



NEWSLETTER

Independent Living Skills

FSP students summarise a recent

“Do It Yourself task.”

This term all of our FSP students were tasked with putting together some flat pack furniture. To say it was a challenge would be an understatement, but they all persevered in order to create some excellent chest of drawers, and different pieces of furniture. Students had to work as part of a team to put the pieces together and compete build the best furniture. This meant the students had to allocate each other roles and responsibilities in order to be a success, and they all excelled at this.

‘I learnt some essential life skills, that will help me run and design my own home’, FSP 3.

‘I am feeling much more independent already’, FSP 7.

Well done Team FSP!



Lunchtime Clubs

What clubs are on offer and when?

This term saw the introduction of several new lunch club activities: Monday Music sessions kicked off with an Abba theme - the only club where a wig or hats go hand in hand with singing. Sports club gave students a chance to burn off energy, while competitive streaks emerged during Kahoot club. Homework club meant homework free weekends and new friendships were made during STEPS social group.

Our Lunchtime Activities board had a makeover and with regular updates there is no reason not to try out a new club!

What is Your Voice?

Description: A supportive club where concerns or struggles can be shared with staff.

This term: Your Voice is developing into a club where struggles are not just shared with staff but discussed in small student groups. While sharing gingerbread men and discussing whether to eat head or feet first, we shared thoughts on friendships. We admired artistic skills and got to know people we have never spoken to.

New visitors said:

‘I like it here, I feel calmer and comfortable to talk’.

‘I didn’t know it was so nice, I’ll come more’.

Achievement Celebration – Stella Hammond

Congratulations to Stella, who received an award for her outstanding effort in College. The award was presented at the Main College Awards Evening. Stella was on our Progression 2 Employment (P2E) course, having previously completed FSP, and has secured herself paid work at Wyboston Lakes. Well done Stella, on a very well deserved award.



Case Study – Maariya Khatun

Maariya was previously a pupil at Icknield High School, in Luton. Maariya faced many challenges at school and being deaf presented Maariya with more challenges, which she tackled head on.

Maariya’s transition into college was smooth and she joined us at Bedford College, where she has had achievement after achievement. Maariya found herself on our Foundation Skills Programme, where she felt at home, was happy and had the chance to succeed. Maariya has achieved her Entry Level 2 English and Maths, and this year has her sights set on achieving her Entry 3 Functional Skills.

Maariya has had the opportunity to work at a range of employers and gain some incredible experiences. “My first work placement was at Keech charity shop and then I worked at the Mezz where I helped with making cakes and cleaning. I worked there every Wednesday”, said Maariya. The Mezz is part of our college, similar to a canteen or cafeteria. Maariya went on to explain, “I enjoyed working with the staff there, it was fun and I learnt new things. It was a good experience”.

Maariya has really developed her life skills in a way that will help her in her everyday working life, and she has gone on to be very successful, since finishing the Foundation Skills Programme. Maariya was delighted to say “I am now more confident to communicate with hearing people at work”. This has had a massive impact on Maariya’s life and allows her to access work more freely.

Maariya is no longer on our Foundation Skills Programme and has progressed to another course with us. She said, “I am currently doing FSI (Foundation Skills internship) and I’m working in Niralla, which is an Indian bakery. I help to chop onions and vegetables. I also help to make cakes”. Niralla is where she gained a work placement for her course. Maariya is now travelling there independently, another crucial skill for an independent life. Maariya is looking forward to using her new skills to secure paid work at the end of her programme. Well done Maariya!

Key Dates

Easter Break	8/4/19 – 22/4/19
Sports Afternoon	22/5/19
Student Prom	14/6/19
Half Term	27/5/19 – 31/5/19
End of Year	21/6/18
FSP Welcome Day (new students)	3/7/19
FSP Awards Ceremony	End of term – date tbc

Recipe of the Month – Lemon Tart



Ingredients

- 500g plain flour
- 140g icing sugar
- 250g unsalted butter (cubed)
- 4 egg yolks
- 2tbsp lemon zest
- 140g caster sugar
- 150ml double cream
- Juice 2-3 lemons
- 5 eggs

1. To make the pastry, mix the flour and icing sugar in a bowl. Rub the butter into the flour with your fingers until crumbly. Mix in the egg yolks. If the pastry is still too dry, add 1-2 tbsp water until it comes together. Roll into a ball and divide in half (freeze one half for another recipe). Flatten out the pastry with your hands, wrap the dough in cling film, then chill for at least 30 mins. While the pastry is chilling, make the filling. Beat all the ingredients, except for the zest, together. Sieve the mixture, then stir in the zest.

2. Roll out the pastry on a lightly floured surface to about the thickness of a £1 coin, then lift into a 23cm tart tin. Press down gently on the bottom and sides, then trim off any excess pastry. Stab a few holes in the bottom with a fork and put back in the fridge for 30 mins.

3. Heat oven to 160C/140C fan/gas 3. Line the tart with foil and fill with rice or dried beans. Bake for 10 mins, then remove the tart tin from the oven, discard the foil, and bake for another 20 mins until biscuity. When the pastry is ready, remove it from the oven, pour in the lemon mixture and bake again for 30-35 mins until just set. Leave to cool, then remove the tart from the tin and serve at room temperature or chilled.

Introducing Ewan Macleod

I am a Learning Support Assistant here in the Foundation Skills Programme. My role is to aid the tutor in any way possible, both before and during session to ensure that it runs in a way that is most comfortable and beneficial for the all the learners. In this role I get to know each learner, how they work best in a classroom, what they're like as a person and what they want to achieve beyond our course. This is the part of my job I enjoy the most: seeing the students progress throughout their course as they develop into young adults.



For the past two years I have been working in the Foundation Department as a Student Support Assistant so this is my first year working as a full time, core member of the team. It's a similar role but the main difference in my new role is that as well as supporting in sessions, I have administrative objectives to fulfil. This is a new learning experience for me and one that I am relishing. On top of this there are lots of training opportunities, meaning more chances to improve in my role.

Tutorials

Hi, my name is Ian Thompson and I am the Personal Tutor for the FSP students and within my role I deliver the tutorial sessions for all the students on the FSP course at Bedford College.

The sessions cover the following: -

- A topic or theme which is relevant to the communities we live in and that could affect our everyday lives.
Topics covered so far are Radicalisation, LGBT, Gang Culture and Knife Crime.
We use a range of resources to embed the learning and understanding such as news reports, video footage, visual images and written tasks.
- Setting and reviewing individual targets for students' Individual Learning Plans
- Recognising achievements and good behaviour throughout the week
- Addressing behaviour issues

Every student has 1-2-1 tutorials with me at different times through the year where we focus on: -

Progress

- Mainstream College Courses available
- Job/Career prospects
- P2E and Supported Internships
- Work Experience

Well-being

- Advice with personal issues at home and college
- Counselling referrals
- Safeguarding issues
- Liaison with home

