

## Wellbeing Update - 26th February 2021

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Hi everyone

So we have finally had the welcome news that we will be coming back to College and that we are starting to come out of the restrictions that have been part of our lives for so long now. Spring is round the corner and there is a lot to feel hopeful and positive about. Below are reasons to feel reassured which have been adapted from [www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk);

### ***We are returning to what we know***

College is a place of routine and structure - even if these routines have had to change, the predictability of the college day will be hugely reassuring for many of you, particularly those who have struggled to keep a routine going.

### ***Teachers are trained to respond to what's in front of them***

There is no such thing as 'normal' when it comes to learning. All learners are individual and teachers respond to where students are with their learning, not where anyone says they should be.

### ***'Learning' (in this context) is a verb, not a noun***

The media has talked a lot about 'lost learning'. We can't lose learning like it's a tangible thing. You have continued to learn, and you will be supported by your teachers with the learning that is still to come.

### ***Equally, learning is a process, not a product***

We can't buy 'learning' and we can't give 'learning'. Learners have to be ready to learn and this relies on relationships and wellbeing. You have good

relationships with your teachers and we will continue to support you with your wellbeing. Please reach out and talk to your tutor, teachers, friends and family if you are struggling with your wellbeing.

***We don't know what we don't know***

We can only speculate what the impact of the pandemic will be on young people. Unfortunately for some of you, it will have taken a great toll with illness, financial worries, bereavement, isolation and other factors. For others, you will have built your character in ways we didn't know possible – resilience, creativity, self-sufficiency are all words we have heard a lot from parents and young people in the last year. This coupled with other positive impacts such as improved understanding of technology, better organisation, independent learning, using different ways to communicate with friends and family, volunteering, taking more exercise, and learning other new skills such as baking, budgeting, shopping, just to name a few....

So take these few words of reassurance and know that we are all looking forward to seeing you guys back in College very soon.

Take care

Julie Ferman