

4 September 2024

Dear parents and carers,

We are excited to yet again offer our parents, carers and members of the wider community the opportunity to take part in a range of **adult learning opportunities** here at Ipswich Academy.

The following Adult Education courses are being offered **free of charge** through West Suffolk College:

- Monday 30th September 2024 - Principles of Internet Safety (in-house)
- Monday 21st October 2024 - Understanding Gender Identity (online)
- Monday 11th November 2024 - Special Educational Needs and Disability Awareness (in-house)
- Monday 9th December 2024 - Solving Problems and Making Decisions (in-house)
- Monday 20th January 2025 - Conflict Management (in-house)
- Monday 28th April 2025 - Understanding Depression (in-house)
- Monday 16th June 2025 - Understanding Stress (in-house)

All in-house courses will take place at Ipswich Academy, from **10:00am - 2:00pm**. Laptops and refreshments will be provided for you on the day.

### **Course 1 - Internet Safety - What you will learn:**

Internet safety courses highlight to potential employers that you are a confident and competent user of both computers and the internet, which is crucial for many job roles. This course aims to increase awareness of e-safety and improve knowledge of the dangers online when using the internet. This course is designed to highlight particular areas of concern for internet users, such as sharing personal information online and the possibility of being groomed online. It will cover:

- Features of the internet
- How adults, children and young people use the internet



- Risks associated with using the internet
- Staying safe when using the internet
- Recognising online propaganda

If you would like to complete the Internet Safety course on Monday 30th September, please complete [this google form](#) **no later than Monday 16th September 2024**. By completing this form, West Suffolk College will enrol you on to the course, so please ensure you attend on the day.

Further reminders and details to enrol on the other courses shown above will be sent out closer to their dates, but please add them to your diary if you are keen to complete one, a few or all!

Yours sincerely

Mrs A Cook  
Assistant Principal  
Ipswich Academy