

COMMUNITY COURSES TASTER SESSIONS



Wanting to learn a new skill or become more active? We're running some taster sessions for community courses that will be introduced on a full-time basis in January.

CREATING SPACE (MINDFULNESS WELLBEING) TASTER

Wednesday 9 December
6.30pm – 7.30pm

A midweek brain break using mindful wellbeing techniques. We will explore creative activities, walking in nature, meditation and gentle yoga movements. Initially starting in December but new members welcome to join from 6 January.

ACTIVITY 4 HEALTH TASTER

Tuesday 8 December 11am – 12:30pm OR Wednesday 9 December 6pm – 7:30pm

You will be working with an experienced exercise specialist who will offer alternatives and adaptations to gently ease you into becoming active, at your own pace, within the comfort of your own home. We will work on your mobility, flexibility, strength, stamina and breathing exercises.

If you're interested in taking part, please sign up via the [online store](#).

REPORTING ABSENCES

Please select the relevant guide available on our website for reporting a Covid-19 related absence.

- [Click here](#) to report an absence of a 16-17-year-old
- [Click here](#) to report an absence of an adult learner

TOGETHERALL

This December is going to feel different as we navigate through Covid-19. Right now, it's more important than ever to look after your mental health and our partnership with Togetherall has allowed us to extend our virtual support programme to provide a vital resource for our students.

Togetherall have a wealth of courses and resources, alongside a safe online community where you can express how you're feeling and connect with others.

Togetherall can be accessed [here](#) where Kirklees College students can join or sign in using their existing log in details.



WEARING FACE COVERINGS

We would like to thank parents and carers for your ongoing support in reaffirming our face covering policy.

We are mindful that our young people have spent months out of education and our first approach to addressing student behaviour is to have a coaching conversation, explain the potential risks and the breach of college policy. Students who do not have a face covering will be offered one at entry to the college and those who refuse to wear a covering will be dealt with in line with college policy. Students who are exempt have been issued with an exemption card.

Our guidance on wearing face coverings is as follows:

All students must wear a face covering at all times outside the classroom. Face coverings must be put on before leaving a classroom and worn at all times in communal areas, including corridors, refectory, atrium, break out and reception areas. It is vital that face coverings are worn correctly. Click [here](#) to read the guidance.

If parents/carers have any questions, please email support@kirkleescollege.ac.uk.

