

INTERACTIVE NEWSLETTER
Look out for this symbol



Eat That Frog

A look back through
MARCH '25

Post-16

NEWSLETTER





Eat That Frog

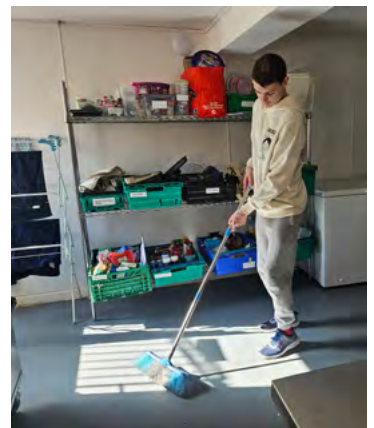
March at Eat That Frog saw learners enjoying Pancake Day, Stainability Week, Random Act of Kindness Day and Comic Relief, to name just a few events!

Take a look at just a few of the activities our learners

Random Acts of Kindness!

Learner, Quinn took part in Random Acts of Kindness Day. Throughout the day, Quinn treated staff and learners to food, politeness, happy greetings and even washing up and cleaning!

The smallest greeting could be just the thing to brighten up someone's day!



Denim at the Neurodiversity Conference

Denim joined careers advisor Helen Ward at the **Neurodiversity Conference at Plymouth Council**. They attended talks, including one from Babcock, who shared how they support neurodivergent staff and are making their recruitment process more accessible.

Denim helped run the Eat That Frog stand, spoke to visitors about his studies, and visited other stands like City College Plymouth, Skills Launchpad, and SEETEC Pluss to explore local opportunities.

At first, meeting new people felt a bit odd, but Denim quickly got used to it and enjoyed the experience. He said he'd definitely go again.

Well done, Denim – you did a brilliant job!



Democracy in Action

Newton Abbot centre had a fantastic activity during March with a special Parliament and Democracy workshop for our learners and staff.

The session was all about helping everyone understand how the UK Parliament works and how they can get involved. It covered important topics like:

- **Who their MP is and how they're represented**
- **How voting gives people a voice**
- **How laws are made and how they affect everyday life**
- **How to engage with Parliament to speak up on issues that matter**



It was an interactive and engaging workshop that linked perfectly with the **British Values of Democracy and the Rule of Law**.

We were also lucky to welcome our **local MP, Martin Wrigley**, who joined us for a brilliant hour-long Q&A session. He made time to visit the centre after a busy day in Parliament, and we were really grateful for the chance to ask him questions directly.

Our learners did us proud – they asked thoughtful, interesting questions and showed great respect throughout. It was a valuable experience for everyone and a great chance to bring real-world politics into the classroom.



Sustainability Week

From Food Waste to Fair Trade in Exeter

Exeter staff and learners had a brilliant time during Sustainability Week, learning about how we can all help look after the planet.

“We explored ways to care for the environment, from growing our own food to seeing how the National Trust supports conservation. A big highlight was learning how food waste in Devon gets turned into energy – and how that energy is even used by a local ice cream company!



Learners got creative with tie-dye, up-cycling old clothes into something new. We also had a go at reusing plastic bottles in fun and useful ways.



Out in the community, we visited Ride On, a great project that refurbishes old bikes and sells them at lower prices. We also stopped by the local community centre, community fridge, and a library of things – where you can borrow all sorts instead of buying.

At a local craft hub, we saw how donated bits and bobs can be reused for creative projects. Back in class, we looked at ethical spending and carbon footprints – even comparing a Kinder Egg to Fair Trade chocolate!

It was a great week full of fresh ideas and hands-on activities that showed how little changes can make a big difference.”

Learners put together a great little video about their week -

[Click here to view](#)





Waste Not Want Not

Sustainability Week at Newton Abbot was all about food waste and how we can make the most of what we already have.

We talked about how much food gets thrown away and looked at easy ways to cut that down at home. Then came the fun bit – baking! Learners used leftover ingredients to make banana bread. It was a great example of how tasty and simple it can be to reuse food that might have been binned.

Everyone got stuck in, and the results were delicious! A lovely, hands-on way to show how small changes can make a big difference.



Recycle Devon

We also welcomed guest speaker Lou Doliczny from Recycle Devon. She delivered an insightful talk on sustainability and the various career opportunities in the field.

Lou shared valuable knowledge on waste reduction, recycling and how individuals can make a difference through their career choices.

The session was engaging and informative, inspiring attendees to consider sustainability in their future paths.



Sustainability Week Cont..

Litter Lessons and Life Skills for Plymouth

As part of our Sustainability Week sessions in Plymouth, learners explored the new recycling bins at the centre. They were also reminded how to use the food waste bin in the kitchen during clean-up time – a simple step that can make a big difference.

In one of our 'in house' sessions, learners took a closer look at the **4 Rs: Reduce, Reuse, Repair and Recycle**. They sorted objects into each category and came up with some very creative ideas. One standout suggestion was using an old espadrille as a fly swatter – imaginative and practical!

Two learners also went off-site to **Devil's Point**, where they took part in a **litter-pick**. They showed great care and precision, especially when picking up tiny bits like cigarette ends.

While there, they had a lovely chat with a road sweeper who shared his thoughts on why keeping spaces clean really matters. He explained how one bit of litter can lead to more, but if a space is kept tidy, people are less likely to drop rubbish. It turns out, this is backed by research – it's called the **'Broken Window Theory'**.

Although he didn't want his photo taken, we're very grateful for the time he gave and the insight he shared. He might have even planted a seed of inspiration for a future career!





Fashion with a Sustainable Twist!

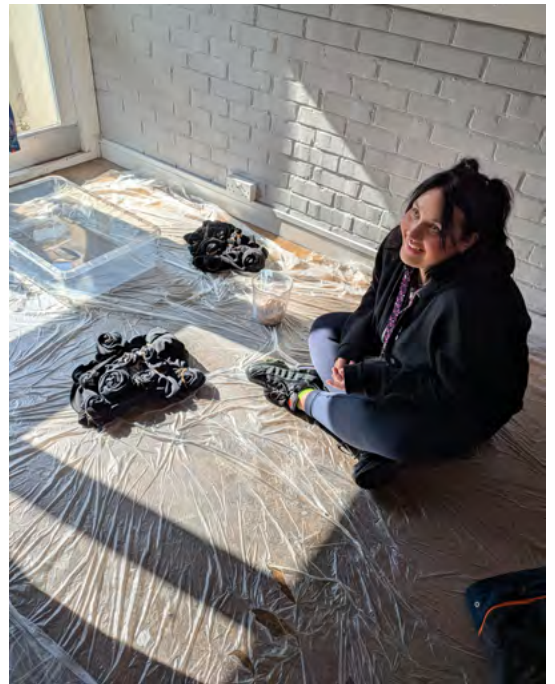
Plymouth learners also took part in an activity with the aim of learning how to make everyday life more eco-friendly.

The focus this time was on **fashion – but with a sustainable twist!** Using unwanted clothes donated by staff and learners, the group worked on up-cycling and giving old clothes a brand-new look.

Learners had the chance to try out sewing machines, bleach dye techniques, and iron-on patches. It was hands-on, creative and a lot of fun.

CH designed an amazing outfit inspired by the Mad Hatter from Alice in Wonderland, showing great skill on the sewing machine and learning how to bleach dye. **NB** sketched out a whole range of outfit ideas and started sewing some of them, picking up how to use patches along the way. **OC** brought in several hoodies and gave them a fresh new look using bleach dye.

It was a brilliant week full of creativity, teamwork, and learning. Everyone walked away with new skills—and some stylish pieces to show for it!



Chloe's Virtual Success!



A big well done to Chloe, who has just completed her fourth virtual work experience project with **Springpod!**

Chloe is proudly holding up two of her four certificates – one in **Psychology** and the other in **Forensic Investigation**, both delivered by **Canterbury Christ Church University**.

She didn't stop there! Chloe also completed two more modules – one in **Veterinary Science** with **Vets for Pets** and the other in **Canine Therapy**.

She says she really enjoyed each course and highly recommends them to other learners.

Fantastic work, Chloe – we're proud of your dedication and brilliant achievement!



Creativity for Comic Relief!

A big well done to all our staff and learners who took part in Comic Relief this year!

To help raise money for **Red Nose Day**, we held a fun colouring competition. It cost just 20p to enter, and we were amazed by the effort and creativity shown in every entry.

Thank you to Jake for choosing the winners! **First place** went to **Dasie R**, second to **Rosie B**, and third to **Daisie B** – great work!



Post-16 Pulse

A column for post-16s, written by post-16s. Varying topics with the option to respond to the article or have your say on what topics you would like to see.

At Eat That Frog we had Sustainability Week running from the 10th-14th March. There were various activities throughout the day on the 11th, one that caught my eye was a work experience placement at a place called Farmyard Café in Wotter, Plymouth.



This appealed to me the most because, this year, I have been working in the kitchen for extended periods of time, and I correctly presumed that this would correspond with my work experience in the kitchen.

Throughout the day, I had many different duties, to begin with I had to prepare the fresh vegetables, so I began cutting a large tub bucket of mushrooms, using my experience of working in the kitchens at ETF. I practiced my hygiene routine of being in a kitchen before I got started.

Next, I assisted in baking a large tray of toffee muffins for the customers, so that they were fresh on the day. I got to try one and they were delicious!

Then I continued my hygiene training and was instructed to make sure the tables and floors were clean, by sweeping and mopping the floors, and wiping the surfaces. This was important as we were far from the city and usually there is a lot of mud, which wouldn't be cool if we were in a café.

What work experience opportunities have you had at ETF?

What fun thing did you do for Sustainability Week?

We would all love to hear your input for the Newsletter, please respond in the link below!

[Click here to respond](#)

Learner Shout outs

English

Samuel has really had an outstanding journey in **English** this year. He has achieved **90% in his reading assessment** and **76% in his writing!** Samuel has achieved a fantastic level of attendance this year all his hard work has paid off with some amazing results!

Lucy T has passed her Speaking and Listening. From the techniques she learned in her assessment she recently, independently made a telephone appointment with her optician!

Maths

James S achieved **Level 1**

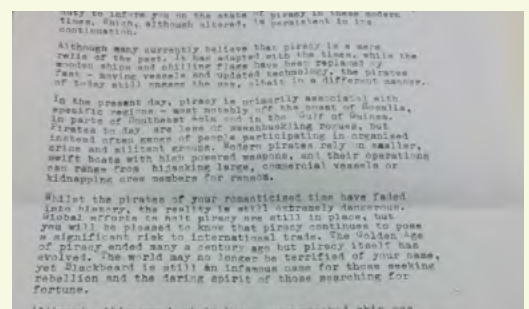
Stephen H achieved **Entry Level 2**

Dermot achieved **Entry Level 1**

Special mentions this month for their hard work in mathematics go to **Lucas C, Matthew M, ELJ, Alex W** and **Mackenzie R**.

Emily is studying towards GCSE English To practise, Emily wrote a letter to Edward Teach (better known as Black Beard). She typed her letter on her typewriter for the added impact. It was a truly wonderful!

Click the image to read..



Hard Work, Mud, and Team Spirit

Team 18 – King's Trust Community Project & Activity Week

The current team have been busy this March, taking on a fantastic Community Project and pushing themselves during Activity Week.

For their **King's Trust Community Project**, the group teamed up with **Upton and Torre Community Group**. They rolled up their sleeves to help tidy and improve a local path. Weeds were pulled, edges trimmed, and the area was made much safer and easier for dog walkers and other local people to use.



One of the biggest jobs was sorting out a muddy slope. Before, it was just bare earth and difficult to use – especially when it rained. But after raising nearly £100 through a ten-mile sponsored walk, the group used the funds to buy gravel. Over a couple of days, they dug out the area and added proper drainage, making the slope accessible for everyone. **It was hard work, but they did it together.**



During **Activity Week**, the team had a go at all sorts of exciting challenges. In the photo above, they're tackling a giant paddle board – not all of them stayed dry, but they had a lot of fun and showed brilliant teamwork.

They also spent time in nature on **Dartmoor**, enjoying the ponies and the peaceful surroundings. Many said it really helped their mental health.

From canoeing and team tasks to crate stacking, the whole group worked closely together. Everyone had a role to play, whether it was planning, lifting or cheering each other on. The support and communication they showed was brilliant.

A great month full of effort, fun, and making a real impact!



Adventure, Fun and Friendship!



Cann Bridge at the Banana Plantation

It's been an amazing month for our student exchange programme, packed with new friendships, exciting activities, and unforgettable moments.

Welcome to Cann Bridge!

This month we were delighted to welcome Cann Bridge learners to the NEAE+21 project in Gran Canaria.

It's all about inclusion, education and learning from different cultures. They joined in with local carnival celebrations and tasted traditional Canarian food.

Later in the month, Cann Bridge hosted the visiting group at their villa. Everyone took part in a morning yoga session, enjoyed a tasty breakfast and spent the afternoon playing board games. It was a great way for everyone to relax, chat and learn more about each other.

Trying Something New!

Firefighting and Scuba Diving

Learners from **South Devon College** and **Alabare School** also visited and tried out some of the exciting new activities being planned.

They visited the local fire station, met the crew and learned about public service roles.

Next, they went to the diving centre to meet instructors and hear about how scuba diving can help build confidence and teamwork. It's something we're really looking forward to offering more learners soon!



Partners at the Fire Station

Action and Adventure

The group also checked out Hangar 37, a battle-themed park where learners will get to test their movement and strategy skills. Then it was on to Climbing World – a great place to build strength and push limits.

Of course, some favourites were still on the list too – the farm, go karting, and the always-popular visit to the banana and coffee plantation!



Getting Ready for the Next Group

There's more to come! In April, another group of 14 learners will visit, including two wheelchair users. A new 25-day programme has been specially planned to make sure everyone can join in and enjoy the full experience. It's all about inclusion, independence and having fun together.

Cultural Connections

Spanish schools and South Devon College High School are also working closely together to plan some brilliant shared cultural activities. To say thank you, a beach yoga session is being arranged, led by an expert in accessible movement.

The learners will also enjoy a traditional English breakfast, cooked by South Devon College learners and staff.

This has always been a highlight, and we're sure it will be again.

Looking Ahead

There's so much to be excited about. From scuba diving and climbing to relaxing on the beach, the exchange programme is full of chances to grow, explore and make new friends.

We can't wait to see what the next month brings!

Dates for Your Diary

7th – 17th April
Easter Holidays

18th April
Bank Holiday (Good Friday)

21st April
Bank Holiday (Easter Monday)

22nd April
First day of Term

25th April
Non-pupil day
Staff Conference



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and Exeter

