

# LEFT, RIGHT, LEFT - STEPS TO SUCCESS

Welcome to the first edition of "Left, Right, Left - Steps for Success", the newsletter that updates you on what's going on within the Public Services Department at Canterbury College.

## Inside this edition:

Level 3 Year 2's experience life as a Royal Marine (picture below)

Level 2's take part in a mile and a half run

Get to know your tutors

Guess Who?

And much much more!



# Level 3 Year 2's take on the Royal Marine Life



## Report on Royal Marines

"After my unique experience away I am now set on joining and becoming a Royal Marine"

**Stephen Perry**

"The activities consisted of team sports, mud, sweat, blood, and mental endurance. The course left me feeling very confident and feeling more self discipline with physical training. Since the course, my career path has changed and I would now like to try to be come a Royal Marine."

**Simon Cartwright**

"I found the experience rewarding because it taught me that I can push my limits beyond my own expectations as long as I believe that I can."

**James Horton**

"I've never done something quite as hard or as rewarding as the marines trip I loved it and would defiantly consider doing it as a career"

**Aaron Ingram**

"On the endurance course we had to crawl through large muddy puddles and pitch-black water filled tunnels and wade through freezing cold streams that come up to your stomach"

**Stephen Jackson**



**Simon Cartwright pushes himself further than he has ever been before (above).**



**Aaron Ingram tackles the rope (left), while Stephen Perry scrambles out of the mud leaving Simon Cartwright to sink (above).**



# Level 2's challenge

## 1.5 Mile run



In his own words, "He's fat, fifty-six, very unfit, with high blood-pressure and rattles with the 11 tablets a day he takes for various health problems", but he can still beat many of the Level 2s on the 1.5 mile walk followed by the 1.5 mile run.

Prior to the event, former Army Major Howard Gilbert, threw down the gauntlet to the 50 plus students of Level 2 Public Services Course, who declared themselves fit for PE that day. "You are teenagers who should be at the peak of fitness and able to beat an old, fat unfit man like me! However, I'd bet you that I won't be the last person to finish."

So where did he come? Well at 13 minutes 20 for the run Howard was ahead of 11 students and kept his money safely in his pocket for another month. Think you can beat him next time? Well he has 6 minutes 40 seconds in hand over the last student to complete the run. So come on folks get fit, get running, ...and give the old man a thrashing!

### Fastest Lap Times



FASTEST BOYS	TIME
Alan Barrett	8 min 40 s
Krzystof Pierzchala	8 min 41 s
Philip Hanson	8 min 57 s

FASTEST GIRLS	TIME
Kirsty Petto	11 min 12 s
Annabelle Taylor	12 min
Amber Sesstein	14 min 43 s

# LEVEL 3 YEAR 1's

As I am sure the college is fully aware, many if not all students have taken part in the working with others key skill, participating in one paired task and one group challenge. The students throughout the Uniformed Public Services sector have stepped up to the mark and competed on all levels, with the Level 3 Years 1's triumphant over all, reaching the classroom ceiling on more than one occasion from the sheer stature of their towers.

Prior to any task set, they partook in intense planning to ensure their team was ready to undertake the tasks ahead.



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The boys from Level 3 made a valiant effort to create a monstrous free-standing tower. Which was not far from the roof on the building. (left to right: Jamie, Andrew, Luke and Prem)

Following the tower building a few of the classes had the opportunity to build a catapult from pencils which would later be competing to see how far the catapult would fire the furthest.



Scott Buchell and team took 1st place firing their catapult the furthest by a considerable distance.

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The girls also took it upon themselves to build an almighty free-standing tower, although due to vertical restraints they were unable to see the towers true potential. (Left to right: Kate, Kelly and Sarah)

# LEVEL 3 YEAR 2

The Level 3 Year 2's have been working solidly trying to complete their work and prepare themselves for the next step in their education. However, they managed to take time out from their busy schedules to take to the woods and get down with nature. They took on the whole Army look, painting their faces and building fires. They even had the opportunity to witness a rabbit being skinned and cooked. Bon appetite!! Photos below:



## NATHAN SOUTHERN

Nathan is a second year Level 3 Public Service student and at the start of the academic year he decided that he wanted to make a change to the college and make improvements for all students. During the summer Nathan was co-opted by the Students' Union to stand in for FE Centres Officer prior to the elections, where he makes important decisions alongside Jordan Gosbee, who is also a Level 3 Year 2 Public Services Student.

### Nathan has:

- Helped set up a Student Focus Group with the Library to ensure Student's voices and opinions are considered.
- Successfully lobbied for more PC's for our students in the Library which should be completed by January.
- Set up a "Textback" system for students to raise issues at our College.

### WHAT IS HE DOING NOW?

Nathan has now been voted as the FE Centres Officer, receiving a whopping 94% of the students votes.

He has recently attended a conference in Manchester where he attended several workshops which will help facilitate improvements throughout the college.

While in Manchester Nathan went up against 12 candidates competing for 6 slots in the FE Zone Committee, for which he had to prepare a speech and manifesto to present to the panel.

After much consideration and debate from the panel Nathan was chosen to represent on the FE Zone Committee.



# GET TO KNOW YOUR TUTORS

## GET TO KNOW PHIL

**Where does your Public Service experience lie?**

22 years in the army joined the Royal Corps of Transport in Jan 1988 which amalgamated with several other corps and became the Royal Logistic Corps

**Why did you become a lecturer?**

To ensure a positive attitude of students who may want to join the public services, to pass on my extensive knowledge and experience.



**Proudest moment?**

Birth of my kids

**Most embarrassing moment?**

Wouldn't you like to know?

**Something know-one knows?**

I won Sports Personality of the year with the British Army.

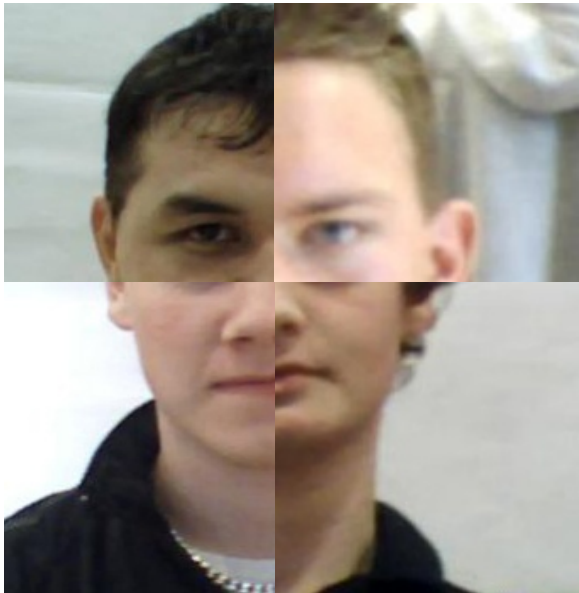
## GUESS WHO??



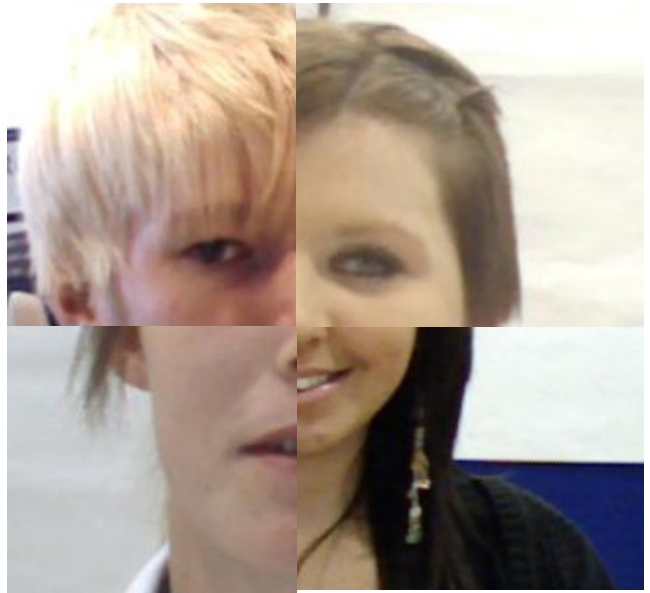
**This curly haired rugby player aged 17, still has the balls for rugby.**

# LEVEL 1 PUBLIC SERVICES

## LEVEL 1 GUESS WHO???



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## LEVEL 1's CHALLENGE BLEEP TEST

On Tuesday 17th November, Level 1 students took on the Bleep Test whole heartedly and pushed themselves to the limit achieving levels which surpassed their expectations. Both groups took part in the competition, with the winning group being the one with the highest class average. Group 2 took the gold with an impressive Level 8.6 average, with Group 1 following closely behind with Level 8.2. Overall, all level 1's that took part in this gruelling test should be very proud of themselves for their high levels of achievement and excellent performance.

The Level 1's now await their next bleep test challenge. With an emphasis being on personal improvement, they will continue to push themselves every Tuesday afternoon.



The aim is to improve their mental strength and physical fitness and to prepare them for a career in a uniformed public service. **No Pain No Gain!**



## TOP LEVELS

TOP BOYS	LEVEL
1. Steve B	13.13
2. Paul W	13.5
3. Mike B	13.1
3. Mark B	13.1

TOP GIRLS	LEVEL
1. Kiya D	10.2
2. Emma P	9.11
3. Ruby	6.7

# PUBLIC SERVICE STUDENTS IN ACTION!

## Did you know?

Bullet Proof Vests are not bullet proof, they're bullet resistant. Most rifle rounds will easily pass through.



## Fun Facts:

The youngest Pope was 11 years old.

Donald Duck comics were banned from Finland because he doesn't wear trousers.

Every time you lick a stamp, you're consuming 1/10 of a calorie.



Has anything been missed out that perhaps you wanted the world to know?!?! Please let me know, this newsletter is completely staff and student generated so the more input I get from you, the better it will be.

So don't hesitate to email me with any submissions or suggestions:

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