

# WELCOME TO LONG ROAD



## A DIFFERENT WAY OF LEARNING

There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

# VESPA

**V = Vision** How well do you know what you want to achieve?

**E = Effort** How many hours of independent work do you do per week?

**S = Systems** How do you organise your learning and time?

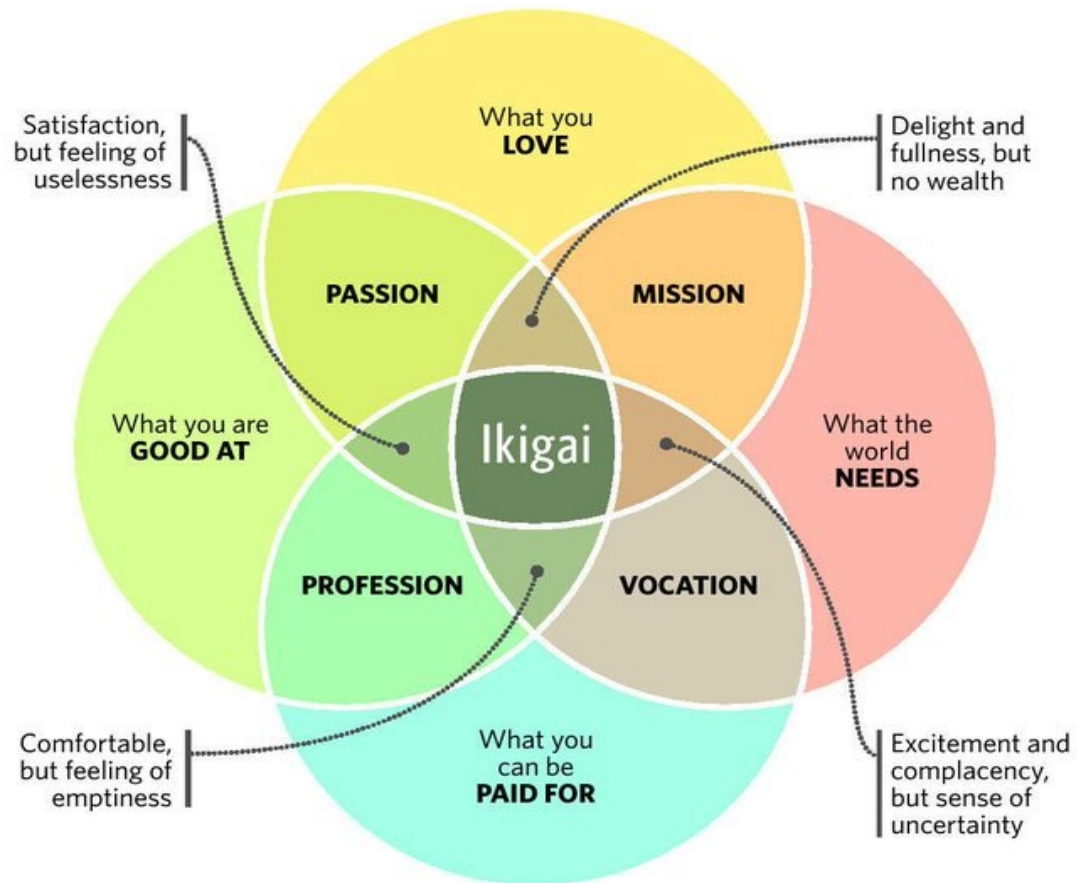
**P = Practice** What kind of work do you do to practice your skills?

**A = Attitude** How do you respond to setbacks?

# VISION

## Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC



# EFFORT

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**Attendance**

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**Prepared for Learning**

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**Independent Work**

# SYSTEMS



# PRACTICE



Practice does not  
make perfect. Only  
perfect practice  
makes perfect.

Vince Lombardi

# ATTITUDE



**I NEVER LOSE,  
I EITHER WIN OR  
LEARN.**

**- NELSON MANDELA**

# TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
PEDAY2412-P1 P.E. A Level 2024 1 of 2 P1 Chris Cope 09:00 10:30 G4	<b>LATE START</b>	PSYAY2412-Q1 Psychology A Level 2024 1 of 2 Q1 Kate Parker 09:00 10:30 D4	BIOAY2412-R1 Biology A Level 2024 1 of 2 R1 Shaista Hayat 09:00 10:30 B109	<b>LATE START</b>
<b>STUDY PERIOD</b>	BIOAY2412-R1 Biology A Level 2024 1 of 2 R1 Shaista Hayat 10:50 12:20 B109			PEDAY2412-P1 P.E. A Level 2024 1 of 2 P1 Peter Charlwood 10:50 12:20 G3
	PEDAY2412-P1 P.E. A Level 2024 1 of 2 P1 Peter Charlwood 13:05 14:35 G4	TUTXY2411-E2-S3 Tutorial (Y1) 2024 1 of 1, MLM, E2 S3 Michele La Motta 13:05 13:50 E2	PSYAY2412-Q1 Psychology A Level 2024 1 of 2 Q1 Kate Parker 13:05 14:35 D4	
PSYAY2412-Q1 Psychology A Level 2024 1 of 2 Q1 Kate Parker 14:40 16:10 D4	<b>PLUS TIME</b>	PL3XY2411-Wed Psychology A Level 2024 1 of 1 ... 14:40 16:10	<b>PROGRESSION PLANNING</b>	BIOAY2412-R1 Biology A Level 2024 1 of 2 R1 Shaista Hayat 14:40 16:10 B109



THE COLLEGE COMMUNITY-  
THE CODE OF CONDUCT

# RESPECT, RIGHTS AND RESPONSIBILITY

- Our aim is to create a respectful and safe learning environment for all staff and students.
- The Code of Conduct can be found on Moodle
- You have chosen to be here, you can leave anytime.



# BEHAVIOUR: IN THE CLASSROOM



- Mobile phones should be switched off and out of sight unless otherwise directed by the teacher.
- Food and drink must **not** be taken into classrooms.
- Be prepared for learning – have the right equipment and completed any preparation work required for that session.
- If you are late – **knock and wait**

# OUTSIDE COLLEGE - REPUTATION

- Our reputation is your reference when you leave.
- Inappropriate or illegal behaviour outside of college will result in disciplinary action. This includes social media posts.



# SMOKING & VAPING



**You are not allowed to smoke or vape anywhere in college**

**You must not block paths or disturb local residents**

**You must not gather in large groups blocking pavements**

**Be safe**

# DRUGS & ALCOHOL

- No excuses
- Caught with, or under the influence
- Immediate suspension
- **Permanent Exclusion is likely**
- Police involvement
- The right to search



# ID CARDS



- You must show ID whenever entering college.
- You must sign into Reception if you forget your ID card.
- New entrance will have barriers

# VISITS AND VISITORS




- You must not invite people onto the site who are not enrolled at college.
- You must not visit other colleges




# LOCKDOWN & 'RUN, HIDE, TELL'


Welcome to the VLE of LRSFC  
Use of this system is covered by the college IT Acceptable Use Policy and the Janet Acceptable Use Policy.

  
For advice, help or to make a report about Internet mis-use, visit CEOP the police crime/safety website.

Navigation

- Home
  - Dashboard
  - Site pages
  - My courses
    - Induction
    - Hub
    - DigiLit
    - A\_Geography
    - BTECMusicNational
    - MoodleTraining
    - StaffITTraining
    - LongRoadVSR
    - TeachLearn
    - Moodle2016
    - ElectionDec19










  
Register to vote



  
Find out about NUS Extra

TOP MENU


Access College Email  
To access your college email just go to [longroad.email](mailto:longroad.email) in your web browser!  
Or use the Microsoft Outlook app on your phone, tablet or laptop - visit [office.com](http://office.com) to get the app.

## health assured Your Wellbeing Services



-  Home Life Support
-  Physical & Emotional Health
-  Student Life Assistance
-  Wellbeing Resources
-  Health Calendar
-  4 Week Self-Help Programmes
-  Webinars
-  Mini Health Checks
-  My Healthy Advantage app


Download 'My Healthy Advantage'  
Unique code:   
   
[healthassuredap.com](http://healthassuredap.com)  
Username:   
Password:


Don't forget, you can always call our FREE 24-hour Confidential Helpline:

 **Need to talk?**  
We're online now to help until 10pm  
[CHAT TO US NOW](#)

Kooth is a free, safe and anonymous online support service for young people.  
There's always someone you can talk to.

  
Prevent Extremism on the Hub

  
CLICK ON THE PLAY BUTTON ABOVE TO LISTEN TO THE COLLEGE LOCKDOWN ALARM

14:27  
04/09/2023

<https://moodle.longroad.ac.uk/moodle/>

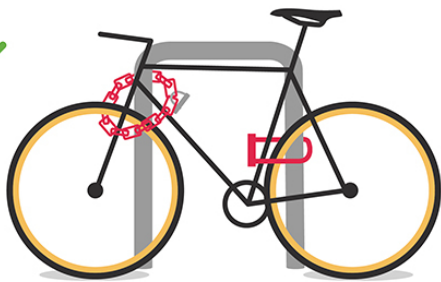
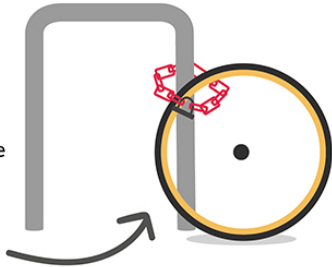
# BIKES AND SCOOTERS

## Correctly secure your bike away from home



Tip:  
1. Always secure the wheel and the frame to an immovable object

Otherwise this will happen!



Tip:

2. Use two locks; one around the back wheel, bike frame and immovable object, the second around the front wheel, frame and immovable object
3. Secure one lock around the middle seat tube
4. Position the lock so its difficult for thieves to access

## e-scooters & the law...

While you can legally buy an e-scooter in the UK, you cannot ride it on a public road, cycle lane or pavement. The only place it can be used is on private land.



### What happens if I am stopped by the police?

You will be advised on the law and may be asked to take your e-scooter home.

Depending on the seriousness of the offence, you could receive a Fixed Penalty Notice which includes a fine and up to six penalty points.

Offences, which may result in penalties, include riding without insurance and a driving licence, riding on the footpath, using a mobile phone, riding through red lights and drink driving offences.

### Did you know?

e-scooters are treated as motor vehicles by the Department of Transport and are subject to the same legal requirement as other vehicles, such as MOT, licencing, tax and insurance.

They don't always have number plates, signalling ability or visible rear lights and cannot be used legally on the roads.

Cambridge is taking part in a government trial with e-scooter hire company VOI. You must be at least 18 and hold a valid driving licence to hire one.



# BINS!



# THE GUIDANCE TEAM

**Isabelle Bennett Humphries**

**Assistant Principal:**

**Student Care, Guidance and Progression**

**Today:**

- **What is the Guidance Team?**
- **How is tutorial different from school?**
- **What is a Progress Review?**

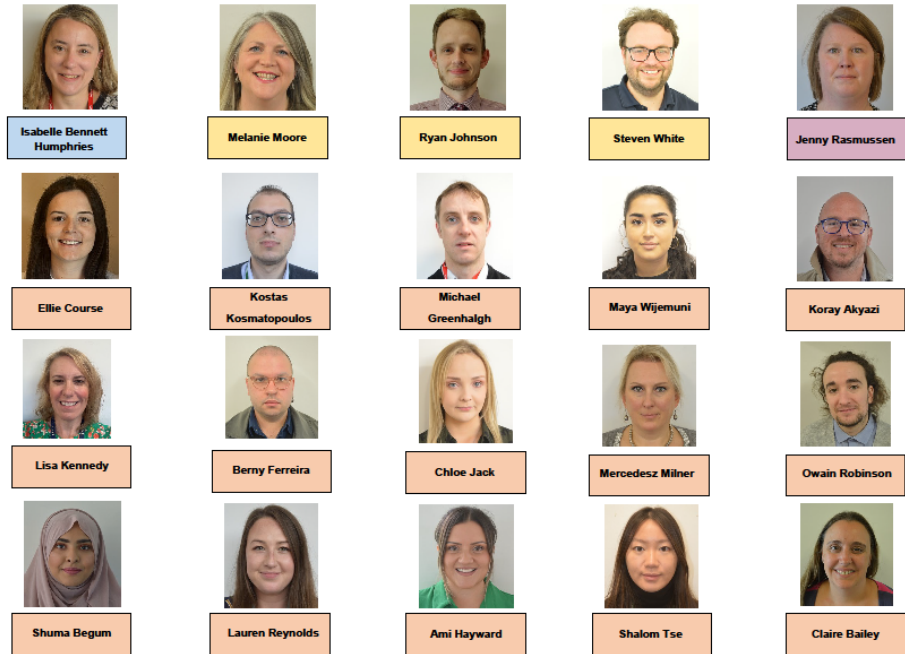


# PROGRESS COACHES

Everyone has a **Progress Coach** – you will meet today

Has some overlap with a school form tutor **but very different**

They don't teach – instead whole focus supporting your success at college and progression in the future



Helping you take your next steps and access experiences to do that e.g. work experience

Links with parents/carers



**Isabelle Bennett  
Humphries**



**Melanie Moore**



**Ryan Johnson**



**Steven White**



**Jenny Rasmussen**



**Ellie Course**



**Kostas  
Kosmatopoulos**



**Michael  
Greenhalgh**



**Maya Wijemuni**



**Koray Akyazi**



**Lisa Kennedy**



**Berny Ferreira**



**Chloe Jack**



**Mercedesz Milner**



**Owain Robinson**



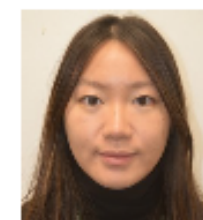
**Shuma Begum**



**Lauren Reynolds**



**Ami Hayward**



**Shalom Tse**



**Claire Bailey**

# DIRECTORS



## Directors of Student Care, Guidance and Progression

Everyone has a director:



Melanie Moore

Steven White

Ryan Johnson



Dealing with more complex pastoral and  
disciplinary concerns

# WEEKLY TUTORIAL

- Very different - (only overlap is it is compulsory part of your programme)
- You probably had this everyday at 8.30? **THIS IS NOT WHAT IT IS**
- Long Road weekly for 45 mins
- All from your year group – likely mix of subjects



# WHAT'S LONG ROAD TUTORIAL?

- **Weekly check in with your Progress Coach**

## A Programme for 16 – 19s (post school)

- **Transition to L3:** Succeeding on courses
- **Progression:** Exploring/ planning for future – Apprenticeships, Careers, University
- **Building resilience/Signposting wellbeing support**
  - Example: What are your rights in the workplace? How do deal with a situation that you don't feel is right in that context
- **Active citizenship:**
  - e.g. Where do you get your information from?
  - What's the point of voting and how do I register?

# NEXT WEEK: VESPA STUDENT QUESTIONNAIRE

## Creating VESPA profile - develop the specific study strategies relevant to you

### VISION SCORE - YOU KNOW WHAT YOU WANT TO ACHIEVE AND WHY

1	2	3	4	5	6	7	8	9	10
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You are a person with a very clear idea of what you would like to achieve in the future. Once you set a goal you strive hard to reach it, making lists of actions you must take. It's likely that you've spent some considerable time carefully researching your career choice or choices. You might have committed some time to making an action plan and are likely to have already achieved some of the targets that you've set yourself. Remember though, the hard part is sticking to the plan – so be sure you know which actions to take next.

**Key Questions:** Have you written down your goals? Are the goals you have pursued up to now yours, or somebody else's?

**Suggested Tools:** Fake it, Getting Dreams Done,

### EFFORT SCORE - YOU PUT IN THE REQUIRED HOURS OF INDEPENDENT WORK

1	2	3	4	5	6	7	8	9	10
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You are a very hard-working student. You are likely to be very focused in lessons and give your best to every task. This result suggests you are prepared to put in the hard work to achieve your goals, and that you already study a lot in your own time. You use study periods strategically and effectively, setting yourself tasks to stay well on top of your work. Your next challenge is to consider how you will continue to work this way. Also consider consistency: are you able to work hard equally for every subject? Is your level of effort sustainable and could you be more efficient?

**Key Questions:** Do you plan leisure time in your week? What do you do when you aren't studying?

**Suggested Tools:** The 3 R's of Habit, Frogs & Bannisters

### SYSTEMS SCORE - YOU ARE ORGANISED

1	2	3	4	5	6	7	8	9	10
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You are likely to use most of your study periods effectively, organising your time well. You meet many of your deadlines, only missing when work piles up. Your files and folders are normally well organised though there may be a few gaps. Your notes are generally very clear, organised and helpful and you can revise effectively from them. You're probably OK at considering what might be happening in the next few days and planning for it, though you could do it more often. Do you use a diary or planner to break down tasks and record deadlines – and could you use it more effectively?

# 1 TO 1 MEETINGS - TODAY

- In the next two weeks
- 10 min check in
- What do we need to help you with right away?
- What do you need us to know?
- How are your courses going?



# PROGRESS REVIEWS

## Before half term

- Longer 20 min meeting
- Compulsory
- Check your email!

**Vision** – what do you want to achieve and how can we help you to do that?

Are you **coping with L3 work** – what can we do to help you plan and adjust?

Using your **VESPA profile** to identify strategies to be more successful

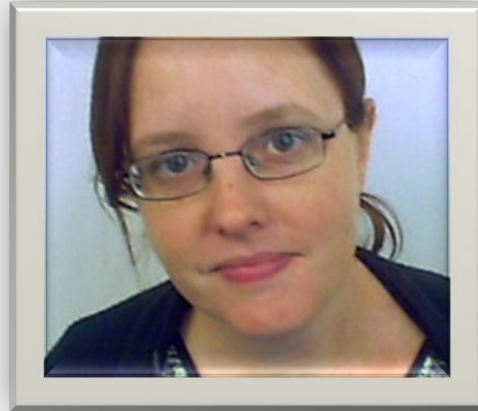
Making **specific action plans** and logging skills and work experience



## REMEMBER

**Working with your Progress Coach helps you to keep on track and avoid things becoming a crisis**

**Plan what you need to ask or tell us in your 10 min appointment next week now – don't leave it till things are too late**



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## Your Careers and Employability Team

**Tariq Sadiq**

**Careers, Employability, and Skills Lead**

[tsadiq@longroad.ac.uk](mailto:tsadiq@longroad.ac.uk)

Ext. 1225

**Emma Greenhill**

**Careers Assistant**

[egreenhill@longroad.ac.uk](mailto:egreenhill@longroad.ac.uk)

Ext. 1117

**Geordie Bailey**

**Project Co-Ordinator**

[gbailey@longroad.ac.uk](mailto:gbailey@longroad.ac.uk)

Ext. 1226

- Located in the Learning Resources Centre

## Careers guidance meeting

- Think about your goals – what do you want to achieve
- Plan early
- Get advice! Book [Careers Guidance](#):



# Careers Space – Follow it!

CS Careers Space

Home Further and Higher Education Apprenticeships Work Experience advice Job Seeking Careers Resources Volunteering Work experience - current vacancies Work experience - current vacancies Gap Year Edit

Not following Site access

+ New Page details Preview Analytics


Published 21/01/2025 Share Edit

## Welcome to Careers Space


This is where you can find all things careers related. The latest opportunities from employers are displayed below. Scroll down further for advice and information and to book a personal careers guidance session. Please Follow this page to keep updated by clicking on the star symbol above.

### New Opportunities [See all](#)


+ Add




**The Pathway CTM Kick Off – Launch Talk - Tues 16th Sept 8:40-9:10am**  
Don't miss the chance to start your year with confidence, ...  
Emma Greenhill about an hour ago  
1 view




**Work Experience - Cambridge University Hospital**  
Cambridge University Hospitals ( Addenbrookes ) have an...  
Emma Greenhill about an hour ago  
16 views




**USA College Day London 2025 attendee registration - Eventbrite**  
Eventbrite - US-UK Fulbright Commission - EducationUSA...  
Emma Greenhill 21 hours ago  
3 views




**Healthcare Science Laboratory Technician Apprentice Level 3 - Cambridge Uni Hospitals**  
Have you just completed your exams? Are you interested i...  
Emma Greenhill 22 August  
20 views




**When Plan 'A' Falls Through: Your Guide to What's Next After Results Day**  
Mark Anderson is an independent Careers Adviser at...  
Emma Greenhill 21 August  
5 views




**Army Careers Newsletter**  
List of events and opportunities available within the Army...  
Emma Greenhill 21 August  
26 views




**Discover an exciting and rewarding career in healthcare science**  
Want to contribute to the future of the NHS? This Virtual...  
Emma Greenhill 21 August  
6 views



**GCSE and A-level Exam Results Day: Everything You Need to Know (Updated for 2025)**  
Find out everything you need to know about exam results...  
Emma Greenhill 14 August  
19 views



**Summer Employability Workshops with Form the Future**  
Join Form the Future at the Cambridge Science Centre thi...  
Emma Greenhill 14 August



**Find an apprenticeship - GOV.UK**  
Register your profile, search vacancies and apply for an...  
Emma Greenhill 14 August

# Sookio Creative Careers Challenge

**Sookio**

ABOUT CONTENT STRATEGY TRAINING RESULTS BLOG CONTACT



- **Starts 7<sup>th</sup> October**
- Led by experts in marketing and communications
- Open to all students doing any subject, especially **English, Art, Graphic Design, Media** etc.
- Four Plus-Time sessions ending in a full day activity
- Book here – hurry, places limited!

## CONTENT

**Delicious digital content  
that'll be lapped up by  
your target audience**



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# Ramboll Engineering Challenge

- Four weekly sessions **starting 8<sup>th</sup> October**
- Led by engineering professionals from Ramboll
- Open to anyone but of special interest **to Maths, Physics, and DT**
- Visit to the Department of Engineering, University of Cambridge – build and race electric model cars, tour
- Limited places – book now!



# Degree Apprenticeships Preparation Programme

- 9.00am – 4.10pm,  
**Tuesday, 21<sup>st</sup> October  
2025**
- Led by successful  
degree apprentices from  
Long Road and others
- Very competitive, several  
application stages
- If you're thinking about  
applying next year, start  
planning early!



## Potential career paths with a degree apprenticeship

- Business, accountancy  
and finance
- Aerospace and engineering
- Digital and technology
- Construction
- Health and sciences
- Education



# SAFEGUARDING & WELLBEING



## DESIGNATED SAFEGUARDING TEAM

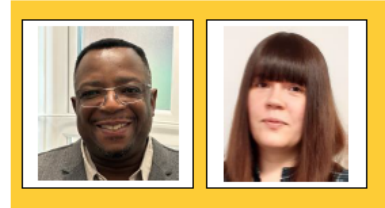
If you do not feel safe or you are worried about the safety of someone else, you should speak to a member of the Safeguarding Team

Safeguarding and Wellbeing



Eve Taylor  
Safeguarding and Wellbeing  
Manager  
C6

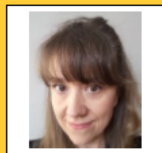
Safeguarding and Wellbeing



Tapiwa  
Katsande  
Safeguarding and  
Wellbeing Officer  
C4

Jenna  
Morwood  
Safeguarding and  
Wellbeing Officer  
C9

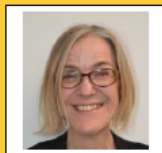
Forced Marriage Substance Misuse Risky Behaviour  
 Emotional Abuse FGM  
 Sexual Abuse Intimidation  
 Radicalisation Consent Mental Health County Lines  
 Coersion Psychological Abuse  
 Sexual Harassment  
 Grooming Physical Abuse Bullying  
 Neglect Domestic Violence CSE  
 Gender Based Violence  
 Fear Honour Based Abuse  
 Homelessness Racial Abuse Online Safety



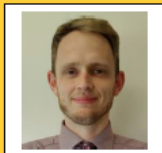
Harriet Riches  
DSL/Assistant  
Principal -  
Student  
Experience  
E4



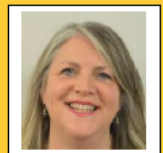
Anna Ghale  
Head of Additional  
Learning Support  
C7



Jenny Kavanagh  
Specialist Teacher  
& Assessor (SEND)  
C11



Ryan Johnson  
Director of Student  
Care, Guidance  
and Progression  
A Block



Melanie Moore  
Director of Student  
Care, Guidance  
and Progression  
A Block



Steven White  
Director of Student  
Care, Guidance  
and Progression  
A Block



Isabelle Bennett  
Humphries  
Assistant Principal -  
Student Care,  
Guidance and  
Progression  
A Block



Steve Dann  
Principal  
Principal's Office

You can also talk to any other member of staff. Everyone is here to support the safety and wellbeing of all students.

# SAFEGUARDING & WELLBEING

## Wellbeing Wednesdays: Info sessions

These take place monthly during lunchbreak in the Quad or by First Aid.

Organisations will be available to share information about their service and the area they work, such as alcohol and drugs, sexual health, personal safety, LGBTQI+ and more...!



Creating a safer  
Cambridgeshire



## Projects: Wellbeing Garden Project 2025



## Support for Young Adult Carers: Centre 33 @ Long Road



## Safeguarding and Wellbeing Team

Email [wellbeing@longroad.ac.uk](mailto:wellbeing@longroad.ac.uk) for support from the Safeguarding and Wellbeing Team. QR code for wellbeing self booking slot will be available from October.

Health Assured Helpline and online/phone counselling service

Available 24/7 365 days a year  
**0800 028 3766**

Unique Code: MHA197576  
Use this to log in online!

### HEALTH ASSURED

**What is Health Assured:**  
Health Assured is the UK's most trusted independent health and wellbeing provider, making a positive difference to over 12.5 million lives.

**What we support you with:**

- Home Life
- Student Life
- Physical & Emotional Health
- Financial Difficulties
- Bereavement
- Trauma
- Health Checks

**Our Services:**

- ☎ **24/7 Confidential Helpline** Available any time! Call **0800 028 3766**.
- 📱 **Wisdom App** Track your health and wellbeing.
- ♥ **Self-Help Programmes** To help you through important life changes.
- 📺 **Live Chat and Video Calls** Contact a dedicated wellbeing counsellor using live messaging and video calls.
- 📢 **Webinars and Podcasts** Available on demand.
- 🗨️ **Structured Counselling** Via phone or video call.

[www.healthassured.org](http://www.healthassured.org)

Safeguarding and Wellbeing

 Tapiwa Katsande Safeguarding and Wellbeing Officer C4	 Jenna Morwood Safeguarding and Wellbeing Officer C9
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Safeguarding and Wellbeing

 Eve Taylor Safeguarding and Wellbeing Manager C6
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