

INTERACTIVE NEWSLETTER

Look out for this symbol

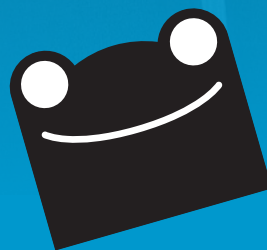


A look back through

FEBRUARY '25

Post-16

NEWSLETTER



February at Eat That Frog was all about work experience, self care, culinary skills and lots of hard work!

Take a look at just a few of the events that took place.

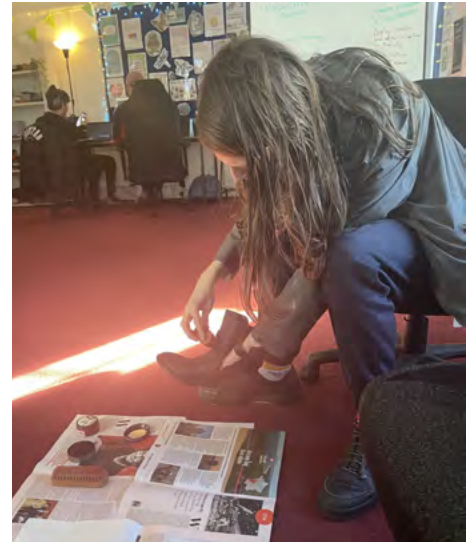
Building Independence Through Self-Care

This term, learners have been working towards Preparing for Adulthood (PFA) goals with a focus on self-care.

Together, we explored which self-care products are essential—like soap, shampoo, and deodorant—compared to non-essential items like hairspray or make-up. Through a sorting task, learners discussed their choices and even introduced a “nice to have” category for things like moisturiser and lip balm.

The following week, we took a similar approach to home-care essentials, helping learners recognise the key items needed to maintain a clean and organised living space.

Learners also had a practical lesson on shoe polishing, learning how to prepare for formal occasions like job interviews—an important skill for making a great first impression!



In week three, we ran a centre-wide survey on oral hygiene, and the results were interesting!

Over 90% of learners and tutors brush their teeth twice a day, with lots of flossing taking place too.

However, despite their strong knowledge of oral health, more than 50% hadn't seen a dentist in the past year, with many not currently registered with one.

Despite this, the topic certainly gave everyone plenty to smile about!

A big well done to all learners for engaging so well with these important life skills.

Stitching the Past Together



A crafty learner at our **Exeter centre** has been busy putting their crochet skills to good use—by making tiny woollen rats! This unusual project is part of a wider call for 500 crocheted rats to feature in a special 3D World War Two exhibition.

The initiative, launched by a Devon woman, aims to bring history to life through a unique knitted display, showcasing the wartime experience in an engaging and creative way. Our learner has been contributing their own handmade rats to the collection, helping to support this fantastic community effort.

Want to find out more or get involved? Check out the full story on the BBC: <https://www.bbc.co.uk/news/articles/cvgmzxp2j8eo>

Great work to our talented learner—history has never looked so cosy!

Apprenticeship Pong Showdown!

Our Paignton Careers Lead, Lynne, organised a fantastic Apprenticeship Pong challenge, bringing some competitive fun to learning about apprenticeships.

It was learners (Power Plugs) vs staff (Toads), with each team aiming to land balls into cups containing apprenticeship-related questions. Answer correctly, and they earned points and sweets—a perfect mix of knowledge and rewards!

After a tense battle, the Power Plugs claimed victory—well done! A great way to test knowledge, have fun, and celebrate apprenticeships.



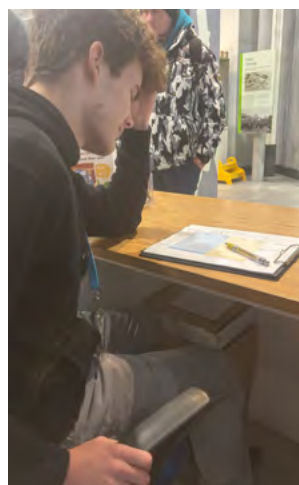
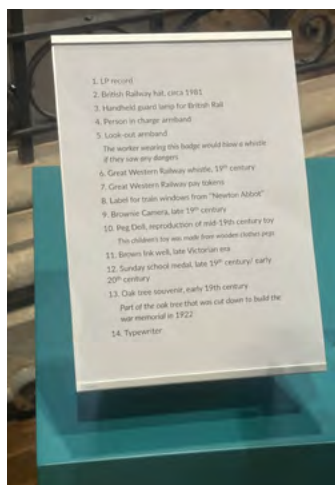
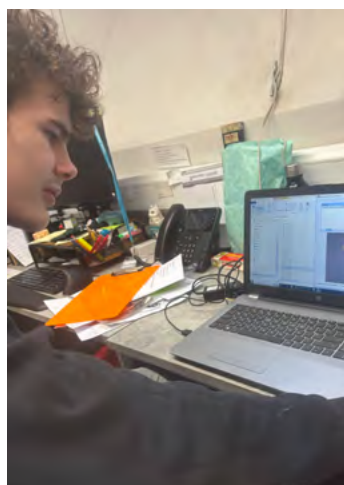
Work Experience

Dylan Digs into History at GWR Newton Abbot Museum!

Dylan has started his work experience at the GWR Newton Abbot Museum, getting hands-on with a variety of tasks that help keep the museum running smoothly.

He's been busy documenting artefacts for the museum's database, assisting visitors at the help desk, and even designing an exciting interactive trail for guests to enjoy during the half-term.

His hard work and creativity are making a real impact—well done, Dylan!



Hard Work Pays Off!

Thanks to the exceptional efforts of our young people, St Andrew's has invited us back for regular work experience opportunities—a fantastic achievement!

Their dedication and hard work, whether cleaning halls and kitchens, gardening, or painting railings, left a lasting impression. The team took on tasks like weeding, tidying hedges, and planting flowers in preparation for Plymouth in Bloom, showing great teamwork and commitment.

The staff at St Andrew's were so impressed that they're excited to welcome us back for more hands-on experience. Well done to everyone involved—your efforts are truly making a difference!



Learning on the job

Learners in Paignton have been celebrating their recent work experience successes.

Sam spent time at Switch Computers in Paignton, gaining hands-on experience in the tech industry, while EG took on a placement at Morrisons Supermarket, learning valuable skills in a busy retail environment.

Both learners have made fantastic progress, building confidence and developing workplace skills that will support their future goals. Well done to both!

Sam's Brewery Experience

Sam has been getting stuck into his work experience at Summerskills Brewery, a local producer of handcrafted ale. He's been learning all about what goes into the art of handcrafted brewing, gaining a range of new skills along the way.

So far, Sam has mastered bottling beer from the cask, prepping bottles for filling, sealing bottles with caps, and even applying labels to the finished product. A fantastic hands-on experience in the world of brewing! **Keep up the great work, Sam!**



Raising Funds, Raising Smiles!



Staff and learners put in tremendous effort organising a fantastic Christmas Fair at the centre, all to raise funds for a much-wanted pool table. Thanks to their hard work, they raised an incredible £483.12—an amazing achievement!

While searching for the perfect table, we reached out to Tamar Gaming to see if they could help. Ross and Chris from Tamar Gaming went above and beyond, offering us a brilliant ex-rental pool table for just £500—what a bargain!

But their generosity didn't stop there. They even gave up their Saturday morning to personally deliver and assemble the table, making sure everything was ready for learners to enjoy when they returned after the half-term break.

A huge thank you to Tamar Gaming for their kindness and support—we can't wait to share photos of the learners making the most of this fantastic new addition to the centre!



Cooking up success

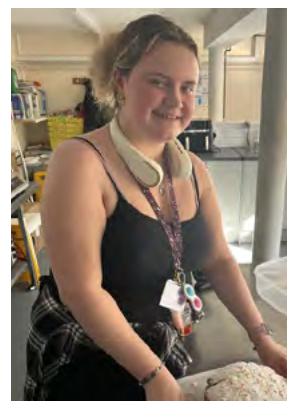
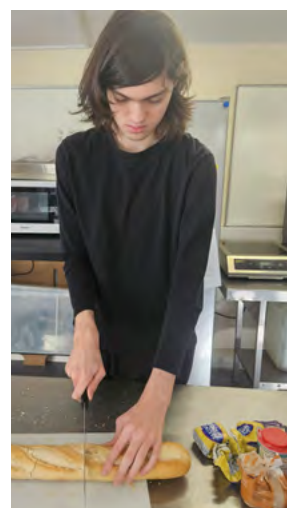
Charlie has been cooking for himself every Friday, helping him follow instructions, manage time, and make healthy choices. His independence is growing, both in college and at home!

Daisie successfully baked a Victoria Sponge Cake, following instructions carefully and building confidence in the kitchen—great work!

Dasie, from our Plymouth centre, baked fresh white bread, which smelled and tasted amazing—a brilliant achievement!

MM has been developing pastry-making skills, making puff pastry and apple turnovers from scratch—impressive progress!

Well done to all our learners—we can't wait to see what's next!



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.

Recently the students were asked to conduct a £20 Challenge to showcase their creativity and business acumen! I managed to track down a successful learner, Bradley, who had a great idea for how to turn £20 into more profit! Bradley was happy to share his journey with us.

Interviewer: *So, the purpose of this interview is to share your success story for the £20 Challenge. Can you tell me what you did?*

Bradley: *I assembled pillows using material that my girlfriend had supplied me. I made pillows using the fabric, the stuffing and polyester backing. So, you basically cut, triangles or squares and then put them on a sewing machine, put cardboard inside of them, then sew them all together on the sewing machine, then remove the cardboard.*

Interviewer: *Can you tell us why you chose this idea?*

Bradley: *I really wanted to learn to sew, and the only way I could learn how to sew was have a reason to do it. So it made sense. I told my girlfriend about the £20 Challenge, and she said she'd help me do it.*

Interviewer: *So, can you tell us how much money you raised?*

Bradley: *I believe it was £70 pounds. £50 profit in total.*

Interviewer: *If you had to do the £20 Challenge again, what would you do differently and why?*

Bradley: *I'd make more pillows! Because that way I can convince more people to buy them!*

Did you know that's the highest anyone has achieved in the challenge in the Plymouth centre!

What did you do for the £20 Challenge in your centre? Let us know by responding to the link and I'll be back next week with a new topic!

[Click here to respond](#)

Learner Shout outs

Mia and Cory, have both passed their **maths** qualifications! And they're now ready to progress to the next level.

Tom and George have shown incredible dedication, not only during their sessions but also by completing homework.

Ethan has been smashing his mock exams, scoring over 70% in each one—fantastic work!

Benjamin achieved a grade 5 in his mock this week—huge congratulations!

Alex and Emily have been consistently working hard, and their results prove it—keep it up!

Lucas has maintained 100% attendance, —amazing commitment!

Martha has been putting in steady effort towards completing some proper maths—great work!

Rosie has passed her online mock—fantastic news!

Macauley has successfully passed E3 Reading and Speaking & Listening—brilliant achievement!

SP has passed GCSE Speaking & Listening—fantastic work!

LB has passed L1 Writing—great effort and determination!

JST has achieved L1 Speaking & Listening—well done!

AB has just passed L2 Reading—amazing job!

A month of adventure and learning



South Devon College at the Sand Dunes

This month, we welcomed two fantastic post-16 groups—**South Devon College and Autism Unlimited**. Their time was packed with exciting activities, hands-on experiences, and plenty of learning opportunities.

South Devon College –

To ensure a smooth and stress-free trip, we organised a special bus service, making it easy for learners to relax and enjoy the beautiful surroundings.

While in Gran Canaria, they took part in work experience at a local care home, supporting

residents with special educational needs (SEN) and those who don't speak English. This experience was incredibly rewarding, as learners developed non-verbal communication skills and made meaningful connections.

The group also got stuck into hands-on farm work by helping out at a banana plantation. Their teamwork and responsibility really shone through. And for some extra fun, they tackled team-building challenges in the woods before enjoying a traditional picnic prepared by our fantastic Spanish staff.

Autism Unlimited – The Autism Unlimited group also embraced a range of exciting experiences. They visited a coffee plantation to learn about farming techniques and even tried their hand at cheese-making at a goat farm. These practical workshops encouraged independence and pushed personal boundaries—what an adventure.

Looking forward, we're preparing to welcome Cann Bridge. They'll be part of the brand-new NEAE+21 programme, designed for SEN learners over 21.



Autism Unlimited receiving certificates



The members of the Kings Trust team laced up their walking boots and took on the Brixham to Torquay sponsored walk, all in aid of their upcoming community project. Their enthusiasm and determination were truly inspiring, as they kept spirits high throughout the trek.

Not only did they impress with their perseverance, but they also showed great respect for other path users along the way. A couple of ladies at Broadsands even took the time to compliment the team on their excellent manners—what a proud moment!



We were also delighted to have Paige from Eat That Frog Torquay join us for the journey, offering fantastic support to all learners.

A huge well done to everyone involved—you've done yourselves proud!



Dates for Your Diary

21st March
Red Nose Day

10th – 14th March
Sustainability Week

7th – 17th April
Easter Holidays

18th April
Bank Holiday (Good Friday)

21st April
Bank Holiday (Easter Monday)



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