

South Dartmoor Community College



Summer Seminar Information Booklet

Dear Y11 and Y13 student

Inside this booklet is all the information you need to be able to access our Summer Seminars. These are short talks delivered by the teachers and staff you know and cover important themes as you get ready to move to the next stage of your education or training, or indeed to your place of work. Many of these topics you have asked us to cover and so we hope you will find them useful and informative.

All Summer Seminars will be released at 9am each day. You can access these through TEAMS at any time during the day and they will remain there until the 30th June when you officially come off roll, so you can go back and revisit them too. This booklet lets you know what topic is being covered each day and by whom. On the 30th June, you will no longer have access to our system so please ensure you have any electronic files you may need or want saved elsewhere.

We recommend you get into good habits and routines right from the start and so we would encourage you to pick a time each day when you engage in the Summer Seminar. At any point, staff will be available if you have follow up questions or if you want to know more about each topic. Please be mindful of working hours; staff will be available to respond from 9am until 5pm during the weekdays (summer half term break is from the 28th May until 6th June). There are lots of additional events on offer, so do try to get involved and stay in touch. We will be phoning you if we do not hear from you, to check you are OK!

During the time you are not at school, you may find you need some extra support or just want to have the opportunity to talk to someone you know and trust. Each day from midday until 1pm, we are offering a drop in well-being session. This can be accessed on Teams or on the website by clicking the link within this booklet. If you have an urgent safeguarding concern out of school hours, you should contact MASH (the Multi-Agency Safeguarding Hub) on 0345 155 1071. For support out of school hours for mental health, housing and/or accommodation and sexual health, you should contact Young Devon on 08082 810155.

If you are continuing to stay on with us in to our Sixth Form, you will be offered three taster days with us after the half term holiday. You will receive more information about this separately. In this case, you may choose to do some of the preparatory work for the sixth form that you will be given, such as pre-course reading, to supplement the Summer Seminars.

Finally, we want to wish you the very best for the future, whatever path you are choosing to take next. Be kind, be happy and, most of all, be good to your precious selves. We look forward to seeing you in a different capacity over the coming weeks so we can wish you all the best for the future in person.

Very best wishes from Mrs Veal and all your staff team.

Summer Seminar Timetable Week 1: Monday 24th – Friday 28th May

Date	Topic	Lead by	Key areas to be covered	Year group
Mon 24th May	Managing workload and SMART targets	Mr Rodgers	Some handy tips to keep your focus and reach your goals.	Y13
Tues 25th May	Employability - getting a summer job	Mrs Randell	This seminar will look at the benefits of getting a summer job; how to go about finding a job and being a professional - getting ready to start work.	Y11
Weds 26th May	Mental health - getting into a summer groove	Mrs Hammond	The focus of this seminar is understanding what Mental Health is and why we need good Mental Health. This talk will give you some hints and tips to build a tool kit to support your own Mental Health.	Y11
Thurs 27th May	Staying healthy - keep active	Mr Roberts	<p>During this seminar Mr Roberts will introduce a variety of training methods to exercise specific components of fitness to keep you physically active during the coming months. You may have already experienced similar 'workouts' in core PE. You will be able to select a video of your choice to view, copy and develop physical fitness to achieve personal targets. All activities can be adapted to suit all ability levels and require little or no equipment at all. Whether you're the next Rachel Fee, (Team Bath Netball) Oli Watkins, (England footballer) or you just want to KEEP ACTIVE, this seminar is for everyone. Please view the KEEP ACTIVE seminar here: https://video.link/w/bKFvc</p> <p>The presentation that Mr Roberts guides you through at the start of the seminar is attached.</p> <ul style="list-style-type: none"> You must view the presentation as a 'slide show' to activate the hyperlinks for the thirteen different workouts. Hover over the hyperlink of your choice – click and get ACTIVE! <p>PAR KEEP ACTIVE Seminar.pptx (sharepoint.com)</p>	Y11
Fri 28th May	Mental health - getting into a summer groove	Mrs Hammond	The focus of this seminar is understanding what Mental Health is and why we need good Mental Health. This talk will give you some hints and tips to build a tool kit to support your own Mental Health.	Y13

Summer Seminar Timetable Week 2: Monday 7th – Friday 11th June

Date	Topic	Lead by	Key areas to be covered	Year group
Mon 7th June	Finance - how to manage your money	Mr Rodgers	This seminar provides some basic guidance on personal finance as you take your next steps, covering bank accounts, budgeting, credit cards etc. If you would like any specific questions/topics covered then please email questions to brodgers@southdartmoor.devon.sch.uk	Y11 and Y13
Tues 8th June	Staying healthy - diet	Mrs Avery-Wright	In this session we will focus around the importance of lifestyle choices as well as how these can be impacted at different stages in your life. We will avoid the phrase 'diet' and look more holistically at a lifestyle choice that best supports you.	
	Opportunity to exercise	Mr Vile and Mr Roberts	Students will be able to attend school and use the sports facilities to exercise between 2-3pm.	Y11 and Y13
Weds 9th June	How to prepare for college - keeping the learning going	Mr Axford	Plenty of practical suggestions to ensure your academic life at college gets off to a flying start, from wider reading to organisation.	Y11
Thurs 10th June	Employability - writing a CV	Miss Randell	This seminar will cover why it is a good idea to have a CV; things to avoid when producing your CV and finally how to write a CV.	Y11
	Opportunity to exercise	Mr Vile and Mr Roberts	Students will be able to attend school and use the sports facilities to exercise between 2-3pm.	Y11 and Y13
Fri 11th June	Safety - keeping yourself safe over summer	Mr Vile	The seminar will explore the types of risky behaviour young people are exposed to. The seminar will look at ways young people can keep themselves safe, including how to access support agencies.	Y11

Summer Seminar Timetable Week 3: Monday 14th – Friday 18th June

Date	Topic	Lead by	Key areas to be covered	Year group
Mon 14th June	Finance - student loans and bursaries	Mr Rodgers	This seminar explains how student finance actually works; why student loans are more like a graduate tax than a traditional loan. It will also highlight alternative free funding for study options.	Y11 and Y13
Tues 15th June	Staying healthy - mental and emotional wellbeing	Mr Slater	This seminar will aim to highlight some of the modern day pressures that can impact on our mental and emotional well-being, as well as providing achievable strategies for looking after our mental health in a post lockdown world.	Y11 and Y13
Weds 16th June	How to access support outside of school	Mr Vile	The seminar will explore the types of support agencies available for young people to access. The seminar will look at the role of Young Devon.	Y11 and Y13
Thurs 17th June	Staying healthy - basic first aid	Mr Fox	This seminar will cover topics such as how to deal with conscious and unconscious casualties, to include CPR, recovery position, primary and secondary surveys and any other topics we can squeeze into the time allocation!	Y11 and Y13
	Cooking on a budget	Mrs Beer	This session will prepare you for cooking on a budget when at university or just life in general. We will look at a range of recipes, money saving food shop tips, meal planning and there will also be a practical session.	Y13
	Opportunity to exercise	Mr Vile and Mr Roberts	Students will be able to attend school and use the sports facilities to exercise between 2-3pm.	Y11 and Y13
Fri 18th June	Respect - Respectful Relationships	Mrs Murray	The seminar will explore the features of healthy and respectful relationships. The seminar will look at ways that young people can be empowered to ensure their relationships are positive and based on mutual respect. Students will be given appropriate websites and phone numbers to access support agencies.	Y11 and Y13

Summer Seminar Timetable Week 4: Monday 21st – Friday 25th June

Date	Topic	Lead by	Key areas to be covered	Year group
Mon 21st June	Employability - interview skills	Miss Randell	This seminar is aimed at supporting you to get a job. It will cover ways to prepare for an interview and things to consider during an interview such as body language and the questions you might ask.	Y11 and Y13
Tues 22nd June	Staying healthy - drugs and alcohol awareness	Mr Vile	The seminar will explore the dangers of substance and alcohol misuse. The seminar will explore the support available for young people.	Y11
	Opportunity to exercise	Mr Vile and Mr Roberts	Students will be able to attend school and use the sports facilities to exercise between 2-3pm.	Y11 and Y13
Weds 23rd June	Staying safe online	Mr Murphy	The seminar will look at how to stay safe online. Many devices are 'internet ready', meaning that we can access the internet wherever we are, from anywhere in the world and from a computer, tablet or phone. Though internet access brings enormous benefits to individuals and society, it can also bring harm and this harm can spread negative behaviour and messages very quickly. The seminar will explore situations and risks of online activities surrounding texting, social media, grooming, inappropriate photography, cyber-bullying and the measures students can take to protect themselves from harm online.	Y11 and Y13
Thurs 24th June	Staying healthy	Mr Vile	The seminar will explore different types of relaxation techniques, including a Yoga session for beginners.	Y11 and Y13
Fri 25th June	Keeping active	PE	Games afternoon. Students will be able to attend school to take part in various games. This will be done via a booking system. Weather permitting.	Y11

Summer Seminar Timetable Week 5: Monday 28th – Wednesday 30th June

Date	Topic	Lead by	Key areas to be covered	Year group
Mon 28th June	Employability - time management	Mr Whitelaw	This will be a seminar on how to explore your options if you are looking to go into the world of work, once you leave 6 th form.	Y11 and Y13
Tues 29th June	Consent - what does it mean to give consent?	Mrs Murray	This seminar will explore the issue of consent. The seminar will look at the legal situation regarding sexual consent and students will be prompted to consider what constitutes consent. Students will be given appropriate websites and phone numbers to access support agencies.	Y11 and Y13
	Opportunity to exercise	Mr Vile and Mr Roberts	Students will be able to attend school and use the sports facilities to exercise between 2-3pm.	Y11 and Y13
Weds 30th June	Leaving home - preparing for university	Mr Whitelaw	This seminar will explore how best to prepare for one of the biggest steps in your life so far – leaving home! It will also look at what practical things you can be doing in anticipation of starting a university course in September.	Y13
	Managing workload and SMART targets	Mr Rodgers	Some handy tips to keep your focus and reach your goals	Y11

