

20<sup>th</sup> March 2020

Dear Students

As we enter these very unusual times we just wanted to make you aware that we will continue to support you as best we can. You will have heard from your teachers about the remote learning that will be taking place and the exciting opportunities this will bring as you continue working on your studies but please remember that Health & Wellbeing and Careers support continues to be available too.

The Government has requested that Colleges remain open to certain groups of students (most of you will have been contacted by now) and the children of key workers, but we will continue to support all students remotely.

The Health & Wellbeing Team have set up Google Classroom (code: ur7eqxv) which contains information on health and wellbeing self-help and support that you can access during this period. This includes information on managing your health, counselling support and information, and support websites and links. The team will also be contacting some students on a weekly basis.

The Careers Team have an online page accessible via your intranet homepage: <https://southdownsac.sharepoint.com/sites/careers>. This page has lots of information on careers, university, apprenticeships, UCAS, employability and much more.

There is also a Work Experience Google Classroom (code: vsekvvb) which will contain useful information on work experience and regular activities on how to boost your employability skills if you are not able to go out on placement.

Please also remember that you can contact us at the following email addresses:

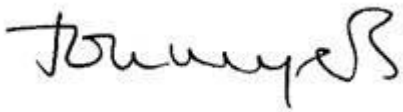
- [Safeguarding@hsrc.ac.uk](mailto:Safeguarding@hsrc.ac.uk) (Havant and South Downs campuses) or [safeguarding@alton.hsrc.ac.uk](mailto:safeguarding@alton.hsrc.ac.uk) (Alton campus) if you are worried or have concerns about your health and wellbeing
- [careers@hsrc.ac.uk](mailto:careers@hsrc.ac.uk) (all campuses) if you want advice or have questions about careers. If you want to book a telephone careers appointment with one of our Careers Advisers please either contact [sarah.street@hsrc.ac.uk](mailto:sarah.street@hsrc.ac.uk) at the Havant and South Downs campuses or use the online booking system on Moodle at the Alton campus.
- [workexperience@hsrc.ac.uk](mailto:workexperience@hsrc.ac.uk) if you have questions about a placement that has had to be postponed or have questions about sourcing future work placements

Please look after yourselves during these coming weeks. Follow the simple guidelines:

- Wash your hands for 20 seconds with soap and water or a sanitise gel
- Avoid unnecessary social contact wherever possible – this includes meeting up with your friends
- Always use a tissue or the crook of your arm when you cough or sneeze
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell

So, look after yourselves, keep healthy, keep working hard and we'll see you soon.

Yours sincerely,

A handwritten signature in black ink that reads "Jon Myers". The signature is written in a cursive style with a large, stylized 'J' and 'M'.

Jon Myers  
**Vice Principal – Student Services**

