

# wakefieldcollege

## ACTIVITIES



# THE LOCKDOWN

## NEWSLETTER



- Spotlight on Debating Club
- LGBTQ History Month
- Valentines Day Quiz
- Top Sleep Tips
- College Online Activity Portal
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ISSUE 4



# THE LOCKDOWN

## NEWSLETTER



Welcome to Issue 4 of the Lockdown Newsletter, your weekly source of activities and ideas to help keep you connected, supported and active during the latest lockdown.

In this issue we have a spotlight on Debating Club and info on our upcoming Valentines Quiz. We celebrate the start of LGBT+ History month, as well as having a look at some top sleep tips. Read about how to access our Online Activity Portal, before checking out our 'Student's Corner' on page 5.

## *How do i join activities?*

Check out the activity timetable on page 6 to see when everything is running. All sessions are on TEAMS and the links and more info can be found on Moodle.

Struggling to find the links/join clubs? Email us ([activities@wakefield.ac.uk](mailto:activities@wakefield.ac.uk)) and we can email you the links directly and don't forget, attending activities counts towards your PEEP hours!





# STAY CONNECTED

STAY CONNECTED WITH OUR WEEKLY ONLINE CLUBS & ACTIVITIES

## Debating Club

Join the club on TEAMS every Tues, 11am - 12pm



Do you want to share and argue your opinion on different subjects?

Last week at debating club students discussed

**"Should the death penalty be abolished?"**

This weeks subject on 1st Feb - Is your personality influenced by your genes or the environment?

Each week it's the students choice which topic they discuss.

Join us every Monday via teams from 11-12pm and learn how to confidently speak and engage with others and learn techniques to improve your speaking and social skills!



## Lesbian Gay Bisexual Trans + History Month February 2021

This February we are helping to celebrate, educate and inspire others through LGBT+ History Month. We will be posting a fact a day on Moodle, as well as having a special edition of the Lockdown Newsletter later in the month.

### **Do you want to get involved?**

Join our **LGBTQ+ student club** or our student **Equality & Diversity Group**. Check out the activity timetable on page 6 for details.

Do you need some support contact any of our youth workers at Wakefield College or join any of our Youth Worker led sessions.

ON WEDNESDAY 10TH,  
FEBRUARY @ 3PM

WAKEFIELD COLLEGE'S  
STUDENTS' UNION AND CLASS  
REPS WOULD LIKE TO INVITE  
ALL STAFF AND STUDENTS TO



**Join us on zoom to do a fun kahoot  
quiz with your chance to win a £20  
amazon voucher!**  
(Zoom link to be given out on Tuesday 9th february)

**TO JOIN DONATE £2 TO THE BRITISH HEART FOUNDATION  
THROUGH OUR JUST GIVING PAGE STATING YOUR FULL NAME**



# STAY SUPPORTED



STAY SUPPORTED WITH OUR WEEKLY SESSIONS AND ACTIVITIES LED BY OUR YOUTH WORKERS AND ACTIVITY LEADERS.

## Top Tips To help with your sleep



### STICK TO A SLEEP SCHEDULE

Go to bed and wake up at the same time each day.

As creatures of habit, people have a hard time adjusting to changes in sleep patterns.



### EXERCISE IS GREAT

Try to exercise at least thirty minutes on most days but not later than two to three hours before your bedtime.

### DON'T TAKE NAPS AFTER 3 P.M.

Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.

### RELAX BEFORE BED

Don't overschedule your day so that no time is left for unwinding.

A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.

### TAKE A HOT BATH BEFORE BED

The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.

### DARK, COOL BEDROOM,

You will sleep better if the temperature in the room is kept on the cool side. A TV, phone, or PC in the bedroom can be a distraction. Having a comfortable mattress and pillow can help promote a good night's sleep.

### DON'T LIE IN BED AWAKE

If you find yourself still awake after staying in bed for more than twenty minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy.



### DON'T CLOCK WATCH

Turn the clock's face out of view, or remove a ticking clock, so you don't worry about the time while trying to fall asleep.



# STAY ACTIVE



STAY ACTIVE WITH OUR WEEKLY PHYSICAL ACTIVITY SESSIONS AND ONLINE CHALLENGES.

## Online Activity Portal

### STAY ACTIVE ONLINE

JOIN OUR SPORTS AND ACTIVITY PORTAL WHERE WE HAVE LOTS OF ACTIVE VIDEOS FOR YOU TO GET INVOLVED IN!

EVERYTIME YOU LOG IN AND TAKE PART YOU GET AN ENTRY INTO A PRIZE DRAW TO WIN HIGH STREET VOUCHERS! (MAX ENTRIES 2 PER WEEK)

1ST PRIZE - £30  
2ND PRIZE - £20  
3RD PRIZE - £10



To sign up to our Online Activity Portal head to [www.5sport.co.uk](http://www.5sport.co.uk) and click on the Wakefield College logo.

Sign up with your college email for unlimited access to activity and fitness videos for you to take part in whenever you like.

Every week you then be emailed directly with a new upload for you to try whilst at home.

Every time you log in and take part you will be entered into a prize draw to win high street vouchers, and we run a new competition every month.

Taking part in an online video can also count towards your PEEP hours.  
For more information email - [activities@wakefield.ac.uk](mailto:activities@wakefield.ac.uk)

# Student's Corner

WRITTEN BY THE STUDENTS FOR THE STUDENTS

## BORIS CLUB - A Student Review



Consisting of a friendly atmosphere, the Boris Club has started at a very convenient time for us all! James Whyley (Activity Leader) has stated that the club is inclusive and informative, that's because they will "try and answer any questions about the current pandemic". Don't forget though - "Everyone is allowed their own opinion" and it isn't just learning about politics. Personally,

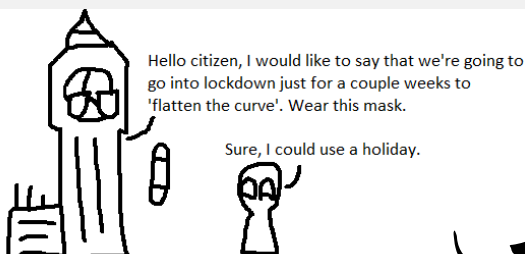
I hate learning about politics, however this club is more of a casual club where we all get to discuss any emotions or thoughts we have built up throughout this pandemic, it was a fantastic outlet for me and I felt safe sharing with the group because the environment was kind and welcoming. Even though it isn't a club where we all just sit around and talk negatively about the government, we do get the chance to talk about your emotions towards everything going on whilst learning new information every day about the current affairs. In conclusion, this club is lead by the students and it is a great opportunity for everyone to have one hour of stress-free, casual conversation with great sources of support available if you feel comfortable sharing.

written by Kayleigh Hampton (Child Care)

## State and Citizen

written and illustrated by Konrad Wierzchowski

### EPISODE 1 : The extended quarantine experience



# New Year, New goals?

BOOK A 1-1 SESSION WITH ONE OF OUR ACTIVITY LEADERS FOR PERSONALISED ADVICE AND GUIDANCE ON HOW TO GET FIT, IMPROVE YOUR HEALTH AND WELLBEING AND HELP ACHIEVE ANY PERSONAL GOALS THIS YEAR.

- HOW TO GET ACTIVE
- ADVICE ON NUTRITION
- ADVICE ON OVERALL HEALTH & WELLBEING

EMAIL - [ACTIVITIES@WAKEFIELD.AC.UK](mailto:ACTIVITIES@WAKEFIELD.AC.UK) TO BOOK YOUR SLOT



## wakefieldcollege

### ACTIVITY TIMETABLE

#### MONDAY

11am- 12pm  
Debating Club

12pm- 1pm  
*BORIS Club*

12.30pm-1pm  
*Unsolved Crimes Club*

1pm- 2pm  
*David Attenborough Club*

3pm - 3.30pm  
Move Monday  
Workout

#### TUESDAY

11am -12pm  
Photography Club

12pm - 1pm  
Driving Theory

1pm - 2pm  
Beginners Yoga

3pm - 3.30pm  
Mindfulness Club

4pm- 5pm  
Human Race, E&D  
Group

#### WEDNESDAY

12pm - 1pm  
LGBTQ

1pm - 1.30pm  
*What's on Your Plate?*

1.30pm - 2.30pm  
Wellbeing  
Wednesdays

2pm - 3pm  
Students' Union &  
Class Reps  
Meeting

#### THURSDAY

12pm - 1pm  
Thursday Thoughts

12pm-1pm  
*Bingewatchers*

1pm-2pm  
Beginners French

2pm-3pm  
Duke of Edinburgh

3pm - 3.30pm  
Bodyweight  
Fitness

#### FRIDAY

12pm- 1pm  
Scribbler  
Student  
Newsletter

1pm- 2pm  
*Get Fit Fridays*

