



# **LEARNER** NEWS

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**Neurodiversity  
Celebration Week**

**Physical and Mental  
Health and Wellbeing**

**World Oral  
Health Day**





Here at Busy Bees Education and Training we aim to support any need you have and adjust your learning journey to help you succeed. Please speak with your Development Coach about any needs you have and how we can support you.

# Neurodiversity Celebration Week

**Neurodiversity Celebration Week 17th March - 23rd March**

This week is a worldwide initiative to celebrate neurodiversity and to challenge negative stereotypes and misconceptions around neurological differences. What is neurodiversity? Neurodiversity is the idea that everyone's brains work differently. It is an umbrella term to refer to a range of neurological differences which affect the way a person thinks, feels, learns, and behaves.

## Did you know?

Neurodiversity encourages acceptance and support for these differences. Conditions could include:

- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Dyslexia
- Developmental Coordination Disorder
- Dyscalculia
- Tourette's Syndrome
- Sensory Processing Disorder Statistics
- An estimated 15% of the UK population are neurodivergent.
- More than 1 in 100 people are recognised as having autism spectrum disorder (ASD)
- It is estimated that 1.9 million UK adults have attention deficit hyperactivity disorder (ADHD)
- 10% of the population are diagnosed with dyslexia. It is thought that there may be 6 million people in UK with undiagnosed dyslexia. To find out more about Neurodiversity Celebration Week follow this link <https://www.neurodiversityweek.com/>



**Simone Biles**  
- Won 2 World Championship gold medals for the USA in gymnastics - Diagnosed with ADHD.



**Richard Branson** - Struggled with reading and writing as a child. Was diagnosed with Dyslexia in his 20's.



**Greta Thunberg**  
- Swedish activist - Diagnosed with ASD.

**Will.i.am** - American singer - Diagnosed with ADHD - Music helped him focus.

**Billie Eilish** - American singer - Diagnosed with Tourette's Syndrome at age 11. Billie Eilish will talk openly about struggles with mental health and her Tourette's Syndrome diagnosis.

**Cher** - winner of three Golden Globes difficulty making sense of reading and numbers - diagnosed with dyslexia in adulthood.

**Lewis Capaldi** - Scottish singer - Became first unsigned artist to reach 25 million plays on Spotify. Diagnosed in 2022 with Tourette's Syndrome. The ticks experienced happen when he is happy, excited, nervous or stressed and can be painful.



## Self-Regulation and Brain Development



Self - Regulation is an important part of children's development and helps them to develop ways to cope with their thoughts, feelings emotions and behaviours. As babies and young children's brains develop, they will be exploring and finding opportunities to self-regulate their responses to scenarios. This can be impacted by a variety of factors including -

- Genetics
- SEND
- Environment
- Parenting styles and support
- Age of the child.

As children move away from co- regulation, where adults support them to manage their feelings and emotions, they will begin to show signs they are trying to self-regulate their feelings. They will display this through self-soothing, avoiding impulsive behaviours, showing resilience to challenges and managing their own feelings and behaviours.

### Brain development

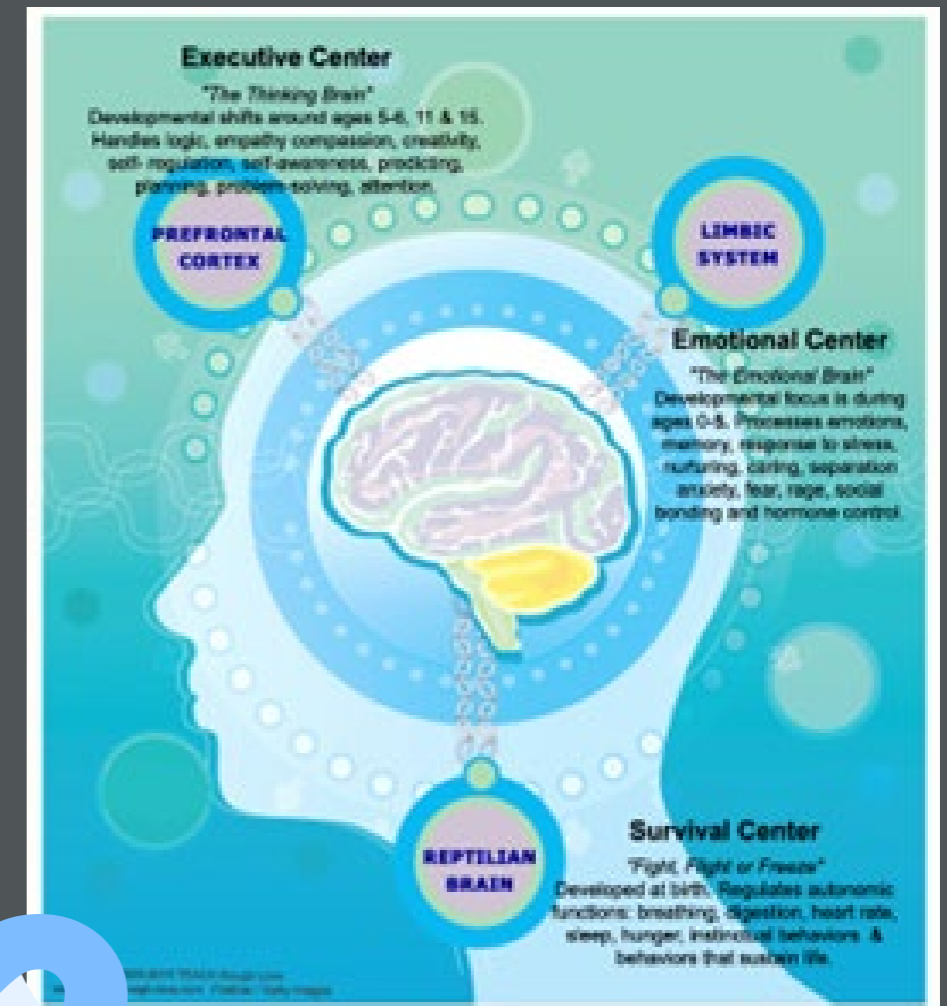
During pregnancy, babies' brains will use the brain stem to control heart rate, sleep and digestion. When they are born, they will use the limbic system and develop a fight or flight response and rely on their parent to meet their needs, which is where co-regulation starts.

At 0-5 years children's emotional brains will develop within the limbic system, which helps them to learn how to process emotions, respond to stress separation anxiety and feelings of anger or fear as well as develop memory and social skills. Without this, children will be unable to self-regulate and this could impact on the child's brain development at later stages. As children grow up, they will then use the prefrontal cortex of the brain, and this usually happens at aged 5-6 years to continue to regulate their thoughts, feelings and emotions as well as behavioural responses.

### Stretch and Challenge

Please scan the QR code below to read the safeguarding and Welfare requirements to update your understanding.

SCAN ME



**Reflection** - Following on from this article can you reflect on a time you have supported a child to manage their feelings, and how the child has then developed their own self-regulation skills? If so, please complete a reflection within your off the job entries and share with your Development Coach.



# 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.

26/03/2025	9.30-11.30	Health and Safety
25/03/2025	2.00-4.00	Health and Safety
31/03/2025	10.00-11.30	Development, Assessment Play, and Pedagogy
20/03/2025	3.00-5.00	Development, Assessment Play, and Pedagogy
21/03/2025	9.30-11.00	Equality, Diversity, and Inclusion
20/03/2025	2.00-3.30	Safeguarding
27/03/2025	9.30-11.30	Working in Partnership with Others
14/03/2025	2.00-4.00	The Reflective Practitioner

## Functional Skills Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/03/2025	11/03/2025	12/03/2025	13/03/2025	14/03/2025
10:15 - 11:45	Maths: Interest (1)	English Writing: Formatting Texts	Maths: Non Calculator (1)		Maths: BIDMAS (1)
12:00 - 13:30	Maths: Shapes (Perimeter, Area & Volume) (1)	Maths: Nets & Elevations (1)			English Reading: Purpose, Facts, Opinions & Bias
13:45 - 15:15	Maths: Probability (1)	Maths: Percentages (1)	Maths: Averages & Range (1)		Maths: Fractions (1)
19:00 - 20:30	English Reading: Comparing Texts		Maths: Decimals (1)		

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/03/2025	18/03/2025	19/03/2025	20/03/2025	21/03/2025
10:15 - 11:45	English Reading: Comparing Texts	English Writing: Grammar & Punctuation	Maths: BIDMAS (2)	Maths: Non Calculator (2)	Maths: Graphs & Tables (2)
12:00 - 13:30	Maths: Decimals (2)	Maths: Fractions (2)	Maths: Ratio & Scales (2)	English Writing: Formatting Texts	Maths: Probability (2)
13:45 - 15:15	Maths: Percentages (2)	English Reading: Purpose, Facts, Opinions & Bias	Maths: Angles & Bearings (2)		English: Preparing for Your Exam
19:00 - 20:30	Maths: Averages & Range (2)		English Writing: Sentences, Paragraphs, Introductions & Conclusions		

	Monday	Tuesday	Wednesday	Thursday	Friday
	24/03/2025	25/03/2025	26/03/2025	27/03/2025	28/03/2025
10:15 - 11:45	Maths: Shapes (Perimeter, Area & Volume) (3)	English Reading: Purpose, Facts, Opinions & Bias	Maths: Fractions (3)		Maths: Decimals (3)
12:00 - 13:30	English Writing: Formatting Texts	Maths: Probability (3)	Maths: Averages & Range (3)		English Reading: Comparing Texts
13:45 - 15:15	Maths: BIDMAS (3)	Maths: Non Calculator (3)	Maths: Preparing for Your Exam		Maths: Units & Measures (3)
19:00 - 20:30	English Writing: Grammar & Punctuation		Maths: Percentages (3)		



# Did you know?



All electricity that powers the internet weighs the same as an apricot!



It would take 19 minutes to fall from the North Pole to Earth's Core



It is illegal to own a Guinea Pig in Switzerland



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](mailto: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 Mark, a Senior Site Supervisor**

**Mark started off in the construction and utilities industry after changing career paths and has worked his way up to be able to manage a team and complete complex projects in a timely manner.**

Within Mark's role he is responsible for a team of ten when installing cabling for fibre and internet providers across the whole of the UK. Mark has a responsibility to plan and organise large scale projects for customers and to ensure the safe installation of the cabling network along a planned route.

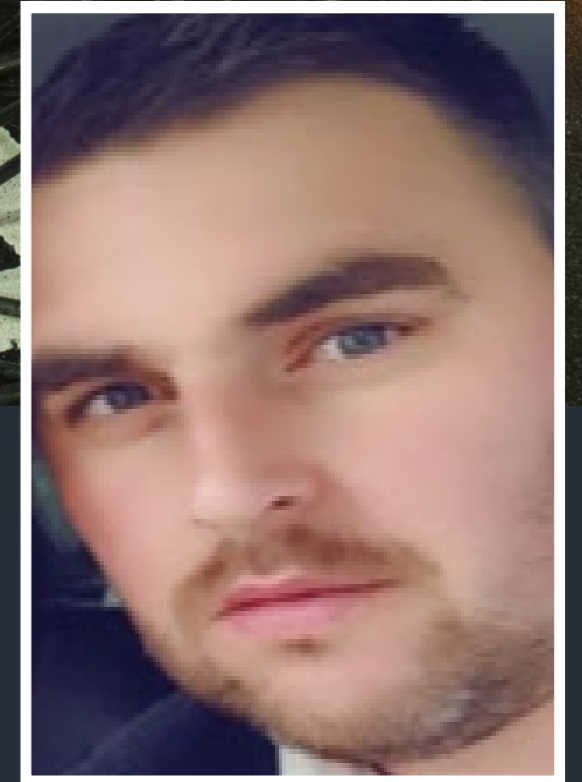
When installing the cable Mark is responsible for managing health and safety across the site, particularly when working in underground chambers and sewers to ensure that his team remain safe and comply with all Health and Safety requirements in place, in line with regulations that must be followed across the industry. This could include traffic management controls, correct use of barriers and signage to reduce any risks to the public, and specialist equipment to ensure the safety of the team is maintained.

Mark uses his management skills to plan the team's working week, sharing updates to the team, and managing any absences or performance issues he may come across.

Mark also has a responsibility to provide updates to senior staff members on the progress of the project, via email, meetings and telephone calls to ensure clear updates are given in relation to time frames.

Within Mark's role he also completes stock takes and checks all equipment is suitable, including dates issued from suppliers.

Mark's role focuses on delivery of projects to meet the demand of customers in a timely manner whilst complying with all regulatory requirements to keep his team and the public safe.



### **How does Mark use Math and English skills within his role?**

- By providing professional correspondence to emails
- Communicating with senior staff members and the team
- Reading reports and maps to plan jobs accordingly
- Calculating daily install meterage and updating the team
- Requesting more cable based on the amount needed to complete the job
- Calculating over time and assisting with timesheets



# Physical and mental health and wellbeing



Life can throw curveballs at us at any moment, which can impact on our physical and mental health and wellbeing. This month we will explore how we can communicate how we are feeling and what impact this is having on our overall wellbeing.

At times, it can be overwhelming to speak about things that may be impacting your wellbeing and your apprenticeship but it is always good to speak to your Development Coach so support can be put in place to help you. You can do this by:

- Calling your Development Coach
- Within Progress Reviews
- Emailing or messaging
- On face-to-face visits
- Using the safeguarding email address [BBT.Safeguarding@busybees.com](mailto:BBT.Safeguarding@busybees.com)

Once you have discussed your challenges, the team here will be able to put adjustments in place to support you and provide advice and guidance where appropriate.

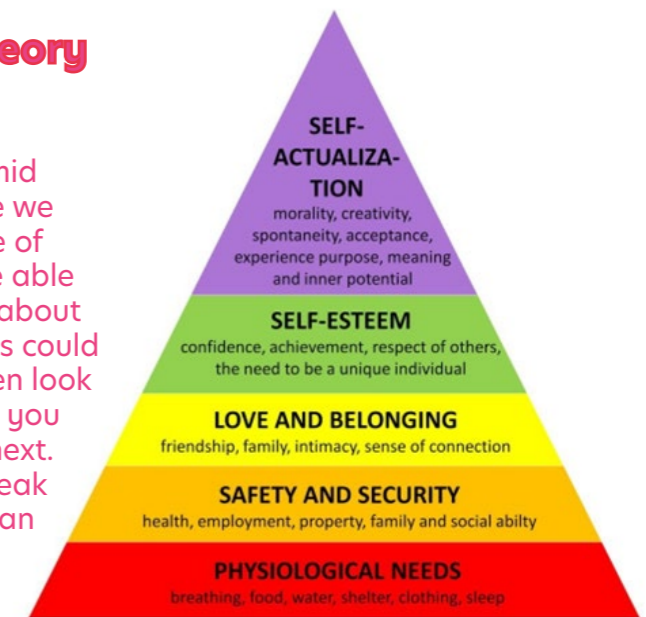
The NHS have provided a useful webpage with key tips to manage your mental health and wellbeing, including self-care tips for when you are physically unwell.

Take a look at the below link for further information

<https://www.nhs.uk/every-mind-matters/lifes-challenges/health-issues/#:~:text=3.,Try%20relaxation%20or%20mindfulness,to%20stay%20in%20the%20present.>

## Maslow's Motivation Based theory

Maslow created a theory that shows what a human needs before they can reach self-actualization. The theory is a five-tier pyramid which shows the needs that we have before we can be the best version of ourselves. If some of the needs are not met, then you may not be able to reach the top of the pyramid. If we think about challenges we may face, and the impact this could have on our physical and mental health, then look at the below pyramid, you can see the level you are at before being able to move onto the next. This will support you when being able to break down any challenges you are facing and plan your next steps for support.



## Healthy Eating

Did you know that some foods can impact on how we feel. For example, if you have low blood sugar levels this can make you feel irritable, tired or repressed. Foods that can support blood sugar levels and release slow burning energy include

- Wholegrain bread
- Brown rice
- Brown pasts
- Nuts or seeds

Caffeine can help with a quick energy burst but can also cause the following:

- Feel anxious
- Disturb sleep
- Cause withdrawal symptoms

Have a look at the NHS guide to health eating below to support you when making food choices to help with your physical and mental health and wellbeing:

<https://www.nhs.uk/live-well/eat-well/>

# World Oral Health Day



Oral diseases are a concern for many countries across the world and can affect people's day to day life. Most conditions are preventable and treatable.



Dental Phobia is a fear of the dentist, this can range from a mild sense of unease to feelings of anxiety and panic attacks. Reasons for dental phobia differ from person to person but could be related to:

- Past negative experiences
- Family History
- Feeling of loss of control
- Mental Health Conditions

**39%**

of adults do not regularly visit a dentist.

**25%**

of adults don't brush twice per day and 33% of adults have never flossed.

**Around 6 million**

adults have had persistent tooth ache lasting two or more weeks.



The Early Years Statutory Framework states "providers must promote good health, including oral hygiene of the children they look after" Oral hygiene is important for young children to:

- Chew and bite
- Supports development of speech and language
- Reduces the risk of tooth decay, which can affect into adulthood.

To find out more about oral hygiene in the early years <https://help-for-early-yearsproviders.education.gov.uk/health-and-wellbeing/oral-health>

Tips to keep your teeth and gums healthy [https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/Childrens activities](https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/Childrens%20activities) <https://www.colgate.com/en-us/oral-health/kids-oral-care/4-fun-dental-activities-for-children#>





# Safeguarding

What's happening in your area?

## Scotland

Death of a 15 year old boy  
[CLICK HERE TO READ](#)

## Yorkshire and the Humber

Pair jailed over county lines drugs operation  
[CLICK HERE TO READ](#)

## North East

Promising Darlington FC midfielder charged with sex offences  
[CLICK HERE TO READ](#)

## North West

37 arrests following two-day County Lines operation across Wirral and Liverpool  
[CLICK HERE TO READ](#)

## East Midlands

Man jailed after cache of child abuse images found  
[CLICK HERE TO READ](#)

## West Midlands

Man receives life sentence for killing Birmingham mum  
[CLICK HERE TO READ](#)

## East of England

Sister of murdered woman calls for more action to prevent violence  
[CLICK HERE TO READ](#)

## South West

Regional drugs operation uncovers the human cost of cannabis  
[CLICK HERE TO READ](#)

## South East

Drug gang supplying north and west Kent jailed  
[CLICK HERE TO READ](#)

## London

Boy shot dead by 'delivery driver' named by police  
[CLICK HERE TO READ](#)





# What's going on during March...

## International Women's Day - 8th March

The campaign theme for 2025 is 'Accelerate Action' Find out more here <https://www.internationalwomensday.com/>



## WORLD BOOK DAY

## World Book Day - 6th March

World Book Day was celebrated on 6th March 2025. Have a look at the link below to find your local library to boost your skills in reading and developing new vocabulary

<https://www.gov.uk/local-library-services>

## Young Carers Action Day - 12th March

The campaign theme for 2025 is "Give Me A Break!"

Find out more here <https://carers.org/young-carers-action-day/young-carers-action-day>



## World Down Syndrome Day - 21st March

Down Syndrome is a genetic condition when a person has an extra copy of chromosome 21.

People with Down Syndrome will have some level of learning difficulty. This will be different for each individual. Children may take longer than others to reach their milestones May have characteristic physical features May have conditions which affect the heart, sight and hearing.

Find out more about Down Syndrome here <https://www.mencap.org.uk/learning-disability-explained/learning-disability-and-conditions/down-syndrome> Find out about Down Syndrome Day here <https://www.worlddownsyndromeday.org/>



## Comic Relief - 21st March

Comic Relief is celebrating 40 years this year! Find out more here <https://www.comicrelief.com/> Debt Awareness Week 24th March - 30th March Aims to increase awareness of debt the advice, help and solutions available.

## Endometriosis Action Month

Endometriosis impacts 1 in 10 women. Endometriosis is where cells like those of the lining of the womb grow in other parts of the body. The theme for Endometriosis Action Month is "Endometriosis Explained".

To find out more about this click here <https://www.endometriosis-uk.org/endometriosis-action-month-2025#:~:text=For%20Endometriosis%20Action%20Month%202025,patients%20by%20all%20healthcare%20practitioners.>

The NHS website has further helpful information <https://www.nhs.uk/conditions/endometriosis/>





**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:**

