

Keeping in touch

STAY ACTIVE

We're all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever.

Why don't you check out the fun and creative ideas on how to get active at home with workouts from Les Mills on Demand, Joe Wicks (The Body Coach) and Fiit.



If you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share your experience with others.

Remember to check government advice if you think you have any symptoms linked to coronavirus. www.gov.uk/coronavirus

COUNSELLING SERVICE

We are still running our service via telephone call or through video call.

We are still accepting referrals.
Mon-Thurs 9am-4pm (flexibility is available) email: counsellingservice@kirkleescollege.ac.uk

NEWS AND SUPPORT DURING COLLEGE CLOSURE

HOW TO GUIDE

Your learning and progress continues to be our biggest priority and we want to support you in every way we can. We are all having to get used to working in different ways, and you can contact your tutor or progress coach during college normal working hours, either by phone or email. See below for guides to some of the new systems your tutors may be using to keep in touch with you.



Microsoft Teams

<https://www.youtube.com/watch?v=CH2seLS5Wb0>



Yammer

<https://www.youtube.com/watch?v=-WjChtMIXXk>



Padlet

<https://www.youtube.com/watch?v=YsV4ShNddYY>



WhatsApp video call

<https://www.youtube.com/watch?v=qwixsEIQ7eY>



Zoom call

<https://www.youtube.com/watch?v=9guqRELB4dg>



Skype

<https://www.youtube.com/watch?v=NRcb3uB3Jac>



CORONAVIRUS SCAM ALERT



After pandemics like COVID-19 occur there is often an increase in opportunistic criminal activity on the internet.

We have seen everything from SMS, phishing emails to very sophisticated spoofing emails.

Malicious websites... with the purpose of infecting your device with malware. Watch out for sites such as Coronavirus(.)com or Corona-virus-Map(.)com.

Spam emails... trying to grab your curiosity by using conspiracy themed catchphrases, such as ?censored?, to try and sell information (paid-for videos) or goods that are now in high demand, such as masks, hand sanitisers or vitamins, for example.

Phishing scams... that appear to come from organisations such as the CDC (Centers for Disease

Control) or the WHO (World Health Organisation). The scammers have crafted emails that appear to come from these sources, but they actually contain malicious phishing links or dangerous attachments.

Fake charities... emails and websites that ask for charity donations for studies, doctors, or victims that have been affected by the COVID-19 Coronavirus. Scammers often create fake charity emails after global disasters or pandemics like the COVID-19 outbreak.

WEEKLY STUDENT ENGAGEMENT TOP TIPS ON ROUTINE AND WELLBEING

Hi all,

During this difficult time, it has never been more important for you to keep yourself healthy and motivated.

You might want to stay up till 4am watching box sets and then sleeping through the day, but this will make things so much harder when normal life resumes. While you may not be able to stick to your normal routine of leaving the house for college, going out for lunch, meeting friends and doing your usual leisure activities, you can create a new routine at home, which will help to break your day up and keep you active and motivated.

Tempting as it may be to stay in bed or spend all day in your PJs, in the long run this may have a detrimental effect on your overall mood and mental health! Get yourself in the routine of getting up and going to bed at the same time each day.

Follow your usual morning regime eg. brush your teeth, take a shower, get dressed and have breakfast.

Please take care and remember that you can contact the Student Engagement Mentor Team for support and advice – see details below.

Kirklees College
Student Engagement Team

Suggested new routine at home

9am to 11am
College work

11am to 12pm
Do some exercise or go for a walk

12pm to 1pm
Lunch break

1pm to 4pm
College work, home learning or other activities

4pm onwards
Catch up on social media, boxsets, gaming etc

Don't forget...

we are still here to support you with managing your emotions, motivation and staying calm.

Adele Goodall

Available: Mon-Fri 8:30am-2pm
Tel: 07811 805994
agoodall@kirkleescollege.ac.uk

Mohammed Mamaniat

Available: Mon-Fri 8:30am-4:30pm
Tel: 07817 612050
mmamaniat@kirkleescollege.ac.uk

Nathan Long

Available: Mon-Fri 8:30am-4:30pm
Tel: 07790 959685
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KEEP YOUR BRAIN ACTIVE

LEARN A LANGUAGE

Research suggests that learning a language improves memory, contributes to creativity and helps the brain switch between tasks (multi-tasking). Being bi-lingual also improves career prospects.

Here are some great apps and sites that can get you started for **FREE**.



DUOLINGO

Choose from 30+ languages in bitesize lessons.

Quizlet

Customise your own flashcards and learn terminology and vocab relevant to your course, e.g. Animal Care or Catering.



BBC LANGUAGES

Courses and phrases, audio, video and activities
<http://www.bbc.co.uk/languages/>



BRITISH SIGN LANGUAGE

Search and compare thousands of words and phrases in BSL.
<https://www.signbsl.com/sign/app>

YOU CAN STILL TAKE PART!

#CHARITABLETUESDAY

CHARITABLE TUESDAY

This month, charitable Tuesday will be taking place 'virtually'. We can all take part by displaying random acts of kindness/charitable acts on **Tuesday 31 March**.

Your random acts of kindness could be as simple as sending kind notes/cards to the elderly/vulnerable people, a local nursing home, or come up with a unique way to contribute!

To take part, please upload a post on social media and remember to tag us **@KirkleesCollege** and use the hashtag **#CharitableTuesday**.

STAY CONNECTED



www.kirkleescollege.ac.uk