



LEARNER NEWS

In this issue

**Nutrition in
Early Years**

National Pet Month

**Have you ever
wondered what
next?**



NATIONAL PET MONTH

This month the UK celebrates pets!

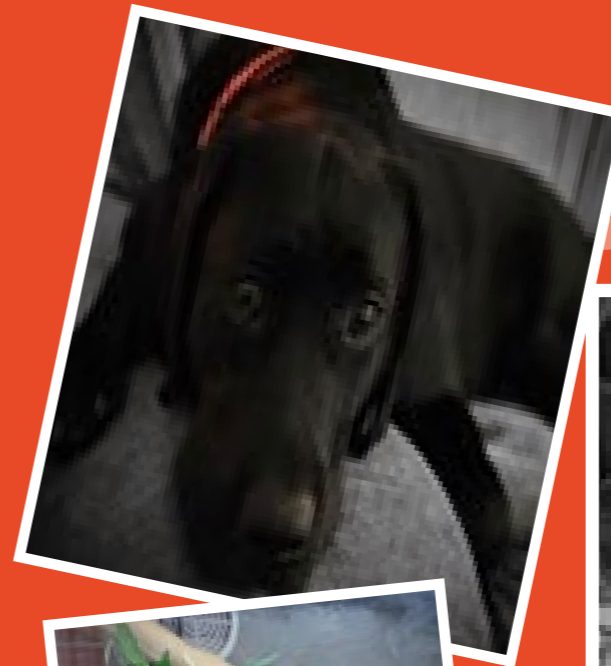
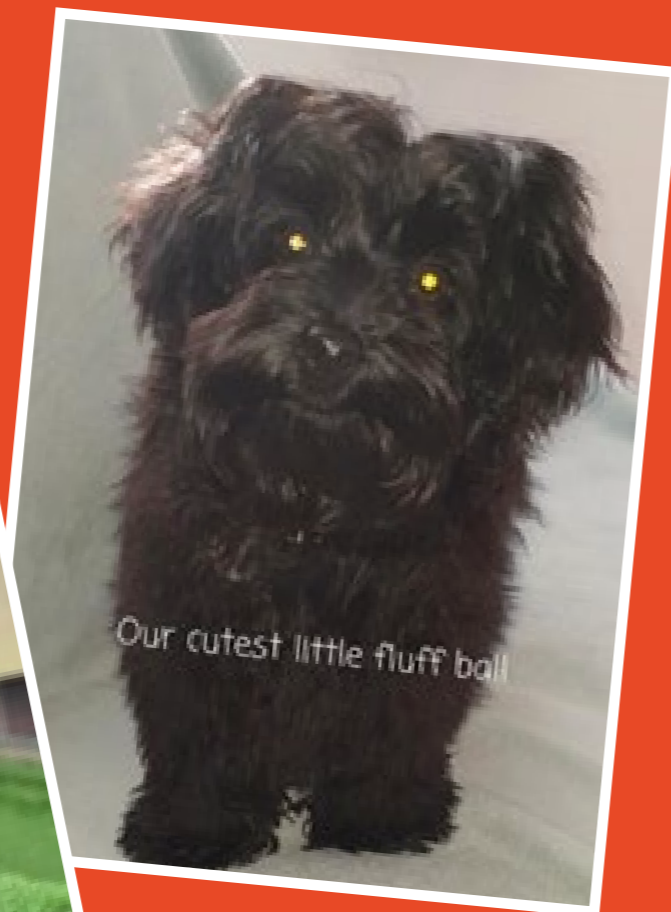
The event is held to raise awareness of the benefits of pet ownership and the value that pets can add to our lives.

Here at Busy Bees Education and Training - we are fond petlovers, and we would love to see your pets. Please post your pictures on Instagram and remember to tag us and use the hashtag #NationalPetMonth

Have a read on the below link to see what is taking place during National Pet Month

<https://www.nationalpetmonth.org.uk/>

Meet some of our much loved pets!



Continued Professional Development (CPD)

Special Educational Needs and Disabilities

This month we are focusing on Special Educational Needs and Disabilities in the Early Years.

Special Educational Needs and Disabilities (SEND) refers to learning difficulties or disabilities which impact a way in which a child is developing. These needs are usually considered within four broad areas, including

- communication and interaction.
- cognition and learning.
- social, emotional and mental health.
- sensory and/or physical needs.

What challenges do children face?

Cognition and learning.

Children may struggle with processing information, understanding concepts or developing skills such as reading or writing

Communication and interaction.

Children may have difficulty in expressing themselves, understanding others and engaging in social interaction

Social, emotional and mental health.

Children may experience challenges in managing feelings and emotions, forming friendships and building relationships and may experience conditions such as anxiety

Sensory and/or physical needs.

This could include physical disabilities or sensory impairments, such as sight or hearing

Early intervention is key

Research has found that identifying potential special educational needs and disabilities early and children receiving the right support leads to positive outcomes

for children and young people in their school years and beyond. Early intervention aims to support children to develop the skills they need to engage with their peers and others, communicate with others, improve their learning and build confidence and self-esteem. Children may need additional learning support (ALS) to meet their needs.

The role of the Early Years Educator

Observation and assessment: Regular observation and assessment will help you to identify any potential concerns and support you to adapt your practice to meet the needs of children and provide inclusive environments

Building relationships: Getting to know children and their families helps children to feel supported, safe and understood. Strong parent partnership allows for open communication and supports understanding of children's needs

Information sharing: If you have concerns about a child's development, it is important to talk to your settings Special Educational Needs Coordinator (SENCO). They will be able to give you support and advice to meet the child's needs, access the correct support and provide an inclusive environment.



To find more information on SEND in the Early Years click this link <https://www.eyalliance.org.uk/special-educational-needs-and-disability-send>

To find out more about observation and assessment click this link

Continued Professional Development (CPD)

Nutrition in Early Years

During the first 5 years, children go through rapid growth and development. Good nutrition supports immune function, promotes healthy growth of bones and muscles, encourages positive moods and supports cognitive development.

Reasons why nutrition is important in the Early Years

Physical growth and development

Proteins, fats, vitamins and minerals are essential for building healthy bones and muscles.

Energy for play and learning

Good nutrition provides children with the energy they need to be active and supports sustained energy levels throughout the day.

Prevents Long-Term health issues

Healthy eating can help to prevent long-term health conditions, such as Obesity, Heart Disease and Type 2 Diabetes

Brain Development

Some vitamins and minerals are important for healthy brain growth and development, including omega-3 and iron.

Establishes healthy habits

Encouraging healthy eating habits in the Early Years can set children on the path to life-long healthy eating habits.

The UK Government have recognised the importance of nutritious breakfasts for children and the positive impact this has on learning. You can find out more about the plans to implement Breakfast Clubs in all School here

<https://educationhub.blog.gov.uk/2025/02/free-breakfast-club-roll-out-everything-you-need-to-know/>



A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenoids (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Department for Education

Emotional Intelligence

We are all different, and this is what makes us unique. We all have different personalities, needs and wants, different perspectives on a situation, and different ways of displaying our emotions.

There is no right or wrong, we all see things differently, and our emotions are all affected differently. What frustrates one person will not be an issue to another. Navigating through all of this takes practice and self-awareness, which is why emotional intelligence is so important.

Emotional intelligence is:

- The ability to recognise your own emotions and your triggers
- The ability to control your own emotions and impulses

- The ability to control your own emotions and impulses
- Having a high degree of motivation
- Understanding how your emotions affect the people around you
- Supports you to understand the emotions and perceptions of others

When you understand how someone else feels, this allows you to manage the relationship more effectively.

To find out more about emotional intelligence click here <https://www.teachearlyyears.com/nursery-management/view/why-emotional-intelligence-matters#:~:text=Empathy%20is%20an%20essential%20skill,my%20setting%2C%20relationships%20are%20key>

Continued Professional Development (CPD)

Functional Skills

Functional Skills and Teaching Session Calendars

Please take a look at the Functional Skills and Teaching session calendars to select the sessions you would like to attend. Remember to contact your development coach to ask to be booked onto these.

Early Years Teaching Sessions Level 2 and Level 3

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Safeguarding 10.00-12.00 Working in partnership with others 10.30-11.30	2 Health and safety 14.00-16.00 Introduction to leading within an early years setting 10.00-12.00	3 The reflective practitioner 12.30-13.30	4 End Point assessment support 10.30-11.30
7 Off the job support 19.00-20.00	8 Off the job support 18.00-19.00	9	10 Off the job Support 9.30-11.30	11 Working in partnership with others 9.30-11.30
14 Development, assessment, play and pedagogy 9.00-11.00	15	16 Health and safety 9.30-11.30	17 Equality, diversity and inclusion 10.30-11.30	18
21	22 Using technology in early years 10.00-11.00	23 Safeguarding 14.00-15.30	24	25 Health, wellbeing and resilience 10.30-12.00
28 Development, assessment, play and pedagogy 14.30-16.00	29	30		

FUNCTIONAL SKILLS ONLINE SESSION CALENDAR - APRIL 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	31/03/2025	01/04/2025	02/04/2025	03/04/2025	04/04/2025
10:15 - 11:45	Maths: Probability (4)	English Reading: Purpose, Facts, Opinions & Bias		Maths: Averages & Range (4)	Maths: Shapes (Perimeter, Area & Volume) (4)
12:00 - 13:30	English Writing: Grammar & Punctuation			Maths: Percentages (4)	English Writing: Formatting Texts
13:45 - 15:15	Maths: Fractions (4)			English Reading: Comparing Texts	Maths: Ratio & Scales (4)
19:00 - 20:30	Maths: BIDMAS (4)		English Writing: Sentences, Paragraphs, Introductions & Conclusions		
	07/04/2025	08/04/2025	09/04/2025	10/04/2025	11/04/2025
10:15 - 11:45	Maths: Nets & Elevations (1)	English Writing: Formatting Texts	Maths: Fractions (1)	Maths: Preparing for Your Exam (1)	English Reading: Purpose, Facts, Opinions & Bias
12:00 - 13:30	Maths: Percentages (1)	Maths: Decimals (1)	Maths: Graphs & Tables (1)	English: Preparing for Your Exam	Maths: BIDMAS (1)
13:45 - 15:15	Maths: Probability (1)	Maths: Interest (1)	Maths: Averages & Range (1)	Maths: Angles & Bearings (1)	Maths: Units & Measures (1)
19:00 - 20:30	English Reading: Comparing Texts		Maths: Shapes (Perimeter, Area & Volume) (1)		
	14/04/2025	15/04/2025	16/04/2025	17/04/2025	18/04/2025
10:15 - 11:45	Maths: Percentages (2)	English Writing: Grammar & Punctuation	Maths: Probability (2)	Maths: Non Calculator (2)	
12:00 - 13:30	Maths: Decimals (2)	Maths: Fractions (2)	Maths: Ratio & Scales (2)	English Reading: Comparing Texts	
13:45 - 15:15	English Writing: Sentences, Paragraphs, Introductions & Conclusions	English Reading: Purpose, Facts, Opinions & Bias	Maths: Angles & Bearings (2)	Maths: BIDMAS (2)	
19:00 - 20:30	Maths: Averages & Range (2)		English Writing: Formatting Texts		
	21/04/2025	22/04/2025	23/04/2025	24/04/2025	25/04/2025
10:15 - 11:45		Maths: Fractions (3)	Maths: Units & Measures (3)	Maths: Averages & Range (3)	Maths: Decimals (3)
12:00 - 13:30		Maths: Probability (3)	Maths: Interest (3)	Maths: Graphs & Tables (3)	Maths: Preparing for Your Exam
13:45 - 15:15		English Reading: Purpose, Facts, Opinions & Bias	English Writing: Formatting Texts	Maths: Shapes (Perimeter, Area & Volume) (3)	Maths: BIDMAS (3)
19:00 - 20:30			Maths: Percentages		
	28/04/2025	29/04/2025	30/04/2025	01/05/2025	02/05/2025
10:15 - 11:45	Maths: Shapes (Perimeter, Area & Volume) (4)	Maths: Non Calculator (4)		Maths: Ratio & Scales (4)	Maths: Decimals (4)
12:00 - 13:30	English Writing: Formatting Texts	Maths: Probability (4)		Maths: Preparing for Your Exam (4)	English Reading: Comparing Texts
13:45 - 15:15	Maths: BIDMAS (4)	English Writing: Grammar & Punctuation	Maths: Preparing for Your Exam	Maths: Nets & Elevations (4)	Maths: Units & Measures (4)
19:00 - 20:30	English Reading: Purpose, Facts, Opinions & Bias		Maths: Percentages (4)		



Did you know?



Markings on animal bones indicate that humans have been doing maths since around 30,000BC.



Avocados are a fruit, not a vegetable. They're technically considered a single-seeded berry, believe it or not.

SWIMS WILL BE SWIMS EVEN WHEN TURNED UPSIDE DOWN.



Strut Safe is a volunteer-operate a nonjudgmental support line who you can contact if you are going home alone until you are safe.

The organization offer a safe space for individuals and their overall goal is to make sure people get home safely. You can call strut safe if you are worried about making a journey alone, and the call handler is there to keep you company from travelling from one point to another. Calls to Strut Safe are almost always free if you have inclusive minutes within your phone package. Calls to 03 numbers are charged at normal calls rates depending on your mobile provider.

Take a look at the information for contact details and opening times of Strut Safe here - [Strutsafe.org](https://strutsafe.org)

Useful contacts

Mind - for support with mental health call 03001021234

Food Bank locations - <https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Samaritans - Call 116 123 or email jo@samaritans.org

Local Mental Health support by postcode - <https://hubofhope.co.uk/>

Police - call 999 in the event of an emergency

NHS 111 - Call 111 or visit [NHS.uk/mental-health](https://www.nhs.uk/mental-health)

Papyrus - Suicide prevention line call 0800 068 4141 or text 88247

CALM - Men's mental health support Call 0800 585 858

Refuge - Domestic violence support for Women call 0808 2000 247

Respect - Men's advice line for those experiencing domestic abuse. Call 0808 801 0327

Have you ever wondered what next?

This month we hear from Erin, a Nursery Manager about her role as a SENCO in an Early Years Setting.

Erin started her career in Early Years in 2010, as an Early Years Apprentice, after changing career paths from Business Administration. Erin decided on the change because she enjoyed working with children and wanted to support children's learning and development.

Erin progressed through her Early Years career, gaining valuable knowledge and skills to become a Nursery Manager in 2023 and holds a number of responsibilities alongside this role, including SENCO. This is a role she finds thoroughly enjoyable and rewarding.

Within the role of SENCO, Erin is responsible for ensuring that the children's My Support Plans are accurate, reflect the children's current development stage and plan targets for children to progress in their identified areas of need. Erin spends time observing the child and talking to parents and key person to get a full picture of the child and to ensure there is a child centred approach in the My Support Plan.

The area SENCO will support Erin

in her role, by also carrying out observations and discussing the progress of the targets in place and next steps for the child. This supports Erin in planning appropriate interventions for the children. Erin shares this information with parents and gains parental views and input to update the My Support Plan.

Erin will hold regular meetings with parents and will liaise with external professionals to be able to provide the children with the support, strategies and interventions needed to aid their progression and also support children's transitions when required.

Erin has recently completed further training, gaining Level 3 Early Years SENCO award, where she learnt more about the Special Educational Needs and Disabilities Code of Practice, how to create effective support plans and the importance of having clear objectives and how to engage the child and parents in the Assess, Plan, Do, Review cycle.



How does Erin use Math and English skills within her role?

English - Communicating with parents and other professionals through verbal and written communication. Accurate and concise recording of information.

Maths - Understanding the funding streams available and managing funding effectively to provide the best use of support funding and access to resources to meet the child's needs.

Physical and mental health and wellbeing



Holli Guard

Holli Guard is an app that has been set up and developed in memory of Hollie Gazzard who was murdered whilst working by her boyfriend following months of obsessive jealous behaviour and harassment. Holli Guard is free to download and use on smartphones and provides safeguarding measures for people when it matters. The app has different features such as alerts, evidence gathering and journey trackers which provides reassures to those who may be facing harmful situations.

Please take a look at the below link to find out more about Hollie, and download the app.

<https://holliegazzard.org/>



Swimming Benefits

- Burns calories
- Improves fitness
- Relieves joint pain
- Supports mental health

Find out more about the benefits of swimming here

<https://www.axahealth.co.uk/staying-healthy/exercise-and-fitness/health-benefits-of-swimming/>



To find out about water safety visit <https://www.rlss.org.uk/listing/category/summer-water-safety>



Skills assessment



Find out about careers that might be right for you by taking a skills assessment

The National Careers Service has a website where you can find out about careers which may be suitable for you.

Answer questions about things you like and good at and you will get career suggestions based on your answers

<https://nationalcareers.service.gov.uk/discover-your-skills-and-careers>

You could take a skills assessment to help you:

- find out what motivates you
- work out careers that do not interest you
- see what you can do with the skills you have



Local elections 2025: Who is standing in my area?

Local Elections 2025 will take place on 1st May.

Find out about Local Elections in your area here <https://www.bbc.co.uk/news/articles/cd925jk27k0o>



Safeguarding

What's happening in your area?



North West

Public inquiry into Southport murders begins

[CLICK HERE TO READ](#)

West Midlands

Boy charged with five canal towpath robberies

[CLICK HERE TO READ](#)

South West

Non-contact sexual offences 'under reported'

[CLICK HERE TO READ](#)

Scotland

Four years for 'Harry Potter' jibe stabbing teenager

[CLICK HERE TO READ](#)

Yorkshire and the Humber

Tributes to teenager after fatal stabbing

[CLICK HERE TO READ](#)

North East

Man killed in shooting named as two arrested

[CLICK HERE TO READ](#)

East Midlands

#NotMyShame child exploitation campaign launches in Nottinghamshire

[CLICK HERE TO READ](#)

East of England

Fraud and doorstep crime awareness raising

[CLICK HERE TO READ](#)

South East

Boy, 13, arrested after stabbing on bus

[CLICK HERE TO READ](#)

London

Phone theft hotspots marked with 'blue plaques'

[CLICK HERE TO READ](#)

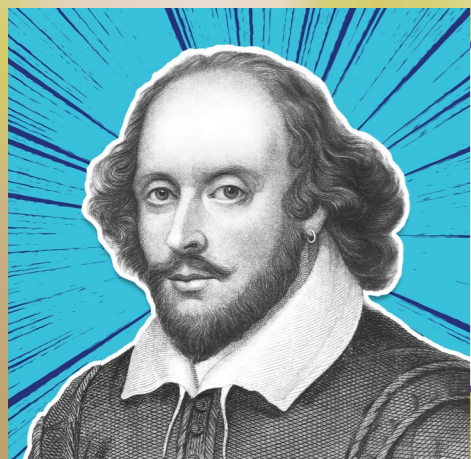


What's going on during April...

St Georges Day

Celebrated on 23rd April to commemorate the patron saint of England. To find out more about St George's Day and events click this link.

<https://www.english-heritage.org.uk/visit/whats-on/st-georges-day/9-things-you-didnt-know-about-st-george/>



William Shakespeare Day

Celebrated on 23rd April to mark both his day of birth and anniversary of death. You can find out more about William Shakespeare Day here <https://www.historic-uk.com/HistoryUK/HistoryofEngland/William-Shakespeare/>

and a programme of events which will be taking place in Stratford-on-Avon here <https://www.shakespearescelebrations.com/whats-on/shakespeares-birthday-celebration-parade/2020-programme/>

National Scrabble Day - 13th April

13th April, celebrates the history of Scrabble. Find out ways to celebrate National Scrabble Day here <https://www.daysoftheyear.com/days/scrabble-day/>



National Superhero Day - 28th April

National Superhero Day recognises Superheroes from fiction and real-life superheroes. Who is your hero?



Autism Acceptance Month April 2025

Autism Acceptance Month is an opportunity for everyone to come together and raise awareness, foster acceptance, and create a society where autistic people are supported, understood, and empowered. As a growing global health issue owing to its increasing exposure in the press and common knowledge, autism is an issue that is only gaining understanding.

What is Autism?

Autistic people may act in a different way to other people for example Autistic people may:

- find it hard to communicate and interact with other people
- find it hard to understand how other people think or feel
- find things like bright lights or loud noises overwhelming, stressful or uncomfortable
- get anxious or upset about unfamiliar situations and social events
- take longer to understand information
- do or think the same things over and over

<https://www.autism.org.uk/what-we-do/acceptance-and-awareness/world-autism-acceptance-month#:~:text=World%20Autism%20Acceptance%20Month%20April%202025&text=It's%20about%20how%20you%20show,us%20change%20attitudes%20towards%20autism>

Earth Day

Earth Day is an annual event held on 22nd April to raise awareness of environmental issues and encourages people to take action to protect the planet.

Earth Day first started in 1970 and people will often take part in events, such as

- Community clean ups
- Tree planting
- Educational events



We would love to hear your ideas and suggestion of content you would like to be included in our future editions. Please scan the QR code to share your thoughts and ideas:

