



# COMMUNITY BOARD

**FOR THE PLUMPTON COLLEGE COMMUNITY**

Week beginning Monday 6<sup>th</sup> January 2025

2025

HAPPY NEW YEAR TO  
ALL IN OUR COLLEGE  
COMMUNITY

# UPCOMING EVENTS

January Re-fresh  
College Returns from week beginning  
Monday 6<sup>th</sup> January

For the first two weeks of term, we will be offering a free 'grab and go' service from the terrace (outside the canteen) of a hot chocolate and an energy bar.

**PLEASE MAKE SURE YOU ARE WEARING YOUR LANYARDS!**

**8:20am – 8:50am**



EST. 1926  
PLUMPTON  
COLLEGE

**NEW TERM  
NEW ENERGY**

**LUNCHTIME ACTIVITIES**

6-10 JANUARY	13-17 JANUARY
A VARIETY OF ACTIVITIES	CURRICULUM HOSTED ACTIVITIES
OUTSIDE THE DINING ROOM	A CHANCE TO LEARN & EXPLORE



**NEW TERM  
NEW ENERGY**



**WELCOME BACK TALKS**

**WEEK BEGINNING 13 JANUARY**

**SENIOR MANAGEMENT TEAM  
MEMBERS WILL DELIVER  
WELCOME BACK TALKS WITH  
SPECIAL GUESTS**



**NEW TERM  
NEW ENERGY**



**SWAP SHOP**

**20-24 JANUARY**

**DONATE UNWANTED CHRISTMAS  
GIFTS FOR A PRE-LOVED SHOP IN THE  
HIVE**

**ITEMS CAN INCLUDE CLOTHES, TOYS,  
CANDLES, AND MORE**

## UPCOMING EVENTS

# RE-FRESHERS' FAIR

JANUARY 2025

- Taster sessions
- Enrichment & external stands
- Student union
- Regifting/swap shop
- Charity stands
- New year fun challenges
- Savoury & cake sale
- DofE

**JANUARY 7th, 8th, 9th 12:00 - 13:15 - SPORTS HALL .  
ALL STUDENTS & STAFF VERY WELCOME**



# SWAP SHOP

JAN 7TH, 8TH & 9TH



**IF YOU HAVE ANY UNWANTED (XMAS) GIFTS AND WOULD LIKE TO TAKE PART IN SWAP SHOP OR JUST DONATE, YOU ARE VERY WELCOME! FOR MORE INFORMATION, PLEASE CONTACT  
PAUL.DURRANT@PLUMPTON.AC.UK**



## RESILIENCE/GROWTH MINDSET/ WELL-BEING

### George Fouche

(Former professional Rugby player)

George will be our guest speaker and delivering inspirational talks:

January 7<sup>th</sup>, MBG 1

8<sup>th</sup> Weald 1

9<sup>th</sup> Weald 1

3pm – 4pm.

- In the last decade George has changed the lives of hundreds of thousands of students and staff throughout the UK with his "Dare to Aspire" dynamic presentations and inspirational workshops.
- Please make sure you book on to one of these sessions by clicking the [link](#)

## NEED TO KNOW

Ever fancied learning Archery?

If you are over 18, we still have a few spaces available starting 8<sup>th</sup> Jan – it's free!

please contact:  
[paul.durrant@plumpton.ac.uk](mailto:paul.durrant@plumpton.ac.uk)

## LEARN ARCHERY @ PLUMPTON



This is a truly amazing experience for students who would like to learn the skill of Archery.



- **Starting 8th January**
- **From 17:30 - 19:15**
- **6 week course**
- **overs 18s.**
- **Max 14 students**



Contact: Paul Durrant for more information



## NEED TO KNOW

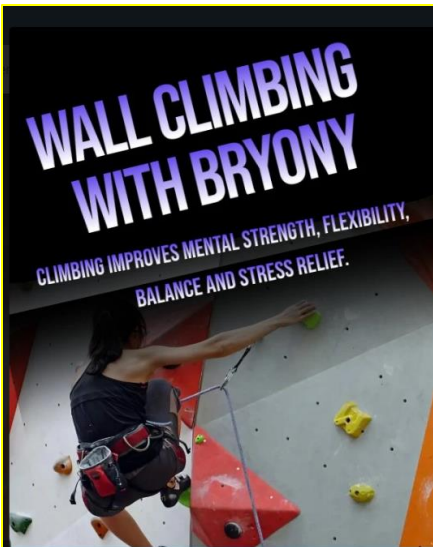
Our excellent Enrichment programme 2025 will restart from Tuesday 14<sup>th</sup> January from 3pm – 4pm.

Please check out the activities  
and then book on to one activity  
Thank you.





# WALL CLIMBING WITH BRYONY

CLIMBING IMPROVES MENTAL STRENGTH, FLEXIBILITY, BALANCE AND STRESS RELIEF.



Maximum 8 people.  
3pm - Sports Hall  
Tuesdays

## Tuesday Enrichment Activities January - April 2025 @ Plumpton College

# BASKETBALL.

3 ON 3 SHOOTING HOOPS  
TUESDAYS 3-4PM  
SPORTS HALL.

WWW.SPORTS.COM

*Plumpton College  
presents*



*Pool Competition*  
**TUESDAYS**  
*3-4pm*  
LOWER COMMON ROOM

Please scan the QR Code or click on the [link](#) to view all of our enrichment offering for Tuesdays and then sign up to one of the activities. Enjoy Enrichment @ Plumpton



# TABLE TENNIS


Coaching & Match play -  
Sports Hall

• Playing TT improves hand-eye coordination, it stimulates mental alertness, concentration and tactical strategy. ...

**Careers Enrichment**

**6 UCAS SESSIONS** →

Get the support you need for your university application




- 1 Why study Higher Education? What to study and where.
- 2 How to apply to UCAS workshops
- 3 Writing a UCAS personal statement workshop
- 4 Student finance- How it works
- 5 Personal statement/ Application review meetings with an adviser
- 6 Preparing for a Uni Interview - Practice interview questions

**UCAS** Universities and Colleges Admissions Service

**BOOK IN ON SHAREPOINT**

Week by week UCAS support, to help you stay on track with your university application

# Wednesday Enrichment Activities January - April 2025 @ Plumpton College



# PICKLEBALL

@ Plumpton College



Join Us

**Wednesdays**  
3pm - 4pm

Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.



**PLUMPTON**  
COLLEGE  
ESPORTS




**Did you know we do esports?**

For more information please come and visit us between 3-4pm on Wednesdays in BT5, which is located in the Sussex Rural Business Center.

Alternatively, you can visit us at the IT Helpdesk during our open hours throughout the week, send an email to [helpdesksupport@plumpton.ac.uk](mailto:helpdesksupport@plumpton.ac.uk) or take a look at the IT Helpdesk SharePoint page.


LIMITED SPACES  
LIMITED SPACES  
LIMITED SPACES  
LIMITED SPACES



ENRICHMENT

# MINDFULNESS MEDITATION

DE-STRESS  
BUILD FOCUS  
BOOST POSITIVITY



Personal Development Team  
Reserve Your Space Now

Please scan the QR Code or click on the [link](#) to view all of our enrichment offering for Wednesdays and then sign up to one of the activities. Enjoy Enrichment @ Plumpton



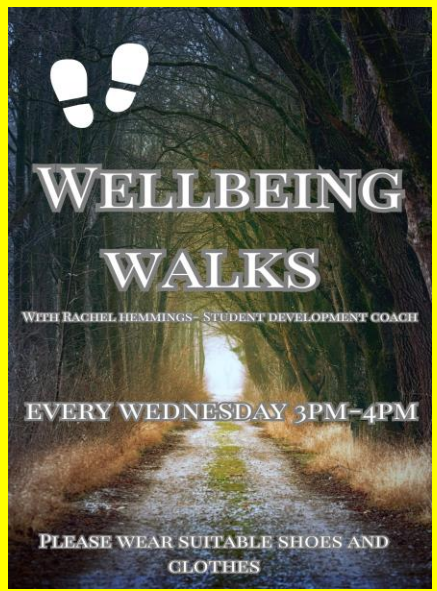
PLUMPTON COLLEGE

# FOOTBALL TRAINING

PLEASE WEAR FOOTBALL BOOTS/ SHINPADS AND BRING WATER

**TEAM TRAINING**  
WITH A FOCUS OF BUILDING A FOOTBALL SQUAD TO REPRESENT PLUMPTON COLLEGE

For more information, please contact Sport Lecturer Josh on [josh.bryant@plumpton.ac.uk](mailto:josh.bryant@plumpton.ac.uk) or message on Teams



# WELLBEING WALKS

WITH RACHEL HEMMINGS - STUDENT DEVELOPMENT COACH

EVERY WEDNESDAY 3PM-4PM

PLEASE WEAR SUITABLE SHOES AND CLOTHES

**BADMINTON Coaching**

All levels welcome. Please wear sports trainers

Many benefits of playing Badminton including: Improves muscle strength, helps to reduce stress, improves flexibility, boost your metabolism rate and improves mental agility.

Thursday Enrichment Activities  
January - April 2025 @ Plumpton College

THE BIODIVERSE CLUB INVITES YOU TO JOIN IN AND...

Build a BIRD<sup>a</sup> HIDE

AND OTHER CONSERVATION BASED ACTIVITIES

MEET THURSDAYS, 3PM @ AGRIFOOD CENTRE

IF YOU'VE A PASSION FOR THE OUTDOORS AND NATURE, AND GOOD CARPENTRY SKILLS WE'D LOVE TO SEE YOU!

For more information contact alex.waterfield@plumpton.ac.uk

maximum students = 8

**FITNESS WORKOUT**  
at Plumpton's Gym

WEIGHT TRAINING  
CARDIO TRAINING

This is a great gym to do a cardio workout - lift weights, strengthening and conditioning

WEEKLY GROUP TO MANAGE THE STORE

PRE-LOVED ENRICHMENT AT THE HIVE

ORGANISATION  
PLANNING  
CREATIVITY  
TEAM WORK

SUPPORTING SUSTAINABILITY

Please scan the QR Code or click on the [link](#) to view all of our enrichment offering for Thursdays and then sign up to one of the activities.

Enjoy Enrichment @ Plumpton

Learn to play **CHESS**

THURSDAYS 3PM-4PM IN THE HIVE

STUDENT LED

PLUMPTON COLLEGE **FOOTBALL TRAINING**

PLEASE WEAR FOOTBALL BOOTS/ SHINPADS AND BRING WATER

TEAM TRAINING WITH A FOCUS OF BUILDING A FOOTBALL SQUAD TO REPRESENT PLUMPTON COLLEGE

For more information, please contact Sport Lecturer Josh on josh.bryant@plumpton.ac.uk or message on Teams

# UPCOMING EVENTS

## PD ATTENDANCE CHALLENGE

 **MOST IMPROVED ATTENDANCE**

 **HIGHEST OVERALL ATTENDANCE**

 **ALL STUDENTS IN CLASS**

 **WIN -HOT CHOCOLATE & CAKE**

 **DURATION JAN - FEB HALF TERM**

# UPCOMING EVENTS



# CLIMB THE O2

MONDAY 17TH MARCH 2025

FULL DAY TRIP

£35

PRICE INCLUDES:

- CLIMB EXPERIENCE
- CLIMB EQUIPMENT
- RETURN MINIBUS FROM COLLEGE TO THE O2 LONDON

PUSH YOURSELF IN A NEW CHALLENGE & SEE THE SIGHTS OF LONDON FROM 52M HIGH



SCAN TO BOOK OR TALK TO BETH GILL IN PD FOR MORE INFO



Student Day Trip

only 25 places

Monday  
April 28th  
2025



- 40 Rides & attractions
- Sea life centre
- Zoo
- Full day in the park
- Transport included

Only  
£20.00



Personl Development Team

# English & maths mock exam dates



If you are aged **16+**

**21st or 23rd January**

If you are aged **14 – 16**

**w/c 27th January**

*Please look out for an email with more details*

# UPCOMING EVENTS



Listen NOW Plumpton podcast

Available on Spotify and other streaming platforms

Do you have an interesting viewpoint or story then please do get in touch

Booking student guests now, topics such as... Veganism, unusual hobbies, overcoming adversity

Link to Spotify: <https://spotifycreators-web.app.link/e/YJNGhwCrbPb>



# NEED TO KNOW

Always here for you

24/7 support when you need it

Download the app and set up  
and account now.

You need the code:

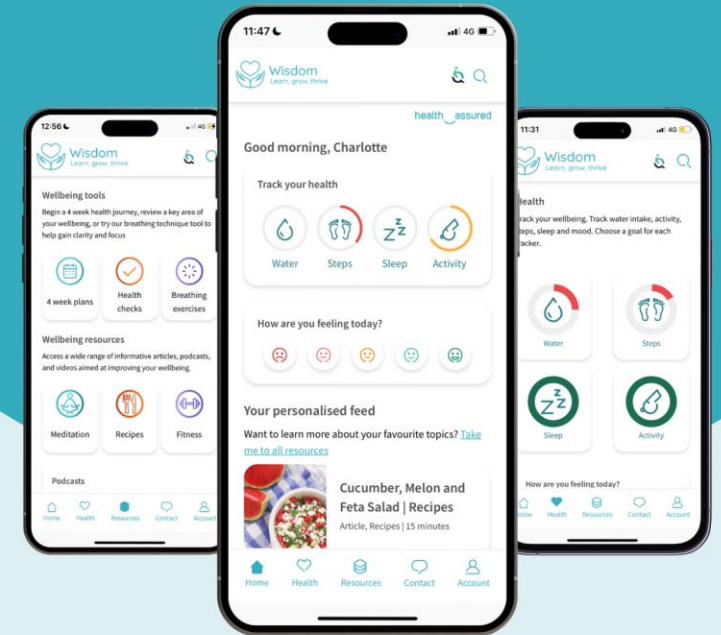
# MHA257939



# Wisdom

Learn, grow, thrive

Brought to you by Health Assured



Exciting features available on  
**The Brand New Wisdom App**



Wellbeing  
Trackers



Breathing  
Techniques



Four Week  
Health Plans



Mini Health  
Checks

Download and register today

Wisdom | health assured

Unique code: MHA257939

