



Chelmsford College

*Things to
know*

B4UGO



Moving from school into college or an apprenticeship can be a very exciting time but it can also be a big change and perhaps a little bit worrying.

Preparing yourself and knowing what to expect can help the move go more smoothly.



Here are a few things to think about...

Is College the right next step?

Financial Support

Travel

Wellbeing

Additional Learning Needs

Becoming More Independent

Getting Organised



Careers Advice

College course, apprenticeship, employment?
Do you know what you want to do or are you still unsure?

The Careers Advice Zone Team can meet with you to offer impartial advice about course options and alternative provision, apprenticeships and employment and can also discuss possible future career plans. Parents and carers are also welcome to attend.

Contact them on them on **01245 293031**
email careersadvicezone@chelmsford.ac.uk
or for more details on what they offer please see their [website page](#).

Financial Support & Free School Meals

There are often costs associated with starting college e.g. books, uniform, equipment, meals. Chelmsford College is committed to supporting learners experiencing financial hardship with financial and practical advice to enable them to commence their studies.

Please visit; www.chelmsford.ac.uk/support/financial-support.asp for the current guidance on eligibility and bursary application forms.

NB: Forms for academic year 2023-2024 will be available from August 2023

Travel

Its important to plan how you intend to travel to College and consider the most cost effective method for the number of days you are likely to be in college. Check out:

- Essex County Council Post 16 transport - Check your eligibility and apply as early as possible [here](#) or phone **0345 603 2200**
- Chelmsford College latest Discounted Travel details can be found on our [website](#) from August 2023.

Wellbeing

Our wellbeing underpins our ability to make progress in life. It is important to take care of our physical health, emotional wellbeing and mental health in order to live our best life.

Sometimes this can be a struggle, it is normal to have difficult periods but there is always someone you can talk to. At college you can access support from our Mental Health Support Team or College counsellor. There are lots of helpful resources and links in our Support Leaflet [online](#), or contact studentsupport@chelmsford.ac.uk for more details.

Luckily what is good for our physical health is also good for our mental health. There are plenty of opportunities to stay fit and active at Chelmsford College including a free gym. For details of our sport enrichment click [here](#).



BACK



Additional Learning Needs

If you have an EHCP or need some additional support with your learning please let us know as soon as possible. We are happy to call you to discuss your needs or if you have questions about support. Please also let us know if you think you will need exam access arrangements.

More details on our service can be found here;

www.chelmsford.ac.uk/support/learning-support.asp



Becoming More Independent

This is an expected and natural part of everyone's life, College is a great place to continue developing the skills, confidence and freedom to make your own choices like what to wear, eat and who your friends will be.

However, as part of becoming more independent you will be expected to take responsibility for managing your own time, there are no lesson bells at college so it will be important to know your timetable and where you are going. Getting to the right room on time may be harder than you think... at first.

Look out for our Student Support office and mentor. Don't be afraid to ask staff for assistance (we'll always be happy to help).

See sample timetables [here](#).

See food menus [here](#).



Get Organised

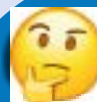
In addition to thinking about the points we've suggested, getting organised reduces stress and keeps you on track.

Top Tips for when you start college

Keep up to date with current changes in your timetable, check it the night before, so you can bring the correct uniform and equipment (*on the right days*) and don't forget to bring a pen/pencil !

Don't forget your student ID card, you are required to wear it at all times while in college. If you forget it, go straight to reception and request a Day Pass.

There will be inevitable stresses as you settle in but hang in there and ask for help along the way. You are not alone in this journey and you will not be the only one trying to work things out.



BACK

SAMPLES ONLY!
 Prices and meal options subject to change

Meal Deal

Snack Box
£3.50



with chips or salad and a drink

- Your Menu Choices:**
- 2 x Southern Fried Chicken Filets
 - Beefburger
 - Chicken Burger
 - 5 x Chicken Nuggets
 - Popcorn Chicken
 - Jumbo Sausage

Meal Deal

Jacket Potato
£3.50

Jacket with salad, choice of a topping and a drink



£1.95
Cheese Tuna Baked Beans
 50p

Add a topping



Vegetarian Options

Available Daily

Vegetarian Fish of the Day	£2.75	Hot Service Baked Ben	£1.99 / £2.99
Fish of the Day	£2.25	Gravy Noodles with Sauce	£1
Pasta Egg Sauce option	£2.25	Brie and Truffle Sandwich	£2.25
Margherita Pizza	£2	Pain Chow / Crêpe	75p
Onion and Tomato Tiramisu	£1	Soup of the Day	£1.75
Loaded Potato Bridges / Chips / Mash Browns	£1	Vegetarian Sandwich / Wrap	£1.95
Chips with Cheese or Beans	£1.25	Onion Sandwich / Wrap	£1.75
Selection of the Week	£1.25	Onion Souffle	£1.95
Jacket Potato with Salad	£2.45	Crust Cheese Bagels	£1.95

Available on request £1.25 each

- Onion Baggels x 5
- Veggie Burger
- Onion Sausage x 2
- Marinated Fish Fillets x 2

Pizza Pre-ordering Service

Available until 2pm every day!

We will freshly cook and box your pizza 10 minutes before your preferred collection time. Pre-pay and you won't even have to queue, just pick it up at the kitchen doors.

- 9" Pizza Garlic Bread £2.25
- 9" Tomato and Mozzarella £2.60

- Additional toppings 25p
- Pepperoni
 - Ham
 - Pineapple
 - Peppers
 - Red Onion
 - Olives
 - Sweetcorn
 - Tuna
 - Mushrooms
 - BBQ Chicken
 - Spinach
 - Jalpenos

What time would you like your pizza to be ready

AM PM

Save time at break and order in advance!

Meal Deal
 £3.25/£3.50

Sandwiches, Wraps, Baguettes, Paninis and Toasties

Meal Deal includes: Any sandwich, toastie, wrap or bagel with standard crisps and a can of drink or bottle of water

Sandwiches - standard

- Grated Cheddar Cheese £1.95
- Money Glazed Ham £1.95
- Egg Mayo/Mayo £1.95
- Tuna Mayo/Sweetcorn £1.95
- Comed Beef £1.95
- Cheese with tomato/pridge £1.95
- Egg and Bacon Mayo £1.95

Sandwiches - premium

- Chicken Salad £2.25
- Chicken and Bacon Mayo £2.25
- Coronation Chicken £2.25
- Prawns in Cocktail Sauce £2.25
- Brie and Bacon/Cranberry £2.25
- Smoked Salmon and Cream Cheese £2.25
- Mustarella, Pesto and Red Pepper £2.25
- Avocado Salad £2.25

Wraps - hot or cold

- All wraps £1.95 - £2.25
- Wrap with water/sauces £2.50 - £2.75

Toasties

- Cheese £1.95
- Cheese and Tomato or Onion £1.95
- Chicken and Ham £2.25
- Chicken, Bacon and Cheese £2.25
- Tuna and Cheese £2.25
- Weekly Special £2.25

Baguettes and Paninis

- £2.25

