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ADVENTURES IN ICELAND

Students' learning enriched by trip of a lifetime



READY FOR THE NEXT STEP

Student leavers celebrate in style

COLLEGE AWARD

Investors in Diversity for Schools Award

WORKING WITH SHEWULA

Life-changing experience in Eswatini

AIMING FOR THE TOP

Students look to the dreaming spires of Oxford University

Callywith College magazine celebrating our students and staff



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**YOUR
FUTURE
STARTS
HERE** 

NEW STUDENTS DISCOVER ENRICHMENT OPPORTUNITIES AT FRESHERS' FAIR



New students discovered more about the outstanding enrichment opportunities on offer at the College's Freshers' Fair.

The event gave this year's new cohort the opportunity to find out more from current students and staff about the wide variety of enrichment opportunities available to them while they study.

Student Ambassadors and staff were on hand to offer advice and students were encouraged to embrace a variety of the opportunities the College has to offer including the Medics', Academic, Sports, Esports, Law and Digital academies, Callywith Active physical activities, Duke of Edinburgh, Ten Tors, the Extended Project Qualification, Culture Cafe, Music Mondays, as well as Sustainability, Dungeon & Dragons, and Pride groups, plus much, much more.

Students also discovered more about the support available to them from our Student Services, Careers and Learning Services teams, Personal Development Tutors and external agencies including Brook Sexual Health, Cornwall & Devon Police, CAHMS and Young Carers.

From athletic or academic to creative, there is something for everyone!



During the Freshers' Fair, students also took part in fun activities including glitter tattoos and hair braiding and even enjoyed some free cookies and treats from the College's caterers, Cleverchefs.

The College's enrichment opportunities provide an excellent way to make new friends, broaden students' experiences at college and gain skills that will benefit them when completing their UCAS Personal Statements or applying for jobs.

EXCEPTIONAL STUDENTS ACHIEVE OUTSTANDING RESULTS

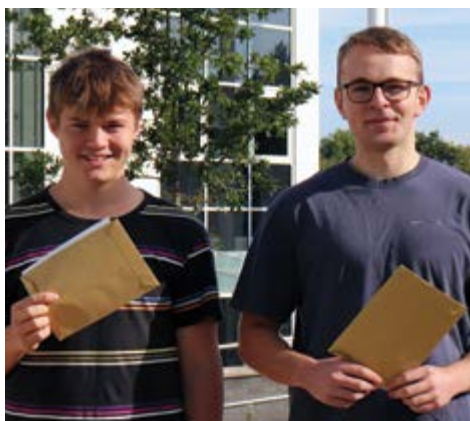
Hundreds of Callywith College's A Level and Extended Diploma students celebrate achieving excellent results and securing outstanding progression opportunities.

The 236 A Level students receiving results at the College have collectively secured a 99% pass rate, with 56% of entries being awarded A*-B grades; 3% higher than national averages for 2023.

Students studying Level 3 Extended Diploma and Diploma courses have also achieved excellent results, with 95 (45%) of the College's cohort of 212 students passing with the top distinction grades or higher.

Callywith College Assistant Principal Allyn Jefferies said: "We are very proud of the results achieved by our students and it is a huge endorsement of the dedication shown by students and staff at the College.

"The vast majority of our university applicants have successfully gained entry to their first-choice institutions. Across the College, we have so many great success stories and I'd like to congratulate all of our students on what they have achieved and urge them to keep in touch with the College to let us know how their next steps into employment, apprenticeship or university are going." Here are just some of the students' outstanding individual success stories:



Joe Highmoor (left) received A*A*A*A in Maths, Chemistry, Physics and Further Maths.



"I am very happy with my results and I am excited to see what the future holds.
Joe Highmoor.

Joe Highmoor, who has been offered a place at Oxford University to study Chemistry, has done incredibly well to achieve three A*s in Maths, Chemistry and Physics A Levels and A in Further Maths.

"Callywith had all the support and facilities to launch me into higher education and the teachers gave me all the help I needed to reach my full potential. The Oxbridge workshops at the College supported me through the whole application process."

Ollie Rundle, who previously attended Launceston College, achieved A*, A, A in Biology, Chemistry and Psychology A Levels and A* in the Extended Project Qualification (EPQ). Ollie, who is going on to study Pharmacology at University of Nottingham shared: "I'm really happy with my results as they are what I expected and ensured I got into my first-choice university.

"Staff at Callywith were super positive and helped me with any questions I had and lessons were a nice environment."

A Level students weren't the only ones achieving excellent results, BTEC Level 3 Health & Social Care student Bex Mugford, who previously attended Callington Community College, achieved D*D*D* - the highest possible grade for her Extended Diploma.



Bex, who is going on to study Clinical Psychology at Plymouth University, said: "I am feeling really happy and proud of my results. My teachers at Callywith were really supportive and have helped with all aspects of college life and are always willing to help. I had a lot of fun in my lessons."

The hard work Joe, Ollie, Beth and Bex and all our other students have been putting in throughout this year, has certainly paid off and we wish all of them the very best of luck in their futures, whether that be at university, in apprenticeships or starting work and beyond.

Since opening in 2017, Callywith College has rapidly built an enviable reputation for excellence in teaching, learning and student support. The College is rated Outstanding in all categories by Ofsted and features in The Sunday Times Top 20 "Best sixth form colleges in England 2022." These results strengthen these credentials further and explain why the College has become the fastest growing post-16 destination for young people in North and East Cornwall.

CALLYWITH ACHIEVE INVESTORS IN DIVERSITY FOR SCHOOLS AWARD

The Investors in Diversity Award is a nationally recognised quality mark which provides an all-encompassing methodology for improving Equality, Diversity and Inclusion (EDI) practices in the workplace.

In a letter to the College, the National Centre for Diversity (NCD) said: "On behalf of the National Centre for Diversity, I would like to congratulate Callywith College, their staff, and stakeholders on the successful achievement of the Investors in Diversity award following the assessment process."

"The Investors in Diversity journey and achievement of the standard gives a positive message to all the stakeholders, internal and external, and each person should be congratulated for their input and success of the organisation."

This achievement follows a thorough assessment process where external stakeholders, staff and students completed a detailed survey regarding their experience and interpretation of the way in which diversity is recognised and promoted at Callywith College.



From left to right: Callywith College Principal Jon Grey, Assistant Principal / Designated Safeguarding Lead Jen Temple, SENDCo John Ratcliffe, Student Services Lead / Deputy Designated Safeguarding Lead Jamie Crowle, Student Council members and Learning Support Assistants.

Many of our wonderful staff and students have contributed to our investment in diversity including our Senior Management, Pastoral Lead, Personal Support Advisors, SENDCo, Student Council EDI Representative and our Learning Support Assistants.

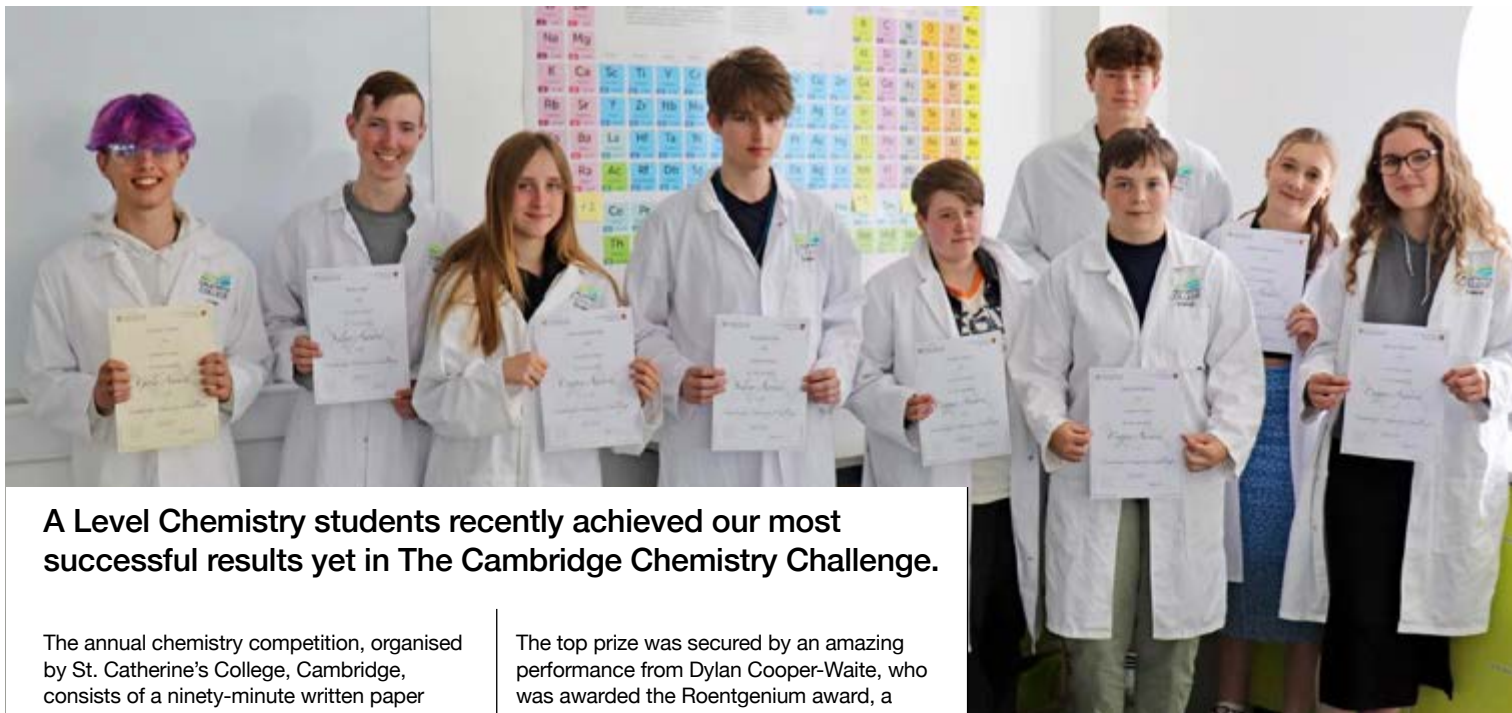
Callywith Assistant Principal for Student Experience Jen Temple said: "We are extremely pleased that both our culture of inclusion and positive promotion of diversity

have been recognised in this way. Staff and students at Callywith contribute significantly to this on a day-to-day basis, demonstrating respect for NCD's FREDIE values of fairness, respect, equality, diversity, inclusion and engagement.

"Staff at the National Centre for Diversity have been incredibly supportive throughout the process, and we would like to thank them for this."

Many of our wonderful staff and students have contributed to our investment in diversity.

MOST SUCCESSFUL RESULTS YET IN CHEMISTRY CHALLENGE



A Level Chemistry students recently achieved our most successful results yet in The Cambridge Chemistry Challenge.

The annual chemistry competition, organised by St. Catherine's College, Cambridge, consists of a ninety-minute written paper based on current chemistry issues, such as environmental chemistry, medicine manufacture and fuel composition.

This year, the majority of Callywith entrants achieved awards. One of our top-achieving students in the competition, Corben Jones, took home Callywith's first ever Gold award. Corben is looking to use his skills to study biochemistry at university.

The top prize was secured by an amazing performance from Dylan Cooper-Waite, who was awarded the Roentgenium award, a brilliant result achieved only by the top 0.6% of entries. In addition to the award, Dylan was invited to a summer training camp at St. Catherine's College, Cambridge. He is hoping to pursue medicine as a career and is working extremely hard to achieve his ambitions.

We are incredibly proud of all the entries and congratulate them for their amazing achievements.

FUTURE POLICE OFFICERS ENJOY WORK EXPERIENCE WEEK

Devon & Cornwall Police recently held a fantastic Work Experience Week at Callywith for 30 Year 12 students from across Cornwall including Callywith Level 3 Uniformed Protective Services Diploma students.



The week comprised of several presentations, practical learning opportunities, and guest speakers covering the many different aspects of policing in the modern world. Students learnt about career opportunities within policing, as well as the practical and detailed workings of the job.

Students were rewarded with an amazing insight as to whether policing is the career for them. First year Protective Services student Rosa Dubare said: "It was very interesting to see all the different roles and careers you could undertake in the police and how they all come together to work as a big team. My favourite part of the week was learning self-defence skills and how to restrain people."

DOFE GOLD AWARD STUDENTS EMBRACE OPPORTUNITIES



**Duke of Edinburgh Gold Award
is now well under way at
Callywith College.**

Our students are making great progress with mapping skills and orientation. They have now completed classroom sessions and undertaken two moorland walks around Bodmin Moor. They have battled rain and enjoyed the sunshine. More to come over the coming months as they work toward their practise camping sessions at the beginning of the Easter holidays.

Duke of Edinburgh Award (DofE) students have also embraced the opportunity to take part in their First Aid training certificate. The first group have now completed this and have all passed with ease. Thanks to Callywith Active Lead Julian for making this possible for the students.

In total, there will be 22 DofE students First Aid Trained when the sessions are completed. A huge well done to students for putting themselves forward for the training and gaining skills that will not only benefit themselves, but also others.

FIRST EVER TEN TORS TEAM CROSS THE FINISH LINE

**Callywith College's first ever Ten Tors Challenge Team
crossed the finish line after spending 31 hours and 25
minutes on Dartmoor, walking 45 miles in late April.**

Ten Tors Team member, Callywith student Ellie Hilson shared: "Ten Tors is a great opportunity to get out of the classroom and develop new skills that you can't get elsewhere. I have had the chance to meet many new people, make lasting friendships and mostly importantly have a laugh! We take part in a wide range of activities from hiking and camping out on Dartmoor and cooking our own meals. It has given me the chance to gain independence and for us all to see what we are capable of."

Callywith Ten Tors team leader Huw Williams said: "The students are all extraordinary people, it was a delight to spend the last year training with them through the ups and downs; culminating in a wonderful weekend.

"Special thanks to the staff who have given their time to ensure this was a success and have supported students throughout."

What an incredible achievement and opportunity for our students!



**Our fantastic students
have dedicated the
last seven months to
ensuring their success.**



STUDENTS LOOK TO THE DREAMING SPIRES OF OXFORD UNIVERSITY AND BEYOND

A Level and BTEC students at Callywith College have bright futures on the horizon as they receive excellent university offers from across the country.

Liv Pennington, who previously attended Brighton Hill Community School and is studying A Levels in French, History and Geography, plus an Extended Project Qualification (EPQ), has done extremely well to receive five university offers to study History and French at Oxford, King's College London, Manchester, Exeter and Warwick universities.

Liv, who also attends the College's Academic Academy and is a member of the Student Council, shared: "I was so happy when I got my Oxford offer that I was just jumping up and down! While I don't yet have a definite preference for which university I'd like to go to, I am really excited to start a degree and get to experience student life!

"The support from Callywith, especially when it came to the Oxford application process, has been incredible with my teachers putting sessions in place to help prepare for each stage - feedback for my personal statement, taking me through aptitude test past papers for both subjects and helping to organise mock interviews. It's been completely invaluable."

Max Booth, who previously attended Tavistock College and is studying A Level Business Studies, Geography and Politics and an EPQ, has so far received four offers with his preferred choice currently being Nottingham University to study Politics and International Relations.

Max shared: "I'm excited to go to university and all the opportunities that come with it and meeting new people that are interested in the

"The support from Callywith, especially when it came to the Oxford application process, has been incredible." Liv.

STUDENTS VISIT OXBRIDGE UNIVERSITIES

Some of our students recently had the fantastic opportunity to visit Cambridge and Oxford universities.

During the trip, students stayed overnight in university accommodation at both universities, looked around faculties and colleges, and had a tour of Oxford from former Callywith College student Georgia Stevens, who is currently studying Law at St Annes. The students also benefitted from a personal statement and interview workshop session delivered by Downing College, Cambridge.

Callywith student Jack Thompson, who went on the trip shared: "Going to Oxford and Cambridge was a unique experience that really opened my eyes to the many opportunities that not just Oxbridge but universities in general can bring. Being able to speak with the linguistics lecturers, have a debate with people specialising in that area and talking with current students in the various colleges that Oxford offers, enabled me to achieve a greater understanding of the subject's scope and deepen my interest in the field of linguistics."



Charley Marshall



Liv Pennington



same subjects as me. I'm also looking forward to having more freedom to live away from home and to have a choice of course modules that best suit what I'm most interest in.

"Whilst at Callywith, my tutor and Politics Lecturer both helped me to complete my personal statement. They also helped me when I was deciding on which universities to apply to, ensuring I got a mix of campus and city universities, as I wasn't sure which type I preferred yet. Speaking to the universities when they visited college last year for Callywith's 'Your Futures Week' was particularly helpful.

"After university I hope to join the Navy and work as a diplomatic relations and warfare officer."





Max Booth



It's not just A Level students who've been receiving excellent offers to study at university, Charley Marshall, who is currently studying a BTEC Level 3 Sport Diploma, has received four offers with her preferred choice being Plymouth Marjon University to study Sport Coaching and Physical Education.

Charley, who previously attended Launceston College, shared: "I feel excited for the new opportunities waiting for me but also nervous to start a new chapter of my life."

"My time at Callywith has helped me realise what I want to focus on in the future, which is to become a PE Teacher in a Secondary school and a swimming coach."



STANDING OVATION FOR PERFORMING ARTS STUDENTS

Our incredibly talented Performing Arts students received a well-deserved standing ovation for their amazing final performance of Antigone.

Performing Arts Lecturer Steve Wilde, who directed the fantastic performance, shared: "It was an exceptional week of performance on display was a fine example of the hard work that they have put in throughout their time with us. We will all be genuinely sad to see them leave us, but we are so excited to see them flourish at drama school, university and beyond."

"For the second-year students, this was their final show at Callywith and the sheer calibre of performance on display was a fine example of the hard work that they have put in throughout their time with us. We will all be genuinely sad to see them leave us, but we are so excited to see them flourish at drama school, university and beyond."

"This show was also the final assessment of the year for our first-year students who knocked out an incredible performance far beyond what anyone would expect from students this early in their training and careers. It's extremely exciting that they will have at least two more shows next year and we cannot wait to get back into the rehearsal studio and start it all again!"

"After an incredibly tough few years for the Performing Arts industry, it was inspiring to see these young people with such talent and passion for the arts perform to a full theatre and receive standing ovations. They were amazing and we are so proud."



Callywith Principal Jon Grey, who also attended the performance, shared: "Another humbling experience to watch our incredibly talented Performing Arts students in their production of Antigone tonight. Inspirational work from our Performing Arts staff and nurturing and developing their talents."

Members of the audience also shared their feedback: "The performance was amazing, a Greek tragedy with a pirate theme, this really helped set the atmosphere and brought the performance to life by exceptionally talented actors - fantastically inspirational that made you laugh and cry, really worth watching."



ART & DESIGN STUDENTS VISITED BY LOCAL ARTIST

Students studying the Level 3 Art & Design Diploma and A Level Art courses were recently visited by Artist Abigail Reynolds.

Students attended an informative and inspirational talk in the lecture theatre, followed by a Q&A and some brilliant workshops where Abigail shared her creative processes with students and how they can replicate this in their own work.

Reynolds, who lives in St Just, Cornwall, uses montage techniques of layering and folding to destabilise singular ideas of cultural and political ecologies. She works across sculpture, print and film as well as creating events to bring disparate things into conversation.

Art & Design Diploma student Betty Sellers-Page shared: "Abigail Reynolds' talk was very inspirational. Being able to listen to an artist who is so enthusiastic about her work was amazing to listen to. I really enjoyed being able to hear her passion for art and share that feeling with her."

A Level Fine Art student Erin Archibald shared: "I found it really interesting to learn methods of creating art that I hadn't thought of before. I loved listening to her talk about her work, you could tell she is very passionate and invested. The workshop introduced me to using space and lines in more practical and abstract ways."

A Level Art History: Critical & Contextual Studies student Alice Goodman shared: "The workshop gave really good insight into how her process works, and it was inspiring to be able to use her technique to make something my own. I found the talk detailed yet easily comprehensible, so I think it was a really good opportunity!"

A Level Fine Art student Lily Townsend shared: "It was exciting to see an artist I had researched for my own project in real life, and I felt much more connected to her art after the talk. I also found the workshop really useful - the activities were creative and challenging, and I felt like I was encouraged to work in new ways. I particularly enjoyed how we were given feedback and encouraged to display our work; I felt like I ended the workshop having acquired new skills and work I was proud of."



PHOTOGRAPHY STUDENT SELECTED FOR ORIGINS CREATIVES 2023

Level 3 Photography Diploma student Kodai Benjamin selected for Origins Creatives 2023 by University of the Arts London (UAL).



Origins Creatives, organised by UAL Awarding Body, offered students the exciting opportunity to see their work exhibited at the Truman Brewery, Shoreditch, London on 21-23 July.

Kodai's submission 'Kurashi Magazine' caught the attention of UAL Awarding Body's curator amongst 400 entries from colleges nationwide.

Kurashi is a 72-page sustainable lifestyle magazine that explores the work of artisans and creatives predominately in the South West of England. Kodai is passionate about sustainable food and fashion and has used his final major project as an opportunity to combine them. The magazine features interviews with a visual artist who uses mixed media to capture the feel and essence of landscapes, and a sustainable clothes designer based in Devon, who places sustainability at the core of her practice. There is also a feature which 'scratches the surface of artisan retail in Bristol' and a photo journal exploring Copenhagen.

Kurashi started as a photography project which Kodai developed to explore graphic design and magazine production. Kodai's lifestyle photography skilfully incorporates elements of landscape, portrait and



documentary photography to create an informative and sophisticated magazine.

Origins Creatives provides art lovers, critics and industry professionals from the creative sector the chance to discover original creative talent from across the UK and celebrate students' creativity and hard work.

The free exhibition, showcased work from some of the UK's most talented students in Further Education institutions studying across the UAL subject areas of Art and Design, Fashion, Business and Retail, Creative Media, Music Performance and Production and Performing Arts.

The exhibition showcased selected work created by students from Levels 1, 2, 3 and 4 across all subject areas and included a diverse range of painting, photography, drawing, sculpture, fashion and more.

CHOOSING THE RIGHT COLLEGE COURSE FOR YOU

Choosing what courses to study at college can be tough, especially when there's so many on offer, so here are some tips and advice to help make this decision seem less daunting.

1 Look at all of your options

Make sure you look at all that's on offer and then look at the courses that initially attract your attention in more detail in the Callywith prospectus and at callywith.ac.uk. Consider whether you want to do A Levels - a great route if you want to keep your options open. Or if you know the area of study or career you wish to pursue, you can specialise in a Diploma.

4 Think about your future

If you're thinking about university and have a degree in mind already, then take a look at the degree entry requirements. Some degree courses require specific subjects to be studied, visit ucas.com to check. A potential career goal could also lead you to pick subjects relating to that job you have in mind.



2 Choose subjects you'll enjoy

If you're completely stuck for ideas on which courses to pick, then think about the subjects you enjoy at school. Exploring your favourite school subject further at college could make you love it even more and open up a path for your future when it comes to your career.

5 Look at entry requirements

When choosing your courses, make sure you take a look at the entry requirements for the A Levels, or Diploma you are thinking of choosing. In the Callywith prospectus, the 'What to choose' section on pages 30-31, will give you more information on this.

8 Write a list

Once you've had a think about all of your options, write them down in a list so they are easier to weigh up. Organising your thoughts on paper will most likely make a lot more sense and you can always come back later to reflect.

3 Do your research

Research is key when choosing your courses. Read the prospectus and course content on the Callywith website and attend open events at the College to talk to the staff teaching the subjects you're interested in. Look in detail at what you'll be studying and find out the type of assessments that are involved to determine which courses will suit you.

6 Your A Level choices don't have to be similar

If you've decided to go down the route of A Levels, they don't have to be linked to each other. Studying a variety of subjects will keep your options open for your future if you are undecided. However, if you do have a particular degree or career in mind, then choosing similar subjects, all science related for example, or studying a specific Diploma, is not a problem either. Most combinations are possible.

9 What if I don't like the course I've picked?

Don't panic if you start the course in September and think you've made the wrong decision. Talk to your teacher and you may be able to change your options. They are always going to have your best interests in mind and will encourage you to do what you think is best for you. Just remember to speak up.



7 Don't just choose what your friends are doing

Don't choose a course just because your friend is doing it. You're choosing for your own personal benefit. Going into a new classroom not knowing anyone might be daunting, but just remember that others are in the same boat as you. You'll make new friends on your course and can always meet up with your old friends at lunch time.

10 Get more advice

If you're still struggling to decide, organise a meeting with the careers advisor at your school for more help, or visit the College on an open day to talk to subject staff. You will also have the opportunity to discuss your options at your admissions interview to help you decide on your course choices.

GEOGRAPHY STUDENTS EMBARK ON ICELANDIC TRIP OF A LIFETIME

Callywith A Level Geography students recently returned from an amazing 5-day field trip to Iceland with Truro and Penwith College students.



Students have had some incredible experiences including a visit to the world-renowned Blue Lagoon geothermal spa and a recent lava flow on the Reykjanes Peninsula, ice hiking to the top of the Solheimajökull glacier using crampons and ice axes, as well as visiting the LAVA Centre exhibition and local geothermal pools.

Students also visited the Seljalandsfoss and Skógafoss waterfalls, the famous site of Geysir and the tectonic rift valley of Thingvellir.

At the end of the trip, students had the chance to explore the historic centre of Reykjavik.

Callywith Geography student Tamsin said: "It was an incredible trip! Nothing like we were expecting and it was so many levels above what we had prepared for. Being able to do so many amazing activities in such a small amount of time and still being able to appreciate Iceland's beauty, made it so worthwhile."

Fellow Geography student Bob said: "I can't think of words to describe how fun it was. Simply an amazing experience! Thanks so much to everyone who was involved in the arrangement and execution!"

Callywith Geography Lecturer Matt Andrews shared: "It was amazing to restart our annual trip to Iceland. Students got to see Iceland's Arctic tundra in a frozen state with some short blizzards interspersing the overall glorious sunshine and clear days. We were able to visit many of the tectonic sites around Iceland's tectonic rift valley, which this year included a walk up to the recent (2021) lava flow of Fagradalsfjall. Our glacier hike was a great success, with all students making it right up onto the top of the Sólheimajökull glacier. All the students were amazing ambassadors for Geography and even learnt some Icelandic - jajae!"





STUDENTS HIT THE SLOPES

Callywith students had a brilliant half term on the slopes of Pontedilegno-Tonale, Italy with students from Truro and Penwith College.

It was fantastic to see students enjoying the mountains once again and mixing and making new friends from across all three campuses.

All students made amazing progress during the week-long trip, many of which who had never skied or snowboarded before! Students tackled slopes at the Presena Glacier (3,000m above sea level) with the help of their excellent instructors Giuseppe, Osvaldo, Daniele and Stefano at Ponte di Legno Ski School.

Our advanced ski groups skied a wide range of different pistes across the 319 run resort. Students were treated to 'bluebird' ski days throughout the week as the conditions were perfect.

The Truro, Penwith and Callywith (TPC) Ski Club team were thoroughly impressed with the attitude and amazing progression of all students.



PROTECTIVE SERVICES STUDENTS TAKE PART IN 'THE GREAT TOMMY SLEEP OUT'



Level 3 Uniformed Protective Services Diploma students swapped their beds for sleeping bags to take part in 'The Great Tommy Sleep Out' challenge to raise funds and awareness for over 6000 veterans that are experiencing homeless in the UK right now.

Callywith Protective Services Lecturer Matt Kennedy-Smith said: "The students really enjoyed this experience; cooking meals on Trangias before bed, then sleeping under canvas on a beautiful, clear, starry night - although the temperature did drop considerably around 3am. "This is the students' third charity raising event, helping them realise the value of being an active citizen and how it benefits them in joining the protective services. It has also helped students to develop their skills for their forthcoming Gold Duke of Edinburgh expeditions, which is part of the course."

The students raised a fantastic £425 of their £500 target!

With every penny raised, Royal British Legion Industries (RBLI) can provide safe, warm housing and ensure everyone has a fair opportunity to gain employment, regardless of health conditions or disability.

Students have previously raised money for Cancer Research UK by doing 100 press-ups every day for the month of February and for Royal British Legion by selling poppies around college, raising a total of £1,136.

HEALTH AND SOCIAL CARE CAREERS DAY

Health and Social Care professionals from all over Devon and Cornwall came to Callywith to deliver sessions to share their experiences working in the sector with Health and Social Care students.



Students engaged in activities such as quizzes, a problem-solving task, physical activities (hand grip diameter) and tasting dietary supplements and meal replacement drinks. Students were also introduced and engaged with a lovely resident from St Breock Care Home in Wadebridge who provided experience about living in a care home and what the care assistants do to support her daily.

All sessions covered career progressions including apprenticeships routes, a day in the life and additional work experience opportunities that have been opened for our students.



Guest speakers included a speech and language therapist, education lead pharmacist, lead dietitian, children and adults eating disorder services, bariatric dietitian, lead podiatrist and AHP professional, Sanctuary Care, Proud To Care Cornwall, Royal Cornwall Hospitals Trust and Cornwall Partnership NHS Foundation Trust.



HEALTH & SOCIAL CARE STUDENTS' HEART DISSECTION

Level 3 Health and Social Care Diploma students had their first session in the science labs participating in a heart dissection.

This was to help prepare students for their Unit 3 - Anatomy and Physiology exam.

Students have been learning about the cardiovascular system, consisting of the heart, blood vessels, cardiac cycle and disorders. They were able to identify the structure of the heart and label correctly.

An excellent opportunity for students to get involved in, understand laboratory health and safety and apply theory to practical situations.



HANNAH ACHIEVES DREAM OF BECOMING PARAMEDIC

Hannah, who previously attended Budehaven Community School shared how she is feeling to have graduated: "I feel like I have finally accomplished my end goal of becoming a qualified paramedic. It has taken blood, sweat and tears but it's all been worth it. It's allowed me to reflect on my journey getting there and see how every step of the way including school and college has helped me to get where I am today. It feels surreal now going into the world of full time employment within the NHS and away from my normal study routine so I think that will definitely take some getting used to!!

"I thoroughly enjoyed university, I was able to meet lots of new people and gain a new sense of independence. I participated in the netball society which enabled me to carry on netball after college. My degree involved 50% placement which gave me great practical experience and a different side to learning.

"All my experiences at Callywith set me up for university, I thoroughly enjoyed my time at college. My tutor and other teachers at Callywith helped me understand the UCAS process, and the importance of university open days. My tutor would prepare questions and I would participate in 'mock' interviews which benefited me when it came down to the actual interviews and I genuinely believe this helped me get 5/5 university offers.



Former A Level Biology, PE and Psychology student Hannah Harrington-Hardy, who has recently graduated from University of Plymouth with a 1st class honours in Paramedic Science, begins her dream career as a qualified Paramedic for the NHS.

"I am now employed by the South Western Ambulance Service as a frontline Paramedic working in the North Devon Area. At the moment, I hope to find my feet and settle into the job, get to know all my colleagues and enjoy being qualified. I hope in the future to complete a Masters to further my knowledge and allow me to progress into advanced rolls within the NHS. I am currently completing a month volunteering in Nepal alongside other Paramedics. We are working within schools, hospitals and the Nepal Ambulance Service in order to improve education and global health. I have been teaching children and their communities about how to use basic everyday objects as medical aids such as cardboard and bamboo. I have so far really enjoyed this type of work and hope to continue to do something similar in the future.

"My advice to anyone who is interested in becoming a Paramedic is to know there are two routes: the university route where you study BsC (Hons) Paramedic Science for 3 years or you can join the ambulance service as an ECA (emergency care assistant) and you can complete an internal apprenticeship after 2 years to become a paramedic. Both routes are excellent it just depends what fits your lifestyle.

"I would also say, gain as much healthcare/ social experience as you can (such as a residential home) to understand if shift work and the medical field is for you. And go for it!! It's a rewarding job that constantly keeps you on your toes everyday."



PROTECTIVE SERVICES STUDENTS ARE THE CHAMPIONS!

Level 3 Uniformed Protective Services students had a great day out at The Army Cup Challenge 2023 run by the British Army and a great result winning the cup.

The annual event sees colleges from across the South West compete in a series of

mental and physical challenges including problem solving, teamwork, leadership, communication and some basic soldier skills over 2 days.

PROTECTIVE SERVICES STUDENTS PUT THEORY INTO PRACTICE

Protective Services students have been putting theory into practice for some important simulated interviews conducted by members of the British Army, Royal Navy, Devon and Cornwall Police and Cornwall Fire

and Rescue. The mock interviews provided students with a valuable experience helping them to prepare for the real thing and giving them a better chance of being successful in these highly competitive job roles.



LIFE-CHANGING EXPERIENCE

A Level Geography students and staff from Callywith, Truro and Penwith Colleges were extraordinarily grateful to have been able to return to the kingdom of Eswatini in southern Africa to visit the community of Shewula.

For over 20 years, Truro & Penwith College's Shewula Orphans' Fund charity has aided economic development and sponsored 100s of Shewula children to complete their schooling.

After a four-year break due to Covid-19, the annual college trips were greeted with huge warmth by the community, who expressed their deep gratitude for the continued support of our students and their families. Shewula remains in a fragile stage of development, not least due to the continued impact of the HIV epidemic which has left a 20% infection rate in the area, as well as hundreds of orphaned children.

During the trips, our students complete valuable work with the young people of Shewula and make connections with the community that strengthen the ongoing bonds of friendship between us. They also have the opportunity to spend a few days at the end of the trip to explore and experience the diverse and beautiful culture, landscape and wildlife of Eswatini.

Students have reflected thoughtfully on their first-hand experience of the challenges of development in sub-Saharan Africa and the impacts of globalisation, and, as ever, students have returned with a sense of renewed dedication to supporting the community of Shewula to thrive.



Callywith A Level Geography student Emilia Poet shared: "I had the most amazing time! It's a trip that I will never forget. Seeing the College's links with the charity in Shewula was inspiring. Taking toys and clothes and playing with the children was so fun and everyone within the community was so welcoming. Much fun was had on safari, zip wiring, cooking and joining in with plenty of traditional dancing! I feel very lucky to have had this opportunity."

Fellow Callywith student Emma Bersey said: "The trip was an eye-opening experience into real problems which are still faced today which feel like a different world away."

"It was a very fulfilling experience seeing how much joy we brought to the children through playing with them and giving them the toys and clothes. The experience has made me more independent and confident as a person (my mum and dad said they have noticed a difference) and I've definitely made friends for life on the trip."

Eliza Thomas-Hegarty shared: "Whilst the trip showed how much our help has impacted communities like Shewula, it was an eye opener to how much more needs to be achieved. You will form so many new friendships with both the community and each other, and learn a lot about your own strength."



IN ESWATINI



FIRST YEAR STUDENTS CONSIDER PROGRESSION ROUTES DURING ‘YOUR FUTURE WEEK’

First year students spent the penultimate week of term thinking about their futures with a series of events designed to help them plan their next steps towards further study, careers or apprenticeships.

Our annual ‘Your Future Week’ event, which took place from 26th-30th June, is dedicated entirely to first year students’ progression route, their amazing future career and the exciting adult life that lies ahead of them.

During the week, students met a wide range of employers and organisations at the College’s Careers Fair, attended guest speaker talks from industry experts, found out about gap year opportunities, learned about higher education and what it’s like to study at university, discovered more about apprenticeships, met university student ambassadors, worked on their UCAS application forms and CVs, attended mock interviews, completed a 3-day work experience placement, plus much more!

During day one of Your Future Week - Careers Day, first year students had the opportunity to explore their post-18 academic and career options at our Careers Fair with over 60 employers, universities and apprenticeship providers in attendance including Exeter, Truro & Penwith, Plymouth Marjon and Falmouth universities, Cornwall Fire and Rescue Service, Software Cornwall, Cornwall Partnership NHS Foundation Trust, Spaceport Cornwall, Happy Days Nurseries & Pre-Schools, Pirate FM, Next Steps SW, The Focus Training Group and many more.



Careers Fair with over 60 employers, universities and apprenticeship providers in attendance

projects where students were tasked with coming up with a new business idea or social enterprise or planning a fundraising event, music festival or a campaign, helping them develop transferable skills such as listening, communication, numeracy, teamwork, creativity, problem-solving, research and analysis and organisation. Students then presented their ideas to the rest of the class, delivering some fantastic presentations!

During day two of Your Future Week - Destinations Day, students had the opportunity to explore progression pathways after college. Students attended a variety of apprenticeship and higher education talks from Truro and Penwith College, Falmouth University and University of Exeter and heard first-hand about what student life is like from higher education student ambassadors.

For the last 3 days of Your Future Week, students completed some brilliant work experience placements.

A Level English Language & Literature, Politics and Spanish student Eva Greenwood, who completed her fantastic 3-day work experience placement with HTM Television on set of Season 2 of ITV Police-Crime drama DI Ray, shared: “I got this placement through my uncle who is working in the sound department for the shoot. I shadowed the sound crew, listening to the sound being recorded live as the cameras were rolling and helped to identify some potential difficulties and disruptions within the recording.

“I really enjoyed just being on set and learning lots of tricks of the trade like disguising microphones to disappear into the



Throughout Careers Day, students also had the fantastic opportunity to attend a wide variety of talks to hear from industry experts about careers in their fields, including space, broadcasting, protective services, teaching, mental health nursing, social work, accountancy, environmental science, law, psychology, software development, marine engineering, photography, marketing, architecture, construction, physiotherapy, material science, pharmacy and starting your own business.

Students also joined a fantastic live online discussion with Callywith staff who completed gap years, sharing their experiences, as well as participating in some brilliant group

Students interested in university begun working on their UCAS applications, and those interested in apprenticeships and employment spent the afternoon completing CVs, searching for live vacancies and writing covering letters in preparation for mock interviews with guest interviewers including Truro and Penwith College Apprenticeship Recruitment Coordinator Tammy McDermott, members of Bodmin Chamber of Commerce and staff from Coastline Housing, Bodmin Keep and Cornwall Careers Hub. Students then received feedback and tips from their interviewers to help them prepare for real world interviews.

background, using camera angles to hide certain things, as well as discovering the huge variety of jobs there are on set.

“I now have on-set experience and know a little bit more of the reality about how filming a television show works which will benefit me greatly if I was to work within the industry. The experience has also opened my eyes to many other jobs to consider on set.

“In the future, I’d like to work within the TV and film industry possibly as a writer but, having been on set, I am considering working with the visual side of things like a cinematographer would.”



2023 STUDENT LEAVERS CELEBRATE IN STYLE

On Thursday 6th July, Callywith College student leavers celebrated completing their time at college in style at their 2023 Leavers Prom at St Mellion Estate in Saltash.



Over 100 students attended the event to wish a fond farewell to their lecturers and to celebrate completing their final exams and their experiences over the past two years.

Callywith Principal Dr Jon Grey, who attended the event along with teaching and support staff from the College, shared: "It was fantastic to be able to give our leavers the send-off they truly deserve. We are incredibly proud of them all and wish them the best of luck in their exciting futures ahead of them."

HOW TO MAKE THE MOST OF AN OPEN EVENT

1 Speak to Student Ambassadors

There's no better way to find out about the College than to speak to current students. They can give you a first-hand experience of what life at Callywith is like and help you decide if this is the College for you. Quiz them on why they chose Callywith themselves and how they are finding their experience at Callywith or why not ask them what courses they study to see if it matches your interests? Students will also be able to give you information on any extra-curricular opportunities that you can get involved in around your lectures, including a variety of academies, enrichment opportunities or the Duke of Edinburgh award.

2 Explore the facilities

Callywith has some amazing facilities on offer and our Student Ambassadors will be happy to guide you around the campus. Pick up an Event Guide when you arrive which features a campus map and a list of where the various courses on offer are and outlines just some of the activities taking place throughout the event. Make sure to visit more than just the classrooms and take a look at the modern IT suites and Learning Resource Centres, fantastic sport facilities and the spacious Lecture Theatre. Exploring the whole campus will give you a feel for the atmosphere at the College and introduce you to all that there is to offer. It also minimises your chances of getting lost on your first day in September!



3 Get to know the teaching staff

If you've got an idea in mind of what courses you would like to study, then make sure to meet the lecturers that could be teaching you. Do some research online before you visit by taking a look at our website or read a prospectus to pick out some courses that interest you and the subject staff will be pleased to meet you in their classrooms to answer any questions you have about the course. Take a look at students' work on display and browse the materials relating to the current curriculum to give you more of an insight into what the course is like.



4 Attend talks and presentations

During the event, there is also the opportunity to attend a talk from the Principal in the Lecture Theatre, who will give you a detailed overview of the College. Bring a notepad and pen to write down any notes. Your own notes alongside any leaflets you've picked up will provide you with all the information to weigh up your options when it comes to making your decision.





If you've never been to a Callywith Open Event before, or just want to make sure you are making the most out of the event, here are some top tips and advice:

5 Find out about transport and bursaries

If you've decided on the perfect course/s, then the next step will be sorting out how to get to the College when you start in September. Information on transport and bus routes will be available from our transport provider GoCornwall in Temple Reception.



If you think you might be eligible for financial support, pop into Student Services who will be there to give you all the relevant information that you need to get you on your way.

7 Grab something to eat

The refectory will be open for you to reflect over all the information you have been given over just some of the delicious food and drink on offer to students. It also introduces you to one of the social spaces that you can have lunch in at Callywith using the cashless payment system.



6 Get advice and guidance

If starting college has you feeling nervous, then our Student Services team will be on-hand to talk to you about any worries you have to put your mind at ease, as well as providing information on the support available including mental health, counselling, careers and financial support. You can even meet our wonderful therapy dog Macy!



8 Apply on the day

If you are excited about what Callywith College have on offer, good news, you can apply on the day!

Visit one of our Application Stations and if you need help completing the online application form, our friendly staff will be there to help.



9. Enjoy it!

While the main objective of the event is to find out as much information as possible, we hope you enjoy the open event at Callywith College.

For more information about Callywith College open events, visit callywith.ac.uk/open-events

ALUMNI SHARE THEIR UNIVERSITY EXPERIENCES

We recently welcomed back some of our wonderful former students to our Academic Academy to talk to current students about their university experiences - from applying and choosing a university to living away from home and balancing studies with social life.

Former A Level Law, History, Geography and Extended Project Qualification (EPQ) student Georgia Stevens, who is now a first year Law student at Oxford University, shared how the application process for Oxbridge (Oxford and Cambridge universities) is different to other universities: "One of the perks of applying to Oxbridge is you have to submit your UCAS application earlier, which means that you can get it out the way and don't have to worry about it. Most people will attend 2-3 interviews and then there are also admissions tests."

Georgia, who previously attended Holsworthy Community College, shared how the College have helped her throughout her application: "There's a lot of support at Callywith with applying to Oxbridge including setting up mock interviews, which definitely helped. I spoke to some lawyers and some barristers, and they grilled me which is great because you need it!"



Georgia Stevens - Law, Oxford University

Georgia also spoke about the differences in teaching at Oxford and other universities: "When studying law, you are not taught in lectures. You're mainly taught in tutorials with a tutor partner and a professor. It can be quite scary, but it's so good, because you get to chat one-on-one with professors who are the biggest names in the field, which I think is really great, you're not going to get teaching like it anywhere else."

"There's also a lot of financial support at Oxford, which I think is something to bear in mind. They are quite generous with their bursaries and scholarships, so try not to worry about finances if that's something you're concerned about."

Georgia also shared her advice for those considering applying: "Definitely try not to be scared by Oxbridge, anybody can do it, I was scared about being from a rural area, the first one in my family to go to university, having never been to private school or anything like that, but it's definitely not what you think it is, you're not surrounded by posh people all the time. It can be really good and I meet a lot of people like me."

"I would definitely recommend applying if you can, because you've got nothing to lose!"



Georgia with friends at Oxford University

Former A Level Law, Business and Psychology student Alfie Branch, who is now in his second year studying Law at Cardiff University, shared how he originally applied for a degree in paramedic science, but later decided he wanted to study law: "With the help of my amazing lecturers at Callywith and many phone calls with UCAS, I discovered UCAS Extra which allowed me to withdraw from all my chosen universities and add an extra university in February, when I applied to study Law at Cardiff University."

Alfie, who previously attended Launceston College, shared his experiences at university so far: "Moving to Cardiff was super exciting but one of the most nerve-wracking things I've ever done. For me and probably for most of you here, it was the first time moving away from home, living alone, having to cook, wash, be an adult for the first time. But I met my flatmates, and they were just lovely."

"The first few months of uni were very different to college, what you get is what you give at uni; you have to put in what you want

to get back. You'll get the balance of your social life, your free time and your studies. I also got a job as a bartender, I'm someone who likes to stay busy and having that extra bit of money come in is always helpful and you meet even more people who don't go to uni or do different courses."



Alfie Branch - Law, Cardiff University

"This year, I also took on pro bono (volunteering in law) and I am a team leader of a Support Through Court (STC) group providing legal advice to litigants – individuals who are going through the court system without legal representation, providing support by helping them to fill out forms and finding a solicitor."

"I also joined the Fitness and Dance Society. Joining a society is one of the most beneficial things you can do. It gives you a break from your degree and you're meeting so many people from different courses and different years."

"Whilst at uni, you'll also have to learn how to structure yourself financially; weekly food shops and circuit laundry. Luckily for me, Cardiff is a very cheap student city."

"Uni is a time to discover yourself, figure out who you want to be, where you want to go in life. Always say yes to opportunities if you can. I've met some of my best friends at the most unexpected events!"

Former BTEC Level 3 Business Diploma student Angeline Toledo, who previously attended Launceston College and is now in her second year studying Business and Digital Marketing at Falmouth University, shared some helpful tips: "In your first year, you're definitely very nervous and then you sort of start to get used to things. My top tip is definitely to go to open days, not only to get a better feel for the uni, but also a feel for the location."

"Also, don't stress about whether you're going to get your chosen accommodation because at the end of the day you're only living there for less than a year and you're going to be in the same position as everyone else. I made friends with people in my flat very quickly. You'll make friends with your course mates as well."



Angeline Toledo - Business & Digital Marketing, Falmouth University

"I think one thing that's really important to remember is to always ask for help, no matter how stupid you think the question is, your lecturers are there to support you all the way. They're not there to give you a hard time, they want you to be comfortable and they want to see you succeed."

Former A Level History, English Literature, Philosophy and EPQ student Cerys Chadd, who is now in her second year studying Ancient History at Durham University, shared how she came to choose Durham: "Choosing a university is a very important decision, distance and location is something you have to consider. I was a bit scared of going to a big city, but you can find other places like Cornwall. For me, Durham is a great location; 20 mins by bus to the beach and 10 mins by train into Newcastle. Even though it's far away, it's not a big city, not everywhere out of Cornwall is going to be a massive city and really daunting."

"Also, you may want to go where your friends are, but don't make that your deciding factor because you're going to make friends while you're there. Definitely look at open days, you get to look around but it's also a way to make friends, so if you're nervous about going to university, you've got some people you already know."



Cerys Chadd - Ancient History, Durham University

Cerys, who previously attended Wadebridge School, also spoke about other opportunities she is involved in at university including lacrosse and the Arts Society where she was involved with organising the annual ball and arts week, which she found was a great way to make friends and learn new skills."

Cerys' advice to students is to find balance with their studying: "I think I didn't have the balance quite right in the first year, but that's something you learn, so don't worry if you don't think you're doing enough or doing too much, you'll find your way. In your first year, you'll want to establish a routine, like how you study and the best way to revise. My tip would be to start essays early and don't leave them until the night before!"

WHERE WILL CALLYWITH TAKE YOU?

BECCA LANGFORD CAMBRIDGE UNIVERSITY - PSYCHOLOGY AND EDUCATION



"My tutor at Callywith played a huge part in encouraging and supporting me throughout the university application process.

She regularly met with me, reassured me and helped me to create an application and personal statement I was really pleased with. It's been so encouraging to find that all my A Level subjects have provided me with a solid foundation and have been really useful at university."



Previous school: Bodmin College

Courses studied: A Level Psychology, Biology, Sociology & AS History

Extra activities: Extended Project Qualification (EPQ)

PEDRO CORSICO EXETER UNIVERSITY - MEDICAL SCIENCES



"The last three years at university have truly been the most enjoyable years of my life. If it wasn't for the amazing support I received at Callywith, I would not be where I am today."



Previous school: Sir James Smith's School

Courses studied: A Level Biology, Chemistry & Spanish

Extra activities: Football Academy

ROBYN DILNOT PERFORMERS COLLEGE, BIRMINGHAM - ACTING FOR STAGE, SCREEN AND DIGITAL MEDIA



"I was able to explore and develop my interests and skills while being supported brilliantly by the drama department at Callywith. I have learned so much during my time here and can't wait to build on this at university."



Previous School: Sir James Smith's School

Course studied: Level 3 Performing & Production Arts Diploma

KYLE HOLLISTER UNIVERSITY OF LONDON INSTITUTE, PARIS - FRENCH



One of the things I liked most about Callywith was being treated as grown-ups. Having now experienced university, I feel as though there was a very small jump between college and university. I'm loving uni in Paris, the work is hard but really enjoyable and interesting."



Previous school: Saltash School

Courses studied: A Level French, English Literature & Media Studies

With a little ambition and the support from Callywith College, we'll help you get where you want to go, no matter where in the world that may be. Here is just a taster:

TRISTAN YOUNG
LEVEL 6 DIGITAL AND
TECHNOLOGY SOLUTIONS
APPRENTICESHIP WITH
ROWE IT, EXETER UNIVERSITY



The high level of teaching on the IT Diploma was invaluable in helping me to achieve excellent grades and to secure my degree level apprenticeship. My lectures were very supportive of me going down the apprenticeship route. They gave me guidance and offered me support along the way.



Previous school: Liskeard School

Course/s studied: Level 3 IT Diploma & A Level Maths

EDEN LYNCH
NGHAM CITY
UNIVERSITY - ROYAL
NAVY NURSE STUDENT



My time at Callywith helped me so much with preparing for my future career including the opportunity to complete 100 hours of work experience shadowing healthcare professionals such as nurses, which helped me know that this is exactly what I wanted to do!



Previous school: Bodmin College

Course studied: Level 3 Health & Social Care Diploma

Extra activities: National Citizen Service (NCS) & healthcare work experience

GEORGIA STEVENS
OXFORD UNIVERSITY
- LAW



The lecturers at Callywith have all been so supportive in pushing me to achieve my full potential. They believed in me and encouraged me to aim high. Callywith has been influential in encouraging me to apply to Oxford through the Oxbridge scheme here.



Previous school: Holsworthy Community College

Courses studied: A Level Law, History & Geography.

Extra activities: Extended Project Qualification (EPQ) & Holocaust Ambassador

ANNA GRAHAM-JONES
UNIVERSITY OF LEEDS /
COPENHAGEN - GEOGRAPHY
[INTERNATIONAL]



"Callywith really prepared me for my uni experience and helped foster my understanding for the topics that I find interesting. I really enjoyed undertaking an Erasmus year at the University of Copenhagen, so I am excited to further my academic journey to study a Masters in Climate Change at the university."



Previous school: Looe Community Academy

Courses studied: A Level Geography, Biology and Chemistry

Extra activities: Academic Academy & Student Ambassador

TOP TIPS FOR STARTING LIFE AS A COLLEGE STUDENT

Leaving school behind and starting college can be daunting, but you don't need to worry! Here are our top tips to help you feel more prepared:



1 Remember you're all in the same boat

Everyone starting college is in the same position as you! You are all new and will all have the same questions going through your mind. Don't be afraid to ask each other for help – if they don't know the answer then you can find out together and maybe make a new friend at the same time.

You can also talk to your Personal Development Tutor or pop into see our Student Services team in Temple building T010, email studentservices@callywith.ac.uk or call 01208 224460.



2 Make new friends

College is a great time to make new friends. While you may be starting college with some of your school friends, there will also be people in your classes that you don't know. Speaking to new people can be daunting but you already know you have something in common with them if they're in your class; you picked the same subject to study! Just smile and introduce yourself to start a friendly conversation.

4 Best practice

The start of college is the best time to form some good habits and help you manage the leap from GCSEs to further education. Find a routine that works for you, making sure you get plenty of study time and put important dates such as exams and deadlines in your diary to make managing your studies easier. You can visit the Learning Resource Centres (LRCs) at Callywith to discuss any learning support needs you might have or to find out if you are entitled to support in your lessons and exams.

5 Time management

You might be excited about the independence of college, being able to leave campus at lunch and having free lessons, but it also comes with a greater responsibility to manage your time and use your free lessons wisely like getting on with your coursework or revision in our Learning Resource Centres.

3 Get involved

College brings lots of new activities and enrichment opportunities for you to try alongside your studies. Why not get involved with one of our academies, the Duke of Edinburgh Award or join the Callywith Choir? What better way to meet new people than signing up to a club or academy with people who share the same interests as you! Taking part in extra activities can be a lot of fun, as well as looking great on your UCAS application or CV. Sign-up to variety of academies and groups at our Freshers' Fair on the first day of term.



6 Enjoy it

From studying subjects you are passionate about, making new friends and taking that next step into independence, this is an exciting time in your life.

We hope these tips have helped to prepare you for starting college and we look forward to welcoming you in September!



STUDENTS AND STAFF WEAR YELLOW FOR WORLD MENTAL HEALTH DAY



Students and staff raised awareness for World Mental Health Day on 10th October by wearing yellow for Young Minds charity's #HelloYellow campaign to show young people that they are not alone when struggling with their mental health.



Students took part in lots of fun activities run by our Student Services team and student ambassadors, including spinning our Wellbeing Wheel and having a go at the wellbeing activity they land on - from being physically active on our watt-bike, paying attention to the present moment on our mindfulness trail, giving to others, and learning a new skill (bottle-flipping!) Students also left their messages of support and encouragement on our Positivi-Tree, took self-care tips from our Shake It and Take It Jar, had their faces painted and got glitter tattoos!

We are here not only to get students through their qualifications, but to help them overcome any personal issues they may be experiencing as a young person. Students can talk to anyone at Callywith about their mental health, at any time including their lecturers and Personal Development Tutors (PDTs).

Student Services are also available to talk to about any issues students are experiencing by emailing studentservices@callywith.ac.uk, calling 01208 224460 or popping in to see the team in T010 in Temple building.

CALLYWITH AT BODMIN PRIDE



Callywith staff and student ambassadors had a brilliant day at Bodmin Pride getting messy with rainbow hand-printing and painting, ribbon wand and windmill making, mindfulness colouring, glitter tattoos and our pride photo booth!



MINDFULNESS TRAIL OPENS TO STUDENTS AND STAFF

Callywith College opens fantastic new Mindfulness Trail designed to create a safe journey through nature to help students and staff become more active and improve their mental health.

The Mindfulness Trail, designed and created by Callywith's Groundsman Brad Pinner, will eventually lead to our nature reserve, part of Callywith's five-year land and wildlife management plan to increase the natural ecological biodiversity of the campus.

The trail allows students and staff to take a walk through nature and immerse themselves in the natural elements and beautiful surroundings we have here at the College.

The Mindfulness Trail also features a variety of outdoor fitness equipment funded by Sport England's 'Queen's Platinum Jubilee Activity Fund'. 150m² of native wildflowers have also been planted along the length of the trail which will attract even more butterflies, bees and birds to the campus.

Appointments to use the Mindfulness Trail for walking, relaxing or exercise, can be booked via our Student Services team by emailing studentservices@callywith.ac.uk or calling 01208 224460.



OUTSTANDING SUCCESS FOR SPORT ACADEMIES

Former Rugby
Academy student
Ollie selected for
Scotland U20s



Former BTEC Level 3 Sport Diploma and Rugby Academy student Ollie Minnis has been selected for the Scotland U20s rugby team, playing in the World Rugby U20 Trophy in Kenya.

Rugby Academy Coach Rich Siveter shared: "Ollie was a great student at Callywith combining his studies to a high standard but also playing rugby. Whilst at college, he represented Cornwall U18s and Scotland exiles and continued his studies at Hartpury University.

"We are so proud of what Ollie has achieved and this is testament to the hard work he has put in over the years. We wish him well in the tournament and for all future success!"

FEMALE FOOTBALL ACADEMY

Our Female Football Academy team travelled up to Gloucester recently for their first game in a higher league.

Callywith Female Football Team Captain Scarlett Pickup shared: "The team held their own and didn't let the better team on paper walk over them. The score did not reflect how well the team played. Unfortunately, they lost 4-0, however two of those goals came from penalties.

"Opposition players of the match went to Lucy Grose and Teagan Ridgement who both had a great game showing their vision and winning all their 1v1 battles."

It was another win for the team against Truro College in the AOC cup - Callywith Football Coach Lucie Beesley said: "The Callywith team started very strong showing some great possession. Our dominance paid off with Teagan putting us 1-0 ahead halfway through the first half. Truro did press but defensively we were very solid. A corner for Truro towards then end of the first half and they levelled 1-1.



"Callywith pressed again with some great passing and Lucy Grose scored to put us up 2-1 at half time. Second half, we dominated play and we were able to rotate and switch formation.

"The team worked very hard and created a lot of chances. Defensively the back line were solid and kept Truro from causing any danger. Grace Perrins added 2 more goals and Teagan Ridgment another 3 making her tally 4 for the game!

"Callywith finished 7-1 with the win!

"Great to see the girls really up for this game and their work rate showed this. We look forward to the next round in the cup."

BEN REACHES ENGLISH NATIONAL SURFING SEMI-FINALS

A Level student Ben Constable, recently competed in the English National Surfing Championships, where he managed to successfully get through the qualifications rounds to reach the semi-finals!

Ben, who previously attended Wadebridge School and is currently studying A Levels in Environmental Science, Geology and Maths at Callywith, described the competition held at Watergate Bay in Newquay, as "a great experience which will enable me to use it as a platform to take into my future competitions".

Ben, who has been surfing for a decade and started competing at the age of 7, is also a member of Callywith's High Performance Academy which offers specialist training and support to exceptional athletes who compete as individuals within their sporting arena.

Callywith Active Lead, Julian Wills, shared: "During the High Performance Academy training sessions, we've been working on Ben's upper body strength, balance and his cardiovascular endurance to help him in competitions like this, where he is required to use power and functional movement control over a sustained period of time."



Ben said: "Attending the High Performance Academy has allowed me to introduce different aspects to my training and improve my fitness so I can perform at my best for longer periods of time."

Ben's next surfing competition will take place in September where he hopes to go one better and secure a place in the finals.

Staff at Callywith College are excited to hear how Ben's surfing progresses and are extremely proud of his achievements to date.

GREAT START TO TERM FOR NETBALL ACADEMY

There have been some brilliant Winning Wednesdays for the Netball Academy 1st and 3rd teams already this term.

Netball Academy Coach Rachel Horton, shared: "The 1st team won against South Gloucestershire 49 - 22. The team came out firing from the first whistle with great pressure being put on in defence, some insane intercepts made by Libby who was named player of the match by the opposition and Callywith."

"The team had great flow in attack where the shooters were shooting at an insanely high percentage in the D. They carried this great play on throughout the rest of the match with changes being made and every single player gave so much to this game and all had an impact."

"Shout-out to Holly B, Holly C, Charlotte and Jess who all made their Callywith first team debut."

"A great start to the season, well done to all teams!"



FOOTBALL ACADEMY STUDENTS TRIAL FOR AOC ENGLAND

Callywith Football Academy students Ben, Sam and Liam were put forward to trial for the AoC England Colleges team.



The trials, held on Friday 27th October at SGS Filton College in Bristol, are the first stages towards national representation for the AoC team. All three students did brilliantly and should be proud of their efforts.

We are very proud of their achievements and wish them all well in future selections.

CALLYWITH RUGBY ACADEMY WIN THE AOC SPORT SOUTH WEST LEAGUE

Callywith Rugby Academy did incredibly well to win the AoC Sport South West League following their 33-26 win in a tough game away to fellow league leaders, Bridgwater.



Rugby Academy coach Rich Siveter said: "The team have been fantastic all year and all their hard work has paid off. They have managed to win the league only losing one game in a tough encounter with Bridgwater again, at home earlier in the season.

"The academy have really bought into training and have been driving excellent standards and performance all season. They thoroughly deserve it and I am so pleased for them to be rewarded for their efforts.

"The team have not only been fantastic on the field but also a great group of people away from rugby too and it's been a pleasure seeing them grow across their time at Callywith and I'd like to thank all of them for everything."

NETBALL ACADEMY INSPIRE FUTURE STUDENTS

The Netball Academy have been actively engaging with feeder schools and working to encourage, motivate and inspire future students to join the academy.

Building strong relationships with feeder schools is crucial for nurturing talent, creating a sense of community and ensuring a smooth transition for prospective students.

Playing fixtures and offering coaching sessions which are led by our students allows the academy students to take on leadership roles by leading warmups, drills, and game play activities for the secondary school students. This not only helps them develop their skills but also fosters a sense of responsibility, and teamwork.

Netball Academy Coach Rachel shared: "Our students love to see their old PE teachers and friends from the year groups below! It is always lovely to see the girls delivering and engaging with the students and helping to create a positive, welcoming and friendly environment".



Fowey and Sir James Smith Schools



Current academy student Morgan Reed with her younger sister who joined the session from Sir James Smith.

The Callywith 3rd team have already shown that they are performing well as evidenced by their friendly win against Fowey River Academy in October.

Netball Academy Student Jess shared: "As a sport student it is great to have the opportunity to put my coaching knowledge into practice in such a friendly environment and I also get the opportunity to coach feeder schools for the college which I hope will inspire them to come to Callywith".

SPORT STUDENTS GAIN INSIGHT INTO PROGRESSION OPPORTUNITIES

Second year Level 3 Sport Diploma students visited Home Park football stadium and Plymouth Marjon University as part of their Sports Performance Analysis Unit.

Students were given a tour of the stadium's facilities which was an incredible insight to what a day is like being a professional footballer player, as well as a sports analyst.

In the afternoon, the students had the opportunity to experience three different areas

at Plymouth Marjon University which included Sports Performance Analysis, Biomechanics and a talk about university life, as well as a tour of the university.

The day was a fantastic opportunity for the sport students to experience time away from the classroom and to gain an insight into some of the progression opportunities available to them after college.



HOCKEY ACADEMY ATTEND FIRST COUNTY TOURNAMENT

The Female Hockey Academy attended their first ever County Tournament at Truro School recently.

Hockey Academy Coach Leanne Manley shared: "The team played against Truro School, Truro High School and Truro College. Throughout each game, the team played some fantastic hockey, linked well, attacked with width and height but the final part of putting the ball in the goal was sometimes missed which cost the team overall results. However, at the end of the day, it finally came after an extremely well worked team performance with outstanding link up play.

"I cannot fault the work rate and determination of all the players, the team put on a fantastic performance and improved as the day went on, growing in confidence.

"In the last game, the team came out with a draw and gained their first goal against the Truro College team, having also only lost to the winners in their first game by 2.

"Great day and team effort! Well Done!"



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