

CAMPUS ROUND-UP



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MAKING WAVES

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West Cheshire College sports student Danielle Lowe
Pic: Wirral News

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Welcome to CAMPUS ROUND-UP edition 22



@paulofford
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Welcome to edition 22 of our Campus Round-Up digital magazine.

The guest editor this week is 17-year-old Thomas Turnbull (pictured), who started his two-week internship at on Wednesday, June 25.

Thomas has just completed his A-levels in English literature, government and politics and theatre studies.

He will be studying American studies at the University of Manchester from September where he hopes to work on the campus newspaper.

Thomas is returning following a day's work experience with FE Week in October 2013, where he impressed with an article on a sponsored trek up

Eastern Nepal's Ama Dablam mountain by Alasdair Downes, director of business development at NCFE.

He has helped identify and written-up most stories for this week's magazine.

Thomas also coped well with interviewing Mark Dawe, chief executive of national awarding body OCR, about his training and fundraising ahead of a 110-mile cycle through the French Alps.



Other highlights of this week's

edition include reports on a visit by The Only Way Is Essex star Amy Childs to Bracknell and Wokingham College and a 16kg jaffa cake baked at Kirklees College.

This week's feature is on West Cheshire College sports student Danielle Lowe who will swim in the 400-metre individual medley and 200-metre breast stroke at the Glasgow Commonwealth Games.

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Rugby stars tackle giant jaffa cake

Star players from rugby league club the Huddersfield Giants tackled a giant jaffa cake at Kirklees College.

Catering and hospitality curriculum team leader Gary Schofield spent five hours baking the 16kg cake.

It consisted of 50 eggs, 2.5kg of flour, 2.5kg of margarine, 2.5kg of sugar and 5kg of dark chocolate, and a generous helping of orange jelly.

Huddersfield Giants winger Aaron Murphy and prop Jacob Fairbank gave out awards and were given slices, along with more than 60 level one, two and three catering and hospitality students, at a ceremony celebrating the achievements of learners.

Mr Schofield said: "Making the jaffa cake was something we thought of for a bit of fun to celebrate the students' achievements over the year.

"It was a nice way to round the year off and Aaron and Jacob seemed to enjoy it. There was a lot of it left over even after we'd given them and everyone else a slice."



Catering and hospitality curriculum team leader Gary Schofield (front row, centre) prepares to cut the jaffa cake as Huddersfield Giants players Jacob Fairbank (front row, centre left), Aaron Murphy (front row, centre right) and learners look on

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EDITION 22

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Campus Round-up is a sister publication of the weekly newspaper FE Week — the only newspaper dedicated to further education and skills.

FE Week offers a two-week paid internship for people who want to be journalists. Interns will be guest editors for two editions of the Campus Round-Up magazine, under the guidance of training manager Paul Offord. E-mail us at campus@feweek.co.uk to find out more. If you are interested in placing a product or job advert contact Hannah Smith. Details below:
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Gearing-up to scale four mountains

Mark Dawe, chief executive of national awarding body OCR, will set off on a 110-mile amateur race through the French Alps on Saturday (July 5). He spoke to Campus Round-Up guest editor Thomas Turnbull about training for the gruelling event and smashing his £2,000 fundraising target.

Preparing to cycle up four mountains in a day is no easy task when you live in the flatlands of Cambridge.

Mark Dawe, chief director of awarding body OCR, will set off on the La Marmotte race at 7am on Saturday and hopes to complete the 110-mile course in around nine hours.

It will involve pedalling up four mountains — the Col du Glandon, Col du Telegraphe, Col du Galibier and Alpe d'Huez.

He said: "I have enjoyed cycling for years, but never up four mountains in a day and Cambridge isn't that hilly so it's been quite hard to replicate.

"It will definitely be a new experience which will involve climbing 16,500ft in total. Recently I've been doing three or four hour rides before work each week, getting up at 4.30am. I've been trying to get longer rides in at weekends and recently did a 125-mile ride.

"I was struggling to ride 10-miles

when I entered for this last September and have gone down in weight from around 15st to 12.5st through training."

Mr Dawe's training regime, for the event which will involve around 7,000 cyclists, also involved pilates classes to improve his flexibility and core strength.

He said: "This challenge was the only thing that was going to get me out of bed early in the morning and force me to eat a pile of salad sacrificing my morning bacon roll.

"The climb will be hard but so will the descents. You can go very fast downhill on a bike so I've just got to be aware and careful of holes and rocks and make sure I brake round a corner and don't go off the side of a mountain."

Mr Dawe is raising money through the cycle for Blue Smile, a children's charity that helps children with mental health problems, and Stapleford Community Primary School, in Cambridge, where he is a governor.

He allowed Cambridge Regional College level two and three beauty students to wax his legs on Friday (June 27) to celebrate passing his original £2,000 fundraising target.

He is now hoping to increase that total significantly through auctioning a football signed by last season's FA Cup-winning Arsenal team.



Mark Dawe takes part in the 125-mile Wiggle Long One race through West Sussex on June 21 in the build-up to the. Below: A windy road on Alpe d'Huez



CLICK HERE to make a bid for the signed football
CLICK HERE to sponsor Mr Dawe



Beauty student Lydia Jackson, aged 19, waxes Mark Dawe's legs

Winning 'pantrapeneurs' raise more than £4,000



From left: Students Steve Upton, Shaheen Iqbal, Rhys Howard, Phillip Newberry and Thomas Gill

A team of learners from Barking & Dagenham College have secured the title of the nation's best student pantrepreneurs.

The Pantrepreneur Challenge 2014 saw 670 students from 16 colleges tasked with marketing, promoting and selling ethically sourced, designer pants.

The winning team from Barking and Dagenham College featured Steven Upton, Shaheen Iqbal and Rhys Howard, all aged 19, Phillip Newberry 22, and Thomas Gill 21, who are studying business, creative media production and animation courses.

They raised more than £4,000 through selling male and female underwear provided by the Pants To Poverty campaign, which aims to help raise living standards across the world.

Thomas, who is studying for a foundation degree in animation, said: "Getting involved in this competition developed my business skill which has helped me create my own future."

The national competition organised through the Gazelle Colleges Group raised more than £12,000 in total from pants sales, of which £2,500 will go to the Pi Foundation that supports people in rural India. The rest will fund entrepreneurial projects at colleges.

Beauty tips from Towie star Amy

The Only Way is Essex star Amy Childs met Bracknell and Wokingham College beauty students.

The 24-year-old spoke to level one, two and three learners about her experiences on the ITV2 show and the beauty industry.

Ms Childs, who runs her own beauty products business and a clothing boutique in Brentwood, Essex, also gave them advice on applying beauty treatments.

Level two beauty student Millie Wright, aged 16, said: "It was a great experience. She's so down to earth and gave us some good advice."

Ms Childs said: "I wanted to get across to them that the beauty industry may seem all glamorous, but its hard work and you need to work hard to succeed in it."

The TV star, who came fourth in Celebrity Big Brother in 2011, is reportedly worth £2.4m.



Amy Childs with beauty students. Ms Childs rests on a desk at Bracknell and Wokingham College

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Learner beats glandular fever to make Commonwealth Games swim team

West Cheshire College sports student Danielle Lowe is counting down to the start of the Glasgow Commonwealth Games on July 23 after securing a place in the England swimming team, writes Paul Offord.

The journey to the Commonwealth Games has not been an easy one for Danielle Lowe.

She feared she would have to give up swimming for good after contracting glandular fever in September 2011.

She was unable to swim for the next year but gradually eased her way back into training from September 2012.

Danielle started a level three sport and exercise science BTEC at West Cheshire College in September 2013, which she passed last week with distinction.

The 19-year-old managed to combine her studies with a rigorous training regime which allowed her to prosper three months ago in the national trials for the Commonwealth Games taking place from July 23 to August 3.

Danielle secured the honour of representing her country in the 400-metre individual medley and 200-metre breast stroke, after finishing second and third in the trial finals for each event.

She said: "This will be my first senior international meet and I'm very excited.

"I have worked so hard to get to where I am today. I train for five-hours-a-day, six-days-a-week so I'm delighted it has paid off.

"I was determined to do well at college too.

"Balancing my studies with swimming meant a lot of early mornings and late nights, but I'm proud I managed to do it."

Danielle has been swimming competitively since she was 10 years old.

She competed aged 14 in 2009 in the European Youth Olympic Championships in Finland, finishing fourth for her age group in the 100-metre butterfly, and aged 16 in 2011 in the European Junior Championships in Serbia, finishing joint-fifth for her age group in the 100-metre butterfly.

Danielle secured a scholarship when she was aged 16 for Millfield School, in Somerset — where she could train in the private school's pool and study for A-levels.

But she was forced to leave within six months after contracting glandular fever,

followed by bouts of tonsillitis and chest and sinus infections, which led to her missing the national trials for the 2012 London Olympics.

She said: "That was the worst time of my life. It was so disappointing not to be able to at least compete in the trials and I thought my illnesses had finished me off as a competitive swimmer."

Danielle praised West Cheshire College for the role it played in helping her return to top form.

She said: "The college was as supportive as it could possibly be.

"My main course tutor Geoff Hilton was so helpful with helping me organise my studies around training and competing."

Mr Hilton, programme leader for sport, said: "We are so proud of Danielle.

"She is extremely dedicated to swimming and very talented.

"We wish her the best of luck for her races and I know everyone at the college will be rooting for her [in Glasgow]."

Danielle and her sisters Amy, 17, Emma, 20, and Stephanie, 21, were raised by their single-mum Michelle, 44.

She said: "My mum has always been my number one fan, sitting in the stands watching me.

"Obviously, it has been quite difficult for her being a single mum-of-four, but she has always managed to juggle everything so she can drive me here, there and everywhere to train and compete.

"She's been amazing."

Her mother has even dedicated a room in their family home, in the Wirral, to all Danielle's swimming medals and trophies.

She said: "I have never actually counted how many I've won but I suppose it must be hundreds."

Danielle achieved all of this despite suffering with asthma and a skin allergy to chlorine.

She said: "I take my inhaler before each session and the skin allergy affected me more when I was younger. They are both manageable and don't hold me back."

Danielle will start a foundation degree in sports coaching in at the University of Derby in September.

She said: "My next ambition will be to qualify for the 2016 Rio Olympics, in Brazil, and be a realistic medal prospect for the 2020 Tokyo Olympics, in Japan."



Above: Danielle Lowe swims the butterfly. Below: Danielle smiles at the pool-side and, inset, in casual clothing Plcs: Wirral News



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Danielle's training diary:

Monday: I start training at 5am in my local pool in Prenton [a district of Liverpool] and push myself quite hard for two hours. I'm back in the pool from 5pm to 7pm for an intensive session.

I go to the gym from 7pm until 8pm for a full-body weights session. The thing about swimming is it uses all the muscles in your body

Tuesday: I'm in the pool for from 5am to 7am for a recovery session, which involves swimming slower but working on technique, such as different strokes and turns.

From 3pm to 5pm, I put in my best effort for short-bursts of swimming. This could mean two 400-metre, two 200-metre and two 100-metre bursts with five or 10 second rests in-between. I then spend an hour in the gym doing exercises like planks and press-ups for core body strength

Wednesday: It's back in the pool at 5am for a two-hour endurance session, which is quite tough and involves swimming 280 25-metre lengths of the pool. From 3pm to 5pm, I do high intensity training concentrating on all the different strokes.

There is no gym afterwards

Thursday: I tend to follow more intense days with more relaxed ones, so Thursday mornings [from 5am to 7am] involve another recovery session, the same as Tuesday mornings.

It's more short-bursts of swimming from 3pm to 5pm like on Tuesday, followed by an hour in the gym concentrating on building up my leg muscles with weights and exercises

Friday: The 5am to 7am session is a hard one, when I look to swim 280 lengths again.

I swim another 280 lengths from 3pm to 5pm, mainly with front crawl and backstroke as they are easier for a steady pace. The following hour in the gym is with heavy weights working on my arms

Saturday: I'm back in the pool for more swimming training from 7am to 9am, then do a full body circuit from 9am to 10am in the gym

Sunday: Day Off

On the ball for end-of-year exhibition

Photography, media and art and design students from Barnet and Southgate College showed-off their work at an end-of-year show.

Among the exhibits was a final-year project inspired by designer French Pierre Cardin and Wimbledon created by level three art and design student Can Ersozlu, aged 19.

He said: "Pierre Cardin has a lavish resort in France that is entirely circular and with Wimbledon season in the air and the fact that I love quirky architecture, I decided to create a similar model but with tennis balls."

The exhibition also included a Bob Marley-inspired picture created by a level three art and design student Kalina Plaga, 18.

Principal David Byrne said: "Barnet and Southgate College is extremely proud of all our talented creative arts students. They put together an inspirational and very professional show."



The Pierre Cardin and Wimbledon-inspired exhibit by art and design student Can Ersozlu. Right: Can Ersozlu. Left: The Bob Marley-inspired picture by art and design student Kalina Plaga

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ROUND-UP IN BRIEF

Popping out in onesies

Havering College students dressed in onesies and performed pop songs at a Brentwood nightclub in aid of a local hospice.

The level three enterprise and entrepreneurship students were sponsored to wear onesies at Eclipse nightclub and took part in an open-mic night. They raised more than £400 for St Francis Hospice, in Havering-atte-Bower.

Student Diana Johns, aged 20, said: "The event was pretty scary especially when I had to get up and perform the Miley Cyrus song Wrecking Ball."

New textbook on plumbing

Doncaster College building services engineering lecturer Michael Maskrey has had a new level three plumbing studies text book published by City & Guilds.

Mr Maskrey who previously had four other textbooks published by City and Guilds, said the subject was close to his heart as his father and grandfather were both plumbers.

He said: "If I can affect one per cent of students [through the book] it makes it all worth it. I hope my latest book will give me the same opportunity and the same success as the last [which sold 12,000 copies]."

Gold-winning garden

Level four Moulton College horticulture and garden design student Emma Watts won gold for her garden design at the Birmingham Borders competition.

The garden, which the 47-year-old called A Symphony of Life, reflected the symmetry in orchestral arrangements, with "base notes" represented by smaller plants and "top notes" by taller blooms.

Emma said: "I'm so pleased to have won and want to thank my lecturers at Moulton College who have encouraged me to put my creative ideas into practice."



Back row from left: Kenneth Rodney, from the Centre for Equality & Diversity, Purdeep Gahlan, from the Office of Public Health, Jo Rayner, art and design lecturer, Andy Sylvester, faculty director creative industries and Helen Davies, assistant director creative industries. Front row from left: Students Joseph Shaw and Cameron, both 17

Posters call time on alcohol abuse

Students hope their posters will help call time on alcohol abuse among young people in the Birmingham area.

A group of 39 level three art and design learners from Birmingham Metropolitan College were challenged to create posters for a campaign called "Calling Time".

It was launched by the Centre for Equality & Diversity, the Office of Public Health and Dudley Council in response to local research that identified problems with alcohol

abuse among young people in the area. The posters are set to be displayed on billboards around the Birmingham area.

Art and design lecturer Jo Raynor said: "The students explored a range of scenarios, some using humour to convey the messages and others creating more hard-hitting visuals."

Student Cameron Wilson said: "I'm really interested in becoming a graphic designer, so it was useful to have a real project to work on."