food or eating more than normal
- Not enjoying activities they previously enjoyed
- Being negative and having a low mood
- Feeling hopeless about the future
- Always thinking about exams or worrying about them



Top tips for before exams:

- Get organised – help your child to make a plan of when and where the exams will be to avoid any last-minute panic or confusion.

- Encourage your child to take frequent breaks when revising; using the pomodoro technique can be helpful for them to keep track of revision and break times.
- Break revision down into smaller chunks to make it less overwhelming. Keeping a list of revision that has been covered can help your child to see how much they have achieved.
- Encourage effective studying – practice mock exams, past papers and learn memory enhancing techniques like chunking or mnemonics.
- Help your child get 8-10 hours of sleep each night to help improve thinking and concentration. Encourage your child to have a wind down hour between studying, watching tv, or going on their phone and going to bed to help them sleep better.
- Help your child to find ways to relax – make sure your child still makes time for hobbies, going out with friends and self-care.

Top tips for during exams:

- Try to encourage your child to practice positive self-talk e.g., “I have revised, I can do this, and it will all be over soon.”
- Prepare items the night before like pens and a water bottle.
- Drinking water regularly can help concentration.
- Practice breathing, grounding or mindfulness techniques on the morning of the exam, just before the exam starts or if panic starts to set in – see [Calm zone | Childline](#) for more examples.
- Read all questions carefully and remind your child to think about their answers before writing them down.
- Encourage exercise during exam season – this can help to boost energy levels, relieve stress and clear the mind.
- Do not add to the pressure on your child – try to support your child by being positive, reassuring and by avoiding any criticism.



Top tips for after exams:

- Remind your child that whatever their results, try to help them to keep things in perspective – exam success does not define them as a person.
- Encourage your child to relax before their next exam – getting through an exam can be exhausting so it is important to have a break before trying to revise again.
- Once exams are finished, try to remind your child to forget about them. Or if your child wants to talk



things through with you, encourage them to focus on the positive parts of the exams instead of the parts they found difficult.

- Remind your child to not compare themselves with their friends as this can make them feel like they aren't good enough.
- Make time for treats and celebrations – plan some rewards for your child doing their revision and for getting through each exam so they have things to look forward to

For further tips and support, visit:

- [How To Deal with Exam Stress | YoungMinds](#)
- [Download Adapt - Revision Timetable App](#)
- [Exam stress and pressure | Childline](#)

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ICKLE PICKLES CELEBRITY FOOTBALL

- This is a star-studded football match to raise funds for sick and premature babies. The North Yorkshire Fire Service in a Stars United charity football match.
- Every ticket bought, every donation made, and every roar from the crowd will help to give every newborn a chance.
- Tickets are now live and are limited so be quick to save disappointment.
- Doors open at 12pm and the match kicks off at 1 pm.
- Ticket price £6.00 - £12.00
- Group ticket price £30.00



SAFEGUARDING

It is essential for safeguarding purposes that Lanyards and identity cards are worn at all times. Should cards become lost or damaged these must be replaced. Replacements can be purchased via parent pay. Lanyards are required for identification for all working staff within the building. Students who forget such items must sign into college manually and this adds to workload. It is our student's responsibility to ensure they are prepared for each day.

All students who have poor punctuality and fail to bring a lanyard receive immediate negative stages – these cumulatively result in Lunch time detentions.

We are committed to our students and families and we continue to provide support and points of contact.

Should you be concerned and feel that you need to share information please contact and refer information to the following email: dsl@su.coastandvale.academy

SUTC Designated Safeguarding Lead and Deputy Designated Safeguarding Lead monitor the email.

MONITOR, REPORT ENCOURAGE

Attendance monitoring and formal procedures are followed robustly. We work closely with NYC attendance team to address attendance concerns at the earliest stage.

Attendance Focus

Student support to achieve excellent attendance is vital. In addition to support from our attendance team. Students will receive regular attendance support sessions in college and actions on home -visits will be scaled up.



ACADEMIC YEAR DATES

Easter Holidays	Monday 7 th April-Monday 21 st April 2025
Students Return to College	Tuesday 22 nd April 2025
May Bank Holiday	Monday 5 th May 2025
GCSE Examinations begin	Friday 9 th May 2025
Half term Holiday	Monday 26 th May-Friday 30 th May 2025
Students Return to College	Monday 2 nd June 2025

Summer Term Ends	Friday 18 th July 2025
Professional Development Training Days	Monday 21 st July and Tuesday 22 nd July 2025

For the academic year 2025-2026 please consult the North Yorkshire Council website