

# FURTHER GO



Education and Care

Barnet   
Southgate  
College

HeadStart

# HEAD START PACK: EDUCATION AND CARE



*Welcome to our 'Head Start' learning pack, which will fully equip you to start your learning journey with us.*

*Here you will find what courses we offer, a range of activities you can complete to give you that 'Head Start' with your learning and guidance for additional learning support. We have a range of programmes across the education and care sector, with a range of levels starting at Level 1 and progressing to Level 7.*

*We look forward to you starting your learning journey with us!*

**Education and Care Team**



# ACTIVITIES TO COMPLETE TO GET A 'HEAD START'

**What Next?**

**Level 3:** Write two 500 word essays on two topics either from the suggestions or of your own choice.

**Level 2:** Create a presentation using PowerPoint or video – 8 slides/5 mins. Choose at least two topics to discuss.

**Level 1:** Pick a topic from the list, research 3 facts and present them in an A4 poster.

**COMPLETION OF ACTIVITIES**

Have a look at these..

APPLY ONLINE [HERE](#)

Watch something from our [Goggle box](#)

## Childcare Topics:

Equality and Diversity

Healthy eating

Learning through play

## Health and Social Care Topics:

Dementia

Creative activities

Communication

Have a go at the activities based on the subject and level most suitable for you

**START**

# FURTHER INFORMATION ON ACTIVITIES



## Level 2 Activity

**Childcare** - Explain three reasons why this is important for children. Discuss how this is implemented in a nursery/school setting.

**Health and Social Care** – Outline and explain how:

- to support people with dementia
- to use creative activities with people with dementia
- Identify types of communication. Explain how to use different types of communication with people with dementia.

## Level 3 Activity

- Discuss how two of the chosen topics are seen in practice. This should include positive and negative impacts.

## Childcare Further Reading – click to view

- **Equality and Diversity**
- **Healthy eating**
- **Learning through play**
- **NHS and supporting children's development**

## Health and Social Care – click to view

- **The Alzheimer Society Dementia Guide**
- **Guys and St Thomas NHS Trust foundation Dementia awareness video: Barbara's story**
- **NHS Choices; Symptoms of dementia**
- **NHS Choices; Activities for Dementia**
- **NHS Choices; Communicating with someone with dementia**



## Higher Education: Interested in our Access and Degree Programmes?

### Foundation Degree and BA in Child and Youth Studies

We offer Foundation Degree and BA top up with University of Derby. See more [HERE](#)

- Get a head start by writing a 1000 word essay on how you would support an Ofsted inspection.



### Access to Nursing and Access to Social Work

Get a qualification in Nursing and Social work and be prepared for your next step at University.

Contact the Access to HE Lead Richard for more information

**Richard.Chismon@barnetsouthgate.ac.uk**

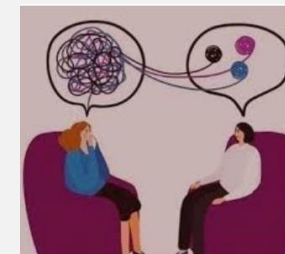
### Want to teach? Do your PGCE with us!

Have you been supporting your child's education during lockdown? We offer a PGCE qualification for post-16 education with University of Derby. See more [HERE](#) and watch our video [HERE](#)

Contact our course lead

**Joanna.Sapir@barnetsouthgate.ac.uk**

- Get a head start by writing a 1000 word essay on three strategies that you would use to engage students in Further Education.



### Does Counselling Interest You?

Gain a licence to practice in counselling and support the mental wellbeing of others. We offer counselling from Level 3 to Level 5. Please email our Counselling lead Jacqueline **Jacqueline.Homonko@barnetsouthgate.ac.uk**

## STUDY SKILLS SUPPORT



### General Tips

- [Organisation and getting ready to study](#)

### Writing Tips and Tricks

- [Planning your writing](#)
- [Writing an informative text](#)

### Presentation Skills

- [Step by Step Guidance on preparing a presentation](#)
- [Creating a presentation](#)
- [How to create an effective presentation](#)
- [Managing preparation anxiety](#)
- [Delivering a presentation](#)

## Follow the Education & Care Department on Socials:

**Insta – childcarebsc**

**Twitter - @BSC\_Childcare**

**Facebook – BSC Childcare**



## Need Careers Advice?




Talk to our friendly advisors. The Careers Team is here to help you to make the right choices about your future. Find out more [HERE](#) and email us at [careers@barnetsouthgate.ac.uk](mailto:careers@barnetsouthgate.ac.uk)



## Education & Care Goggle Box



What can I watch to supplement my Child Development/ Health & Social Care knowledge and understanding?

Subject	Film/ TV Programme	The Lowdown	Source
Transition  (Attachment & Bonding)	Babies 2020	From Nature to Nurture - A documentary series exploring groundbreaking science that reveals how infants discover life during their first years.	Netflix 
	The Beginning of Life	Examines how environments affect infants.	Netflix
	The Secret Life of Brothers and Sisters	The young stars of the Secret Life return as siblings.	Channel 4 Catch Up 
	Child of Our Time	A documentary commissioned by the BBC, co-produced with the Open University and presented by Robert Winston. It follows the lives of 25 children, born at the beginning of the 21st century, as they grow from infancy, through childhood, and on to becoming young adults.	BBC iPlayer 
	Babies in the Office	A new scheme that sees parents working with their babies by their side.	Amazon Prime

<b>Cognitive Development</b>	The Mind explained	Ever wonder what's happening inside your head....	Netflix
	The Creative Brain	Neuroscientist's tap into the creative process of various innovators while exploring the brain behind risk taking ways to spark creatively.	Netflix
	Being Human: Life Lessons from the Frontiers of Science	Why do we have bad moods!	Amazon Prime
<b>Special Education Needs &amp; Disabilities (SEND)</b>	Born to Be Different	Series following lives of six children with disabilities.	Channel 4 Catch Up
	The Smallest People in the World	This film chronicles the moving story of five American children who are primordial dwarfs.	Channel 4 Catch Up
<b>Health</b>	What the Health	Film examines links between diet and disease.	Netflix
	Food Unwrapped	Travels of the world to explore the industry secrets behind our favourite foods.	Channel 4 Catch Up
	Health Food Junkies	Rowan Deacon meets health food fanatics who believe theirs is the world's healthiest diet.	Channel 4 Catch Up
	Fasting	Comprehensive and objective look at fasting.	Amazon Prime
	A Health Diet for a Healthy Brain	Does what you eat matter?	Amazon Prime
	Foods that cure diseases	Is there a link...	Amazon Prime
	Pandemic	How to stop a global outbreak.	Netflix



	93 Days	Based on a true story about the Ebola outbreak and how it was contained.	Netflix
<b>Education</b>	-Educating the East End -Educating Yorkshire -Educating Cardiff -Educating Essex	Warm and honest exploration of what life is like for students and their teachers.	Channel 4 Catch Up:
	Harrow -A very British School	A look inside the daily routine of the pupils and teachers at this school.	Amazon Prime
	The Secret Teacher	Entrepreneurs offer life changing opportunities to students and their schools.	Channel 4 Catch Up
<b>Behaviour</b>	The Secret Life of 4 & 5 Year Olds	Lifts the lid on the life of children in the playground.	Channel 4 Catch Up
	The Secret life of 4 & 5 Year Olds	Documentary reality show following a group of children.	Channel 4 Catch Up
<b>Equality &amp; Diversity</b>	The Great British School Swap	An experiment exploring racial segregation, pupils from contrasting areas swap schools.	Channel 4 Catch Up
	My Baby's Life: Who decides?	A sensitive look at the lives of children with illness that can probably never be cured.	Channel 4 Catch Up
<b>Dementia</b>	The Notebook		Amazon Prime
	Still Alice		Amazon Prime
<b>Alzheimer's</b>	Live twice love once		Netflix

<b>Additional Training/Exercises</b>		
<b><u>Subject</u></b>	<b><u>The Lowdown</u></b>	<b><u>Source</u></b>
<b>NHS:</b> Healthy Eating Weight Exercise Sleep & Tiredness Sexual Health Alcohol & Smoking Health Body Mental Wellbeing	Reading material, support, advice, quizzes, online exercises.	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a>
<b>P.E Lessons</b>  (with Joe Wicks)	Online fitness	<a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a>
<b>Education &amp; Training Foundation</b>  Prevent Duty FREE Training	Free CPD on Prevent & British Values (do not forget to print your certificates out at the end of the 4 modules and show your employer or at job interviews)	<a href="https://www.fejobs.com/blog/the-prevent-duty-for-fe-support-staff?utm_source=linkedin&amp;utm_medium=social&amp;utm_campaign=feb2c010+blog+the+prevent+duty+for+support+staff">https://www.fejobs.com/blog/the-prevent-duty-for-fe-support-staff?utm_source=linkedin&amp;utm_medium=social&amp;utm_campaign=feb2c010+blog+the+prevent+duty+for+support+staff</a>
<b>Nursery World</b>  Early Years Home Learning Resources	Inside you'll find guides, resources and activity ideas from exhibitors at the Nursery World Show, which you can access for free.	<a href="https://www.nurseryworldshow.com/london/news-page/articles/home-learning-resources?utm_content=here&amp;utm_campaign=NWS20%20-%20Home%20learning%20resources%2C%20010420&amp;utm_source=Nursery%20World%20Show&amp;utm_medium=adestra_email&amp;utm_term=https%3A%2F%2Fwww.nurseryworldshow.com%2Flondon%2Fnews-page%2Farticles%2Fhome-learning-resources">https://www.nurseryworldshow.com/london/news-page/articles/home-learning-resources?utm_content=here&amp;utm_campaign=NWS20%20-%20Home%20learning%20resources%2C%20010420&amp;utm_source=Nursery%20World%20Show&amp;utm_medium=adestra_email&amp;utm_term=https%3A%2F%2Fwww.nurseryworldshow.com%2Flondon%2Fnews-page%2Farticles%2Fhome-learning-resources</a>

# SUCCESS STORY

One of our previous students, Jeanette Bowyer, completed her Level 2 Certificate in Introduction to Early Years and her Level 3 Early Years Workforce at the college and has now set up her own nursery 'On The Green N14.' Congratulations Jeanette! What will you do with your qualification?



We are looking forward to you joining the Education and Care department. Head to our website to enrol now!