

# Learner **NEWS**

*In this issue...*

Dysarthria - Difficulty Speaking

---

A day in the life of a Dentist

---

Vaping

---

*June is...*

**PRIDE MONTH**

# CV Writing

A CV is a concise document which summarises an individual's unique skills, character, experience and achievements. CV is short for Curriculum Vitae, which is a Latin phrase which loosely translated means 'the course of my life'. A CV outlines a person's academic and professional history which is usually used for applying for jobs.

## Why is it important to have a good CV?

In most situations, a CV is the first contact you have with a prospective employer and it is your chance to make a good first impression. You use it to show your prospective employer why they should hire you and what the benefits of having you on their team will be. It is ultimately a marketing tool - your shop window! It is far more than just a run-down of your career history, it is your passport to a new job.



**Employers get lots of CVs to look at and have to decide quickly who they're going to interview.**

When you write your CV, remember to:

- use a clear font like Arial, Times New Roman or Calibri in size 11 or bigger
- always use the same style throughout
- use headings and bullet points to make it easier to read
- be clear and to the point
- get someone else to read it to double check your spelling and grammar

## How to write a cover letter

A cover letter introduces you to an employer and asks them to think about your application.

It's a short letter, usually 3 to 5 paragraphs long.

When to include a cover letter

You should always include a cover letter when you apply for a job using a CV.

You can write it as an email if you're applying online or print a copy to go with a paper application.

## Research

When writing a cover letter, let the employer know you're keen by showing that you've researched the company. Learn more about what they do through:

- their website
- recent news articles
- talking to people you know who work there.



**There are no hard and fast rules for creating a winning CV as each job is different and each employer will be looking for different things. CV writing etiquette also changes over time, so it's advisable to keep your CV updated and tailor it to each job that you apply for.**

Principles to remember:

- **Don't lie** - employers often run background checks and false claims will be uncovered
- **Sell yourself** - what are your unique qualities, personality traits, skills and experience that make you stand out from the crowd
- **Personal statement first** - put your academic qualifications at the back, if you're buying a new car would you want to see the technical spec or the glossy picture first?
- **Don't leave unexplained gaps** - if you had a career break to travel or raise a family, explain what skills or experience you gained from this
- **Be clear and concise** - CVs should be a maximum of three pages long and should be easy to read
- **Don't make mistakes** - check your spelling and grammar meticulously.

**You can learn more here about creating a good CV**

<https://career-advice.jobs.ac.uk/academic/how-to-write-a-good-cv/>

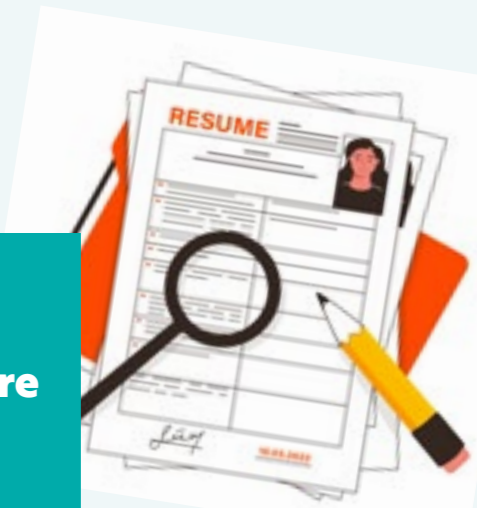
**Watch the video on YouTube**

How to write a good CV by Ashley KateHR.



**You can learn more here**

<https://nationalcareers.service.gov.uk/careers-advice/covering-letter>





# PRIDE MONTH

**June 1 - June 30**

Pride Month is a vibrant and inclusive celebration that honours the LGBTQ+ community, their history, achievements, and ongoing struggle for equality. This annual event serves as a powerful reminder of the importance of acceptance, diversity, and love.

It brings together individuals, organisations, and communities to advocate for LGBTQ+ rights and celebrate the progress made towards a more inclusive society.

## The History of Pride Month

Pride Month has its roots in the Stonewall Uprising, which occurred in New York City in June 1969. The uprising was a turning point in the LGBTQ+ rights movement, sparked by a series of protests against police harassment and discrimination. The following year, the first Pride marches were organized to commemorate the anniversary of the uprising.

In the United Kingdom, the first official Pride march took place in London in 1972. Since then, Pride Month has grown in significance, with cities across the UK hosting vibrant parades, events, and educational programs throughout June.

It serves as a platform for LGBTQ+ individuals and allies to celebrate diversity, raise awareness about LGBTQ+ rights, and foster a sense of community and acceptance.

Pride Month also serves as a reminder that the fight for LGBTQ+ rights is ongoing. It encourages individuals and communities to advocate for legal protections against discrimination, work towards inclusive policies and legislation, and challenge societal prejudices that continue to marginalize LGBTQ+ individuals.



## Autistic Pride Day June 18th

The aim of this day is to raise awareness amongst those who are not on the autistic spectrum disorder so they do not see autistic people as requiring treatment, but as unique individuals.

This annual event was first celebrated by Aspies for Freedom in 2005 and they modelled Autistic Pride Day on the gay pride movement. One of the most significant aspects of the day is that it is not run by charities; it is run by autistic people themselves. Since its beginnings, Autistic Pride Day has been a community event and not a day for other organisations to promote themselves by stifling autistic people. It is now a global celebration that takes place predominantly online.

Autistic Pride Day is represented by the rainbow infinity symbol. This symbol is intended to represent the diversity of autistic people and the infinite possibilities and variations within the autistic community.

## Pride Events Near You

### Bury Pride - 1 June 2024

<https://www.burypride.co.uk/>

### Stockport Pride - 2 June 2024

<https://www.stockportpride.co.uk/>

### Blackpool Pride - 8 June 2024

<https://blackpoolpride.org/>

### Bodmin Pride - 15 June 2024

<https://cornwallpride.org/celebrate-pride/bodmin-pride>

### The Big Queer Picnic Cardiff - 22 June 2024

<https://www.facebook.com/BigQueerPicnic>

### Edinburgh Pride - 22 June 2024

<https://www.prideedinburgh.org/>

### London Pride - 29 June 2024

<https://prideinlondon.org/pride/>





# What does LGBTQ+ mean?

## L: Lesbian

A woman who has a sexual and/or romantic attraction towards women. Some women choose to define themselves as gay instead of lesbian.

## G: Gay

A man who has a sexual and/or romantic attraction towards men. The term can also be used to describe homosexuality in general. Some women also identify as gay.

## B: Bisexual

Someone who has sexual and/or romantic attraction to both women and men. It is often used as an umbrella term which can include any other orientations where there is attraction to more than one gender, whether that be romantic or sexual attraction.

## T: Trans

An umbrella term used to describe any gender identity where the assigned sex at birth does not match a person's present gender identity. Trans\* identities can fit within the binary (female or male) or outside of it. There is a whole spectrum of non-binary gender identities.

## Q: Queer or questioning

Queer is often used as an umbrella term for people who are not straight or who don't identify with their assigned sex at birth. People may also identify as queer if they don't feel that the terms lesbian, gay, bisexual or trans fully represent them. The "Q" can also stand for questioning. This is someone who is in the process of exploring their gender or sexual orientation, is unsure or is concerned about applying a social label to themselves.

## The + covers additional including

### P: Pansexual

Someone who is sexually or romantically attracted to people of all gender identities.

### I: Intersex

Someone whose biology doesn't completely match the typical medical definitions of male or female. Intersex people may or may not identify as trans. Doctors estimate around 1 in 100 babies are, to some degree, intersex.

### A: Asexual

Someone who doesn't experience sexual attraction.



## The term 'coming out' is used to describe when someone chooses to share their LGBTQ+ identity with others.

Not everyone likes using the term 'coming out' to describe this. Some people talk about letting people in, or simply sharing who they are. Sharing who you are with people can be wonderful, but it can also be difficult. For some people, it can also be unsafe.

Lots of LGBTQ+ people 'come out' in many different settings, many different times. 'Coming out' can be different in school, in college, at work, at home, at university, or with friends and loved ones.

No one 'comes out' just once. Each experience of telling people about your identity may be different.

You can find further help and support About coming out below

<https://www.stonewall.org.uk/young-futures/lgbtq-support/coming-out>



**Transgender** is a term used to describe people whose gender identity differs from the sex they were assigned at birth. Gender identity is a person's internal, personal sense of being a man or a woman (or boy or girl.) For some people, their gender identity does not fit neatly into those two choices. For transgender people, the sex they were assigned at birth and their own internal gender identity do not match.

People in the transgender community may describe themselves using one (or more) of a wide variety of terms, including (but not limited to) transgender, transsexual, and non-binary. Always use the term used by the person.

Trying to change a person's gender identity is no more successful than trying to change a person's sexual orientation – it doesn't work. So most transgender people seek to bring their bodies into alignment with their gender identity. This is called transition.

As part of the transition process, many transgender people are prescribed hormones by their doctors to change their bodies. Some undergo surgeries as well. But not all transgender people can or will take those steps, and it's important to know that being transgender is not dependent upon medical procedures.

You can learn more here <https://glaad.org/transgender/transfaq/>



# Did you know?



**Sausage Tradition;**  
Sausages are famous  
in the UK.

Romans introduced  
sausages around  
400AD. Approximately  
470 UK recipes are  
made using sausages.



**Newspaper Wrap;**  
Until the 1980s,  
fish and chips were  
traditionally served in  
newspapers in the UK.

**Highland Games:**  
Scotland's Highland  
Games, one of the oldest  
sporting events, is believed  
to have originated in  
Ireland around 2000 BC,  
but took its modern form in  
the 1800s



## The longest English word is 45 letters long

**"Supercalifragilisticexpialidocious"**  
was for a long time considered to  
be the longest word in the English  
language. It means fantastic and  
was popularised by the movie  
Mary Poppins. However, there is  
an even longer word, officially  
recognised in a dictionary:

It means fantastic and was popularised by the movie Mary Poppins.  
However, there is an even longer word, officially recognised in a dictionary:  
**"pneumonoultramicroscopicsilicovolcanoconiosis"**. It's the name of a  
disease and considered to be a technical term. There are 45 letters in this word!  
Surprisingly, there are even longer English words, including chemical names,  
however, none of the major dictionaries recognises them as words.

# FUN

## Facts about English

A new word is added to a  
dictionary every two hours.  
It means around 4,000 new  
words are added to the  
English dictionary every  
year. Partly, it happens  
because we more and  
more use brand names  
as common nouns, which  
means that such word as  
"to google" make their way  
into official dictionaries.





Have you ever wondered what next?

# A day in the life of a dentist...

Dentists are the frontline of good oral health. They work with communities to prevent and treat dental/oral disease, correct dental irregularities and treat dental/facial injuries

## A typical day may look like

I start practice at 9.30am. I try to get there for 9am so I can look at my list for the day, speak to my nurse about anything special that I want her to prepare and check all the equipment we need. I chat with my colleagues, have a coffee and start at 9.30am.

The morning session runs 9.30am-1pm. I can see about three or four patients if they need longer treatments or, if it's shorter treatments or check-ups, it's a patient every half hour. Then I have lunch between 1pm and 2 which, realistically, ends up being a lot of admin time. After that, we continue seeing patients between 2pm and 6pm.

Also, for one day a week, my practice runs an emergency dental centre.

People can phone 111 if they have any severe problems, and if they can't see their normal dentist, they will get referred to us. On those days I see a patient every half hour - strictly emergencies and strictly to get them out of pain.

## Entry Requirements

Becoming a dentist involves at least five years' study at dental school, followed by one or two years of supervised practice. Most entrants will require three As at A-level, although one year pre-dental courses are offered by some dental schools.

## Must have skills

You'll need a willingness to learn about human anatomy and oral disease.

You'll need to be able to put patients at ease, gain their confidence and deal sympathetically with their fears. You will hold a position of trust, so you will need to behave with integrity, tact and understanding. You will need to be able to communicate well with everyone from toddlers to the elderly.

It's also important for you to be able to lead your team effectively, so good managerial and administrative skills are essential.

## How to become a dentist

Becoming a dentist comprises three stages:

- undergraduate dental education
- postgraduate dental training
- continuing professional development

## Watch the below video to find out more

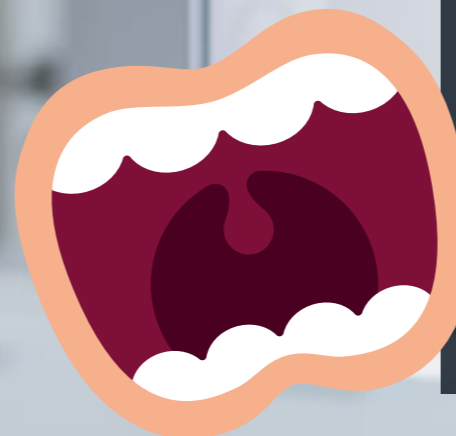
<https://youtu.be/x272wx-Qqnps?si=H2dm-M9vimUvSMZf>

## Different roles within a dental team

Dental Hygienist  
Dental Nurse  
Dental Technician  
Dental Therapist

To find out more about becoming a dentist or one of the above click below

<https://www.healthcareers.nhs.uk/explore-roles/dental-team/roles-dental-team/dentist>







# Vaping

## What is vaping?

Vaping is when you use a small, handheld device (like e-cigarettes, vape pens or mods) to inhale a mist of nicotine and flavouring (e-liquid). It's like smoking a cigarette, but vaping heats tiny particles out of a liquid rather than burning tobacco.

## How does vaping work?

Vaping works by heating liquid in a small device so you can breathe it into your lungs. The e-cigarette, vape pen or other vaping device heats the liquid in the device to create an aerosol. This isn't water vapor. Mist from e-cigarettes contains particles of nicotine, flavouring and other substances suspended in air. You breathe these particles into your mouth from the mouthpiece, where they go down your throat and into your lungs.

## What is the difference between vaping and smoking cigarettes?

Vaping and smoking both involve inhaling nicotine and other substances into your lungs. E-cigarettes heat liquid to make an aerosol; cigarettes burn tobacco, which creates smoke.

## Is vaping worse than cigarettes?

Vaping is often thought of as safer than cigarette smoking, but vaping causes health problems, too. Both vaping and smoking are addictive and bring potentially dangerous chemicals into your body. The levels of many of these chemicals is higher when you burn tobacco. Vaping hasn't been around long enough to know what kind of long-term damage it might cause.

## What does vaping do to your lungs?

The particles you inhale while vaping can cause inflammation (swelling) and irritation in your lungs. This can lead to lung damage like scarring and narrowing of the tubes that bring air in and out of your lungs. Researchers don't yet know all the effects vaping can have on your body.

## Isn't vaping just water vapor?

No. Despite the name, vaping doesn't make water vapor. It actually creates an aerosol (or mist) that contains small particles of nicotine, metal and other harmful substances

## What are the dangers of vaping?

The dangers of vaping include lung and other organ damage, breathing problems, addiction and more. People tend to think of vaping as "safer" than smoking, but it's not safe.

### Problems vaping causes include:

**Asthma:** Vaping can make you more likely to get asthma and other lung conditions. It can make your existing asthma worse.

**Lung Scarring:** Diacetyl, a chemical used in some flavourings, can cause bronchiolitis Obliterans ("popcorn lung"). Bronchiolitis obliterans causes permanent scarring in your lungs.

**Organ Damage:** In addition to your lungs, nicotine and other substances in e-liquid can hurt your heart and brain. We know nicotine can hurt brain development, raise your blood pressure and narrow your arteries.

**EVALI (e-cigarette or vaping product use associated lung injury):** EVALI is a serious lung condition that vaping causes. It causes widespread damage to your lungs and gives you symptoms like coughing, shortness of breath and chest pain. EVALI can be fatal.

**Addiction:** Nicotine is highly addictive. It causes changes in your brain, so you want more and more nicotine. You might not be able to stop vaping if you want to or if it starts causing health problems. Even e-liquids that say they're nicotine free have small amounts of nicotine.

**Cigarette smoking:** Many people start out vaping and end up smoking cigarettes, which contain higher amounts of harmful chemicals.

**Second hand exposure:** Vaping doesn't make smoke, but people around you are exposed to nicotine and other chemicals when you vape.

**Explosions:** There have been incidents of batteries in vaping devices exploding and causing serious injuries and burns.

**Cancer:** Some ingredients in e-liquids are known to cause cancer



**You can find out more about vaping here - including support and information on how to stop vaping.**

<https://www.nicorette.co.uk/quitting-vaping/how-to-quit-vaping>



# Safeguarding

**What's happening in your area?**



**North West**  
Child criminal exploitation: Poverty 'shame' driving kids to gangs - expert  
<https://www.bbc.co.uk/news/uk-england-manchester-68097981>



**South West**  
Teenagers taken to hospital after vaping incident  
<https://www.bbc.co.uk/news/articles/cxwvd7jdryeo>

## West Midlands

Man charged with firearm possession after stabbing  
[Man charged with firearm possession after Birmingham stabbing - BBC News](https://www.bbc.com/news/uk-england-birmingham-stabbing)

## South East

Oxfordshire County Council warns against illegal disposable vapes  
<https://www.bbc.co.uk/news/uk-england-oxfordshire-69068688>



## Scotland

Edinburgh school takes a stand to stop teen toilet vaping  
<https://bbc.co.uk/news/uk-scotland-68639100>



## Yorkshire and the Humber

Fifty arrested in Scunthorpe operation against county-line gangs  
<https://www.bbc.co.uk/news/uk-england-humber-68604654>

## North East

'Bully' jailed for strangling girlfriend  
[South Shields 'bully' jailed for strangling girlfriend - BBC News](https://www.bbc.com/news/uk-england-south-shields-bully-jailed-for-strangling-girlfriend)



## East Midlands

Buxton business fined after vape and knives sold to under-18  
<https://www.bbc.co.uk/news/uk-england-derbyshire-69043756>



## East of England

Norfolk and Suffolk NHS trust fails to allay coroners' concerns over two deaths  
<https://www.bbc.com/news/uk-england-suffolk-68820000>

## London

Girl, 9, remains critical after drive-by shooting  
[Hackney shooting: Girl, 9, remains in critical condition - BBC News](https://www.bbc.com/news/uk-england-hackney-shooting)





# Dysarthria

## Difficulty Speaking

Dysarthria is where you have difficulty speaking because the muscles you use for speech are weak. It can be caused by conditions that damage your brain or nerves and some medicines. Speech and language therapy can help.

**Find out more here**  
<https://www.nhs.uk/conditions/dysarthria>

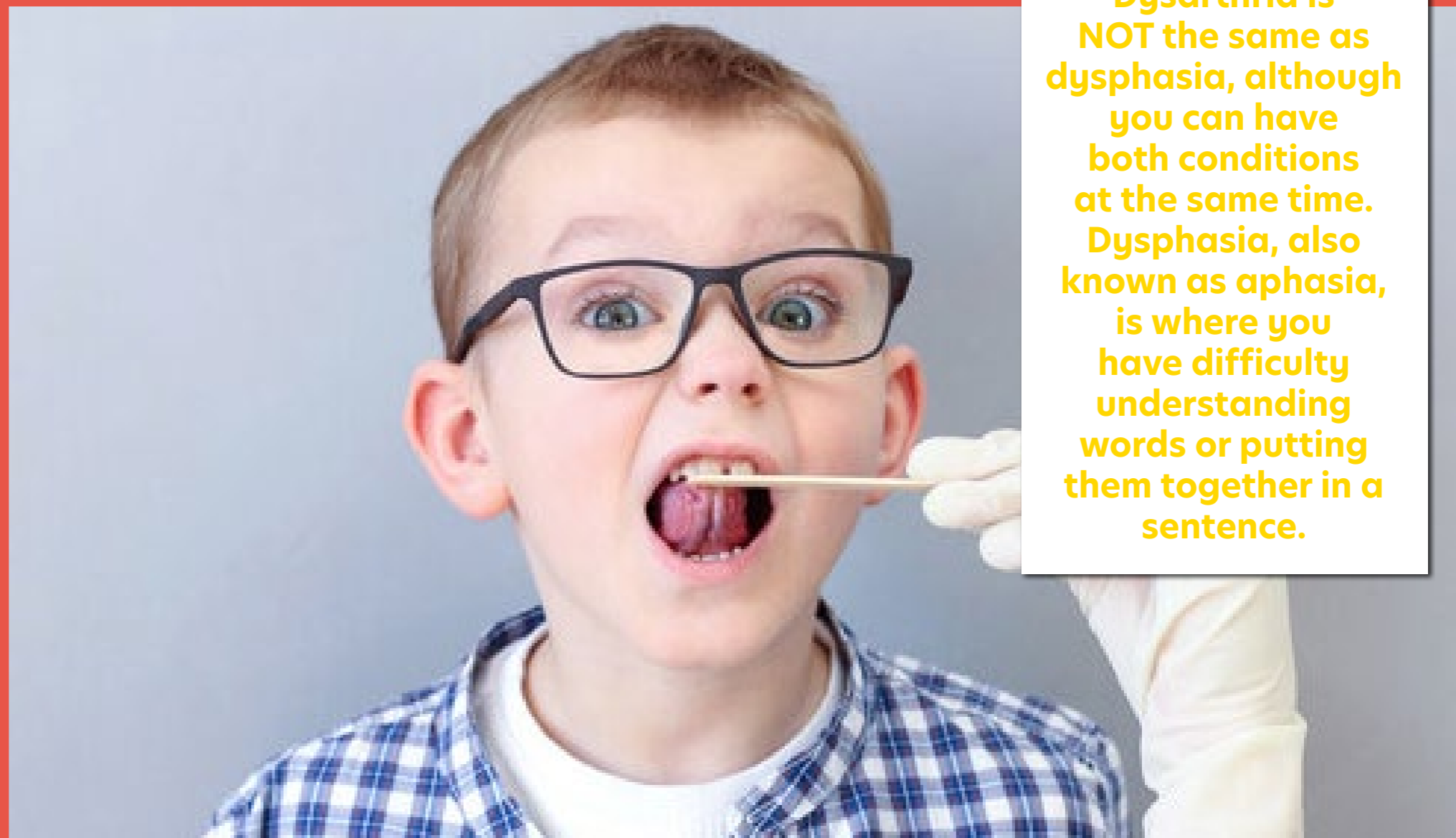
The main symptom of dysarthria is unclear speech. This can make it difficult for you to make yourself understood. Your speech may only be slightly unclear, or you may not be able to speak clearly at all.

### Other symptoms include:

- difficulty moving your mouth, tongue or lips
- slurred or slow speech
- difficulty controlling the volume of your voice, making you talk too loudly or quietly
- a change in your voice, making it nasal, strained or monotone
- hesitating a lot when talking, or speaking in short bursts instead of full sentences

Being stressed or tired may make your symptoms worse.

**Dysarthria is NOT the same as dysphasia, although you can have both conditions at the same time. Dysphasia, also known as aphasia, is where you have difficulty understanding words or putting them together in a sentence.**





# What's going on in June



## Stone henge Summer Solstice - Wiltshire 18th - 22nd June

Every year visitors from around the world gather at Stonehenge overnight to celebrate the Summer Solstice and watch the sun rise over the stones. Taking place on 21 June in 2023, it's the most important day of the year at Stonehenge and a truly magical time to visit. There's a four-day festival to mark the occasion, with the celebration bringing together England's New Age Tribes (neo-druids, neo-pagans and Wiccans) with ordinary families, tourists, travellers and party people.



## TweedLove Bike Festival Tweed Valley Scotland

Friday 14, Saturday 15 & Sunday 16 June 2024

Scotland's big bike festival - a huge celebration of riding bikes, for every kind of rider. Each year the festival brings thousands of bike fans to the Tweed Valley for a weekend of fantastic riding and good times - both on and off the bike. With all the bikes, kit, riding and racing we can fit in to Peebles and the Tweed Valley, plus great food & drink, free movies and DJs all weekend.



## Broadstairs Dickens Festival Kent

14th - 16th June

For three days a year, Broadstairs revels in true Dickensian delight. First held in 1937, the festival celebrates the life and times of the town's most famous visitor - Victorian author Charles Dickens. Dickens was a regular visitor to the town on summer holidays between 1837 and 1859, and he even wrote David Copperfield on one such break. Join in the celebrations of his life, times and works with talks, performances, fairs and walks. There are even demonstrations of what everyday life was like in the Victorian era.





# Join our teaching sessions

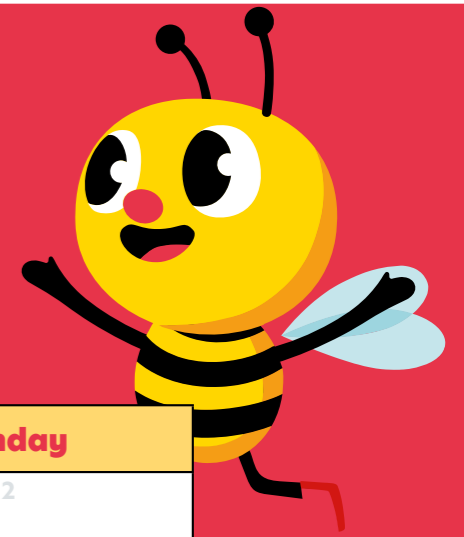
○ Early Years sessions

● Management sessions

● Adult Care sessions

● Residential care sessions

● Teaching Assistant sessions



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 12:00 - 13:30 The Reflective Practitioner 13:30-15:30 Introduction to Leading within an Early Years Setting	4 16:00 - 17:00 Theme 7 - Reflections Practitioner 10:00 - 12:00 Safeguarding 14:00 - 16:00 Equality, Diversity, and Inclusion	5 13:30 - 15:15 Theme 3 - Keeping Children Safe in Education 11:00 - 13:00 Dynamics of a Team 09:30 - 11:30 Safeguarding 14:00 - 16:00 Health and Safety	6 9:30-11:00 Professional Development	7 09:30 - 11:30 Theme 1 - The Curriculum Including adaptations 10:00-11:00 EPA Support - Observation Brief 09:30 - 11:30 Safeguarding 10:00-12:00 Communication	8	9
10	11 10:00 - 11:00 Theme 6 - Working in Partnership with others 10:00 - 11:30 Development, Assessment Play, and Pedagogy	12 11:00 - 13:00 Positive Outcomes for Children and Young People 13:00 - 15:00 Cognitive Development	13 09:30 - 10:30 EPA support 10:00 - 12:00 Development, Assessment Play, and Pedagogy 13:00 - 14:30 Working in Partnership with Others	14	15	15
16	17	18 09:30 - 11:00 Group Living Partnership Working Health 10:00 - 11:30 Health, Wellbeing and Resilience 13:00 - 15:00 The Reflective Practitioner	19 10:30 - 12:30 Theme 4 - Health and Safety	20 15:00 - 16:30 Theme 2 - Pupil's Learning and Development including needs and Key Stages	21 09:30-11:30 Working in Partnership with Others	22
23	24	25 10:30 - 11:30 Theme 5 - ICT, Technology and School Systems Stakeholders 10am - 12pm	26 10:00 - 11:30 Health, Wellbeing and Resilience 11:00-12:00 EPA Support 14:30 - 16:30 Equality, Diversity, and Inclusion	27 09:30 - 11:30 Health and Safety 13:30-15:30 Safeguarding	28	29
30	31					



**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:**

