

LEARNER NEWSLETTER

Hello, we are excited to launch the very first edition of our learner newsletter!

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:

SCAN ME



AUTISM AWARENESS

Being Autistic does not mean someone has an illness or disability, it means their brain works differently to other peoples. Autism can affect people in different ways, watch the below video to find out more.

<https://youtu.be/Lk4qs8jGN4U>

You can also visit the National Autistic Society for further reading.

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

REMEMBER OTJ!



SEXTING - WHAT IS IT?

Sexting is when people share a sexual message and/or a naked or semi-naked image, video, or text message with another person. It's also known as nude image sharing. Children and young people may consent to sending a nude image of themselves. They can also be forced or coerced into sharing images by their peers or adults online.

Dangers of Sexting include:

- Permanency: you can't "unsend" a sext.
- Blackmail: sexual messages could be used to manipulate you in the future.
- Emotional health: if someone shares your message without your consent, it could affect your mental and emotional well-being.
- Physical safety: you could be harassed or bullied.

If you feel you may have been a victim of sexting please speak with someone you trust, so support can be put in place.

BRITISH VALUES

Fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK. These values are Democracy, Rule of Law, Respect and Tolerance, Individual Liberty.

Let's focus on Individual Liberty - what does this mean?

noun -

the liberty of an individual to exercise freely those rights generally accepted as being outside of governmental control.

(dictionary.com)

Watch the video to explain further - [HERE](#)



Individual liberty is individual power.

John Quincy Adams

Remember OTJ!



PHYSICAL ACTIVITY AND YOUR MENTAL HEALTH

Click on the link below for further information about how physical activity can help your mental health, and tips for choosing an activity that works for you.

[About physical activity - Mind](#)



WHAT IS EARTH DAY WHY DO WE CELEBRATE IT?

Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. The first Earth Day was held April 22, 1970 (national geographic society)

DID YOU KNOW?...



There are 10 human body parts that are only 3 letters long (eye hip arm leg ear toe jaw rib lip gum)



The aim of this day is to spread awareness about the cultural heritage and diversity on the planet. Why don't you take a few minutes during April to go and visit a local monument or site to show your appreciation and awareness of diverse cultural heritage

NUMERACY

When somebody says math's, we think back to school and words like algebra, trigonometry and Pythagoras. Have you ever had to calculate that the square of the hippopotamus is equal to the other sides, or something like that?

Numeracy does not mean understanding these complex skills, it means having the confidence to use basic math's in real life situations.

It's as much about thinking and reasoning as about 'doing sums'. It means being able to:

- Interpret data, charts, and diagrams.
- Process information
- Solve problems
- Check answers
- Understand and explain solutions
- Make decisions based on logical thinking and reasoning

Poor numeracy can affect people's confidence and self-esteem. Math's is used in every aspect of our lives at work and in practical everyday activities at home. We use math's when we are baking, going shopping, planning a holiday, or redecorating a room.

Math's anxiety or a fear of math's is common, and although it can limit performance in certain situations and contexts, it's not linked to intelligence or ability.



Think about an evening out with friends, and the numeracy skills you may need:-

- Do you have time to nip to the shop between the bus arriving and the train leaving?
- Is the 2 for 1 meal a better option than the 20% off all main courses?
- What is 10% of the bill to leave as a tip?
- How do you know you haven't paid too much when the bill is split 5 ways?

Functional Skills are different from a maths GCSE as they aim to teach the skills that are needed in daily life and the workplace.

If you wish to gain a better understanding of maths and not be scared of 'doing sums', please feel free to join any of our Functional Skills Maths online sessions or use the resources available on OneFile.

PS, if the restaurant bill is £100, and is to be split evenly between the 5 of you, and you have been asked to pay £25, you may want to check the calculations yourself!!!

WHAT'S NEW?

WHAT'S COMING UP/WHAT'S NEW?

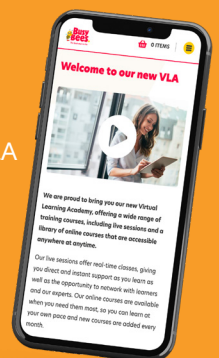
- **Progress Reviews** - we are currently in the process of amending our progress reviews so we can better capture learner and employer participation.
- **Functional Skills Learner Surveys** - Thankyou to those of you that took the time to respond to our recent learner survey around functional skills. It is really helpful for us to see the views of our learners, to help us identify areas that are going well and areas we may need to improve. We are now going to review the feedback and a "You said we did" will follow shortly.
- **Enrichment** - There will be a timetable for April of drop in sessions that are available for all to attend, on a variety of themes from British Values, Safeguarding to soft skills and power skills. The time tables will be available in the resource area of OneFile, but also directly from your DC.

NEW COURSE!

VIRTUAL LEARNING ACADEMY

We are launching our new VLA course **Safeguarding Adults in the Workplace** during April. If this, or any of our other VLA courses are of interest to you then please head over to our VLA website for further information

<https://busybeestraining.co.uk/e-learning>



HAVE YOU EVER WONDERED WHAT NEXT?

Midwifery Do you think you have the transferable skills required to train to become a midwife? Take the quiz **HERE** and find out.

Also have a read all about a day in the life of a student Midwife <https://www.midwifecareer.com/first-day-of-university/>

The government website provides information advice and guidance on a whole host of exciting jobs/ sectors to work in

<https://nationalcareers.service.gov.uk/>

