



## Welcome to the very first edition of the

## GOLDWYN PLUS NEWSLETTER

### *Plus dash to Brighton*



Over two days, 20<sup>th</sup> & 21<sup>st</sup> October, the students and staff at Goldwyn Plus covered 278 miles using our exercise bike, running machine, rowing machine, cross trainer, and by taking part in sponsored walks. Alongside of this, our resident student chef baked cakes for the most amazing cake sale which raised an amazing £75. The cakes were too good to be missed and were enjoyed by all (but mostly the staff!).

The original plan was just to cover the distance from school to Brighton, but such was the energy and spirit that we actually covered the distance to Paris and beyond!

As a result of this extraordinary effort, and the kindness and generosity of parents, carers, family, friends and staff, the final total raised amounted to £700. This means that we will be able to purchase new equipment for the school.

We all had great fun over the two days and everyone at Goldwyn Plus would like to thank all those who supported us in our efforts.

With our thanks,  
The students & staff at Goldwyn Plus.

### Dates for your diary

#### January

- Wednesday 5th January—First Day Back

PLEASE REMEMBER YOUR CHILD WILL NEED TO HAVE A COVID -19 TEST BEFORE RETURNING TO SCHOOL.

- Tests for Year 11 will be on the 5th January, with lessons starting on the 6th January.
- Tests for years 9 and 10 on the 6th January, with lessons starting on the 7th January
- Monday 17th January—Martin Luther King Day
- Friday 28th January—Lego Day

#### February

- Tuesday 1st February—Chinese New Year
- Thursday 3rd February—Harry Potter Book Night
- Tuesday 8th February—Safer Internet Day
- Thursday 10th February—Last day of term (students)

### Year 11 Information

KCC are going to be sending out some paperwork for you to complete, the form is called a Young Person's Preference for Year 11's Phase Transfer Education 2022 form. This allows you to name your preferred post 16 provider for your child's education. Following this SEN will work with the preferred provider to ensure that your child's needs can be met in their post 16 education.

We would ask that when you have completed it, could you provide us with a copy so we can support yourselves and the process moving forward.

**Open Events** are a brilliant opportunity to explore programmes, apprenticeships and courses, check out classrooms and workshops and talk to the staff who will teach and support you during your time with a post 16 provider. Some upcoming opportunities

**MKC Maidstone**

Wednesday 2 March 2022 | 3.30 - 7.30 pm

MKC Medway

Wednesday 9 March | 3.30 - 7.30 pm

**EKC Folkestone**

1<sup>st</sup> February 2022

20<sup>th</sup> April 2022

EKC Canterbury Thursday 20 January | 4-7pm

**KITE College**

Wednesday 23 March 2022—Times tbc

Wednesday 29 June 2022—Times tbc

Due to Covid most of these need to be booked prior to attending. Many colleges offer 1:1 and small group tours at other times that can be arranged by contacting the college of interest.

### Goldwyn Plus Stay Connected

Have you heard about Stay Connected? These are regular social events where last year's year 11 students are invited to stay in contact with staff and peers from Goldwyn Plus. It is a space where our students can tell us all about the adventures post 16 life has brought them, seek advice and guidance and quite simply, gives us an opportunity for a good old catch up. Let us know if you are interested in Staying Connected after Goldwyn Plus.

# **Parental Engagement Day, Tuesday 8th**

**March**



Firstly, apologies we had to cancel our parents evening in December, this was due to the current Covid situation. Parental Engagement Day gives you a chance to look at the fantastic work your child has been doing and an opportunity to catch up with teachers and staff to ask questions.

If you haven't done so already, book you appointment

## **Focus on...**

During the year we will be having some focus weeks for English, Maths and Science. During focus weeks we give extra time and attention to help students develop their skills in the core subjects; improving their literacy, numeracy and scientific thinking abilities.



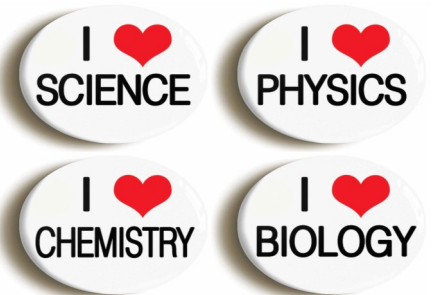
**Week beginning 17th**

**January**



**Week beginning 24th**

**January**



**Week beginning 31st**

**January**

## **Your feedback matters.**

We are always keen to get your thoughts and to improve the support we provide.

Please click the links below to tell us your views.

**[Parent/Carer Survey](#)**

**[Activities Feedback Form \(students\)](#)**







# Merry Christmas & Happy New Year

We would like to thank you for taking the time to read our newsletter, please don't stop reading it here though, there is more information and links to local clubs and activities below. As well as information about support and advice available in your area.

Merry Christmas and a Happy New Year from all the Team at Goldwyn Plus.

## Youth Hubs and Activities Across Kent

### Ashford

#### THURSDAY

3.30 - 5.00pm -  
D of E GROUP

Join the Duke of Edinburgh team to gain your bronze or silver award. Age 14 years plus.

**DETACHED YOUTH WORK**  
Meeting young people on local streets where they are gathering.

6.00 - 8.00pm - GIRLS GROUP  
ages 11-19

Fun focused activities for girls of secondary school age offering support and emotional wellbeing. Activities include cooking, music, and arts. A great place to build peer support and resilience.

#### FRIDAY

11.00am - 1.00pm - BRUNCH  
CLUB  
ages 16-19

For NEET young people to get support regarding next options. Support for young people dealing with personal challenges to receive advice and guidance and to have something to eat and drink.

3.30 - 5.30pm - WELLBEING  
GROUP  
ages 11-19

Wellbeing group is a calm, accessible environment for young people to talk, build self esteem and confidence whilst doing various activities.

**Detached Youth Work**  
Various detached youth work sessions throughout the week across Ashford. Meeting young people on local streets where they are gathering.

PLEASE REMEMBER TO BOOK ONTO A GROUP BEFORE COMING TO THE CENTRE.  
Tel: 03000 417567  
or Email: [AshfordYouthy@kent.gov.uk](mailto:AshfordYouthy@kent.gov.uk)

### Dover

#### Christmas sing along

Wednesday 22<sup>nd</sup> December 4:30 - 6:00 p.m.  
At Linwood Youth Centre, (Dover Youth Hub)  
by Tides

Bring you mum, dad, carer,  
brothers or sisters

Hot chocolate, Mince Pies,  
Refreshments

Stalls and fun

To book your space contact:  
[DoverYouthHub@kent.gov.uk](mailto:DoverYouthHub@kent.gov.uk) or

### Canterbury / Whitstable

We are currently running some Virtual Youth groups of an evening every week.

Open Access - Mondays 6-7pm

LGBTQ+ Support Group - Mondays 6-7pm

Art - Tuesdays 3-4pm

To join these groups please email  
[whitstableyc@kent.gov.uk](mailto:whitstableyc@kent.gov.uk)

# TUNBRIDGE WELLS

## YOUTH HUB

January - February

All sessions currently being held via MS Teams  
please contact the team for links and more information

**#mon** Virtual 1:2:1 Chill n Chat :Book a time  
Virtual Chill n Chat drop in 3:30-4pm

**#Tue** Participation 6-7pm

**#Wed** Virtual Chill n Chat drop in 3:30-4pm  
Course4Youth 5-6pm

**#Thur** Virtual Chill n Chat drop in 3:30-4pm  
Course4Youth 4:30-5:30pm  
Cook N Craft 6-7pm

**#Fri** Virtual Chill n Chat drop in 3:30-4pm  
Virtual Olympia boxing 4:30-5:30pm  
1st of month Friday Fun 6-7pm  
3rd of month Family Friday 6-7pm

Kent County Council

## Maidstone

# KCC INFO ZONE

## OUR SESSIONS

BOYS GROUP

BOXING

LGBTQ+ GROUP

FUSION @ PARKWOOD

WEDNESDAY GROUP

MAIDSTONE YOUTH FORUM





The HAF Programme offers families of children aged 4 to 16, who are eligible for benefits related free school meals (FSM), free opportunities to access a range of activities in the Easter, summer, and Christmas holidays. If you are not sure if you are eligible, please use the eligibility checker: <https://www.cloudforedu.org.uk/ofsm/kent/>

The programme delivery models for Christmas 2021 will be either four hours a day for four days a week or two days face to face delivery with additional activity and food packs for all children and young people who attend. Each programme will run at different times and may have different ways of delivering the activities, but every HAF programme is free for eligible children and their families to attend. [Click here for more information.](#)



**Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people**

[www.kooth.com](http://www.kooth.com)

By accessing Kooth, young people can benefit from:

**A free, confidential, anonymous and safe way to receive support online.**

**Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.

**A range of different tools to support mental health** e.g. daily journal, mini-activities

**No referral** is required. Young people can register for Kooth independently via [kooth.com](http://kooth.com)

**Our team is still  
here to provide  
mental wellbeing  
support over the  
holiday period.**



#### Chat Availability Dates and Times

**Thursday 23/12/21**  
12pm - 10:00pm

**Monday 27/12/21**  
4pm - 8:00pm

**Friday 31/12/21**  
12pm - 6:00pm

**Friday 24/12/21**  
12pm - 8:00pm

**Tuesday 28/12/21**  
4pm - 8:00pm

**Saturday 1/01/22**  
4pm - 8:00pm

**Saturday 25/12/21**  
4pm - 8:00pm

**Wednesday 29/12/21**  
12pm - 10:00pm

**Sunday 2/01/22**  
6pm - 10:00pm

**Sunday 26/12/21**  
6pm - 10:00pm

**Thursday 30/12/21**  
12pm - 10:00pm

**Monday 3/01/22**  
4pm - 8:00pm

Find support today by visiting [kooth.com](http://kooth.com)

Kooth is running free online parent/carers information sessions - designed to help you understand how Kooth can support your child with their mental health and wellbeing on Tuesday 14th December from 6pm-7pm. To [register](#) click here: <https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875>



# A range of support is available through Mid Kent Mind. Current support for young people includes:

**FREE Calligraphy Courses**—a three-week Calligraphy course which will encourage young people to learn basic skills around calligraphy. As a part of the group they will have the opportunity to learn how to create name tags and place cards. The hope is that this group will encourage young people to develop new skills and interests – benefitting their wellbeing during an otherwise difficult and challenging period of time.

**Tackling My Teens**—a four week programme which is designed to equip young people with the tools and the knowledge they need to better prepare themselves for the ways in which they engage with their peers, and also the wider world.

**Virtual Mindfulness and Me**—The programme focusses on teaching individuals more about mindfulness – and how they can acknowledge and accept their thoughts, feelings and body sensations in positive ways..

**Managing Me**—CBC courses for young people (digital support) - This course enables participants to: Explore their mental health and understand anxiety and how it can affect people. Learn about different thinking styles and how these can have an impact upon life, learn 3 different techniques to improve relaxation, identify support networks that they themselves have available and explore life-long coping strategies to recover from ill mental health or maintain wellbeing.

**Bounce Back (digital)** -This course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

**Taming my temper (digital support)** - This course looks at the causation of negative emotional behaviour and the anger response displayed by people. It then looks at ways to minimize negative emotions and alternative ways to cope and remain calm.

**One to One Youth Recovery Action Plans (available digitally)** - Youth Recovery Action Plans are designed to offer 1 To 1 Youth Support to young people who may benefit more from individual support instead of group-based activities. With the support of a Wellbeing Worker, young people are able to set realistic, timely goals in areas of need including: Managing My Wellbeing and Anger, Living Skills, Physical Health and Self-Care, Social Networks, Relationships, Identity and Self-Esteem, Aspirations as well as Addictive/Challenging Behaviour

**Youth Wellbeing Café**—Our Youth Wellbeing Cafe currently takes the format of a ZOOM room where young people can take part in a Quiz and other online activities facilitated by our Wellbeing Workers

IF YOU ARE FEELING UNDER PRESSURE

Text the word Kent to 85258 24 hours a day. Texts are free from most UK mobile networks. [Click here for more information.](#)

RELEASE THE PRESSURE

