

May 2024 Edition

**Busy
Bees.**
Education and Training

Learner NEWS

In this issue..

Sexual Health

Have you ever wondered
what next?

Tourettes Syndrome

**Maternal
Mental Health**

*Awareness
month*

Tourette's Awareness

Tourette's syndrome is a condition that causes a person to make involuntary sounds and movements called tics. It usually starts during childhood, but the tics and other symptoms usually improve after several years and sometimes go away completely. There's no cure for Tourette's syndrome, but treatment can help manage symptoms. People with Tourette's syndrome may also have obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD) or learning difficulties. (nhs.org)

Symptoms of Tourette's Syndrome

Tics are the main symptom of Tourette's syndrome. They usually appear in childhood between the ages of 2 and 14 (around 6 years is the average). People with Tourette's have a combination of physical and vocal tics.

Examples of physical tics include

- Blinking
- Eye Rolling
- Grimacing
- Shoulder Shrugging
- Jerking of head or limbs
- Jumping
- Twirling

Examples of vocal tics include

- Grunting
- Throat Clearing
- Whistling
- Coughing
- Tongue Clicking
- Animal Sounds
- Saying random words and phrases
- Swearing
- Repeating a sound word or phrase

Diagnosing Tourette's Syndrome

There is no single test for Tourette's syndrome. Tests and Scans such as an MRI may be used to rule out other conditions.

You can be diagnosed with Tourette's syndrome if you've had several tics for at least a year.

Getting a diagnosis may help you and others understand your condition better and give access to the right kind of treatment and support.



Swearing is rare and only affects about 1 in 10 people

Tics are not usually harmful to a person's overall health, but physical tics such as jerking of the head can be painful

Tic's can be worse on some days than others

Watch the video to find out more:

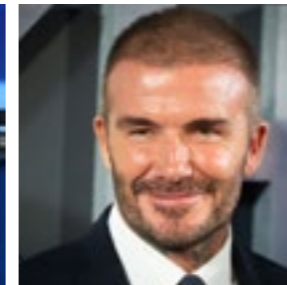
<https://youtu.be/eJRGDITFCv0?si=LXTIAKM6jzfpRYi7>



Famous people diagnosed with Tourettes...



Lewis Capaldi



David Beckham



Billie Eilish



Mozart

Treating Tourette's Syndrome

There is no cure for Tourette's and most children with tics do not need treatment for them.

Treatment may sometimes be recommended to help you control your tics.

Treatment is usually available on the NHS and can involve

- Behavioral Therapy
- Medicine



Help and Support

Tourette's action offer information, advice and support

<https://www.tourettes-action.org.uk/8-find-support.html>

Did you know?

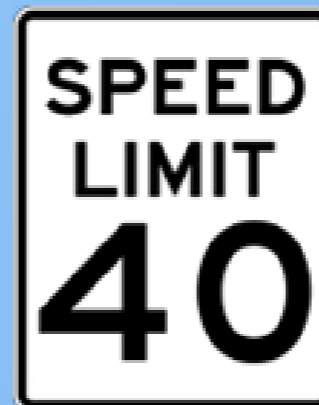


Vikings stayed in the UK for almost 300 years. Their first raid was in 865, and their last was in 1066.



The UK has produced some of the world's best-known scientists, which includes Sir Isaac Newton and Stephen Hawking

Scotland is home to the tallest waterfall in Britain, named Eas a' Chual Aluinn. It is 658 feet, which is 3 times the height of Niagara Falls.



Forty" is the only number that is spelt with letters arranged in alphabetical order

E e

Every odd number when written in English has an "e" in it

FUN Facts about Maths

If you shuffle a deck of cards properly, it's more than likely that the exact order of the cards you get has never been seen before in the whole history of the universe.



HAVE YOU EVER WONDERED WHAT NEXT?

The Professional Chef's Daily Routine

A professional chef's daily routine involves planning, cooking, and overseeing kitchen operations. They start with menu planning and preparation, ensuring the kitchen is well-equipped. During service, they cook and plate dishes while supervising the team. Time and resource management, quality control, and handling challenges are essential. They also prioritise continuous learning. At the end of the day, they ensure kitchen cleanliness and closing procedures. A chef's routine requires creativity, organisation, leadership, and culinary expertise.

Watch the below video to learn more

<https://youtu.be/TENnUTzZb-w?si=LaBG3VrRCn3mWiOj>

Find out more on how to become a chef [here](#)

A typical day may look like

6:00 AM: Check emails and review the day's reservations and menu.

6:30 AM: Head to the local market to source fresh ingredients for the day's specials.

8:00 AM: Arrive at the restaurant and meet with the kitchen staff to discuss the day's preparations and assign tasks.

8:30 AM: Begin prepping ingredients, including chopping vegetables, marinating meats, and preparing sauces.

10:00 AM: Review and update inventory, making note of any supplies that need to be restocked.

11:00 AM: Start cooking lunch dishes and oversee kitchen operations.

12:30 PM: Plate and present lunch dishes for quality control before service.

1:00 PM: Take a short break for lunch.

2:00 PM: Meet with the sous chef and discuss new menu ideas or improvements to existing dishes.

3:00 PM: Continue prepping ingredients for dinner service, ensuring everything is organized and ready.

5:00 PM: Set up stations, check equipment, and review the dinner menu with the kitchen staff.

6:00 PM: Dinner service begins. Coordinate and oversee the cooking process, ensuring quality and timely delivery of dishes.

8:00 PM: Take a brief break to catch up with the front-of-house staff and address any customer concerns or special requests.

9:00 PM: Resume cooking and manage the kitchen until the end of dinner service.

10:30 PM: Conduct a post-service debrief with the kitchen staff to discuss the day's performance and address any issues.

11:00 PM: Clean and sanitize the kitchen, ensuring it is ready for the next day.

12:00 AM: Review and update menus, as necessary, and finalize any orders for the following day.

12:30 AM: Wind down and relax before heading home.



What Does a Professional Kitchen Team Look Like?

A professional kitchen team consists of skilled individuals who work together to ensure the smooth operation of a kitchen. Here are the key chef positions you may find:

Head Chef/Executive Chef: The leader responsible for menu creation, food quality, and kitchen management.

Sous Chef: Assists the head chef and oversees kitchen operations.

Chef de Partie: Manages a specific section or station in the kitchen.

Commis Chef: Assists senior chefs with various kitchen tasks.

Pastry Chef: Specialises in creating pastries and desserts.

Kitchen Porter/Dishwasher: Handles dishwashing and maintains kitchen cleanliness.

Pass Chef: Coordinates orders between the kitchen and serving staff.

Additional roles may include a kitchen manager, supervisor, or specialised chefs. Effective communication and teamwork are crucial for success in a professional kitchen.

Let's **TALK** about Sexual health

It's important to be aware of the laws surrounding sex and sexual consent in the UK. The age of consent for sex in England is 16. This applies to everyone.

Anybody under the age of 13 is not legally capable of consenting to sexual activity. This is an offence under the Sexual Offences Act 2003. Even if you think you are ready to have sex and you're under 13 years of age, the law will still regard this as non-consensual.

Consent is about giving permission for something to happen or an agreement to do something. Nobody has the right to make you go further than you want to.

You have every right to say no, at any point, whoever you're with. If you want to have sex but the other person doesn't, you must absolutely respect their feelings and stop.

Consensual sex means...

No Pressure, you both decide to do it and you both feel happy and safe while doing it

Certain circumstances make it impossible for a person to legally give consent

Often this is when a person is not mentally or physically capable of choosing whether or not to engage in sexual behaviour.

For instance, if someone is drunk or high on drugs then that person cannot give consent. This means that even if someone seems eager to engage in sexual activity, doing so can legally be considered sexual assault or rape.

Take a look at this video to understand more about consent:

<https://vimeo.com/530739441>



Are you ready for sex

Working out whether you're ready for sex is one of life's big decisions.

It might feel like everyone around you is having sex, because that's what they are saying, but they could be making it up. Never feel pressured into having sex with anyone until both of you are ready.

If you're thinking about losing your virginity or having sex with a new partner, here are 7 things to think about:

1. **It's your decision** - only you can decide whether or not you're ready to have sex and it's ok to say no
2. **No means No** - It's important not to pressure anyone else to be sexually active if they don't want to be.
3. **The Law** - The age of consent is 16, any younger is against the law. Also turning 16 doesn't mean it is the right age for you

4. Non-consensual sex with a person who is drunk or under the influence of drugs is rape
5. **Communication** - it is important to communicate with your partner about being sexually intimate so you can find out each others likes and dislikes, what makes one person like may make another uncomfortable
6. **Safe sex** - It is vital you talk about safe sex to protect you both from STI's and unplanned pregnancy
7. **You may not be ready to have sex if** - you feel embarrassed or uncomfortable talking about this with your partner

I've been pushed into sex

If someone has forced or persuaded you into a sexual situation you're uncomfortable with, help is available.

You can call the national sexual health helpline free on 0300 123 7123, Monday to Friday, 9am to 8pm, Saturday and Sunday, 11am to 4pm. Your call will be treated with sensitivity and in strict confidence.

You can also contact a sexual assault referral centre (SARC), where you can get specialist support and medical care if you have been sexually assaulted.

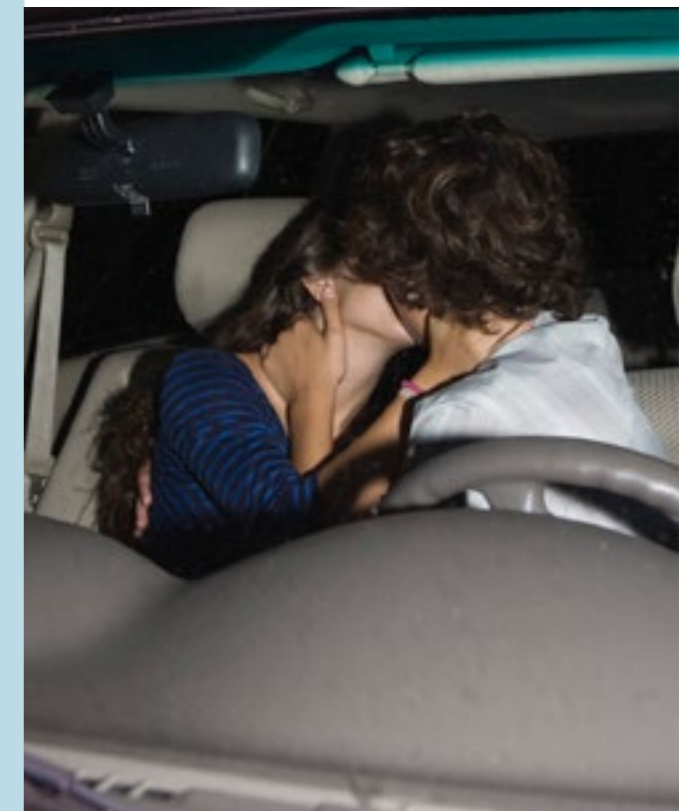
A sexual assault can happen anywhere, including in your home, and is more likely to be carried out by someone you know rather than a stranger.

Find rape and sexual assault support services, including SARCs.

You can also ask at your GP surgery, contraceptive clinic or sexual health clinic.

Find out more about help after rape and sexual assault, either for yourself or someone you know.

(nhs.gov.uk)



Sexually Transmitted Diseases (STI's)

Sexually transmitted diseases (STDs) are caused by sexually transmitted infections (STIs). They are spread mainly by sexual contact. STIs are caused by bacteria, viruses or parasites. A sexually transmitted infection may pass from person to person in blood, semen, or vaginal and other bodily fluids. (mayoclinic.org)

Find a sexual health support clinic near you:

<https://www.nhs.uk/service-search/other-health-services/sexual-health-information-and-support>

Chlamydia is one of the most common STIs in the UK.



Symptoms of chlamydia:

Most people with chlamydia do not notice any symptoms and do not know they have it.

- pain when peeing
- unusual discharge from the vagina, penis or bottom
- in women, pain in the tummy, bleeding after sex and bleeding between periods
- in men, pain and swelling in the testicles

It can be easily tested for and testing is free and confidential at a sexual health clinic or GP surgery.

You can also buy chlamydia testing kits to use at home, with free tests available online for 15- to 24-year-olds.

Find free chlamydia tests online for under-25s

How do you get chlamydia?

Chlamydia is a bacterial infection. The bacteria are usually spread through sex or contact with infected genital fluids (semen or vaginal fluid).

You can get chlamydia through:

- unprotected vaginal, anal or oral sex
- sharing sex toys that are not washed or covered with a new condom each time they're used
- your genitals coming into contact with your partner's genitals - this means you can get chlamydia from someone even if there's no penetration, orgasm or ejaculation
- infected semen or vaginal fluid getting into your eye

Chlamydia cannot be passed on through casual contact, such as kissing and hugging, or from sharing baths, towels, swimming pools, toilet seats or cutlery.

Is chlamydia serious?

Although chlamydia does not usually cause any symptoms and can normally be treated with a short course of antibiotics, it can be serious if it's not treated early on.

If left untreated, the infection can spread to other parts of your body and lead to long-term health problems, especially in women.

In women, untreated chlamydia can cause pelvic inflammatory disease (PID), ectopic pregnancy and infertility.

In men, in rare cases, chlamydia can spread to the testicles and epididymis (tubes that carry sperm from the testicles), causing them to become painful and swollen. This is

known as epididymitis or epididymo-orchitis (inflammation of the testicles)

This is why it's important to get tested and treated as soon as possible if you think you might have chlamydia. You can get treated free and in confidence at a GUM clinic, sexual health clinic or your GP. If you are a woman or Man under 25 who is sexually active it is recommended you have a chlamydia test once a year and when you have sex with new or casual partners.

Are you a man, boy or non-binary person affected by sexual violence?

Sexual assault can happen to anyone, no matter your age, sexual orientation, or gender identity. Men and boys who have been sexually assaulted or abused may have many of the same feelings and reactions as other survivors of sexual assault, but they may also face some additional challenges because of social attitudes and stereotypes about men and masculinity.

Some men who have survived sexual assault as adults feel shame or self-doubt, believing that they should have been "strong enough" to fight off the perpetrator. Many men who experienced an erection or ejaculation during the assault may be confused and wonder what this means. These normal physiological responses do not in any way imply that you wanted, invited, or enjoyed the assault. If something happened to you, know that it is not your fault and you are not alone.

Finding Support

<https://rapecrisis.org.uk/get-help/support-for-men-and-boys/>

National Male Survivors Helpline:
0808 800 5005

<https://www.survivorsuk.org/ways-we-can-help/#section-1>

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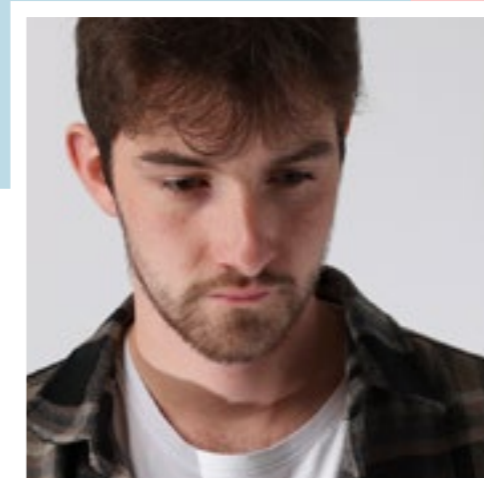
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Find free chlamydia tests online for under-25s



Safeguarding

What's happening in your area?

Scotland worst in world for boys smoking cannabis - report



Scotland

Scotland worst in world for boys smoking cannabis - report

<https://www.bbc.co.uk/news/articles/cn0w5le6j7zo>

Yorkshire and the Humber

Man who held people hostage at knife-point in North Yorkshire jailed

<https://www.itv.com/news/tyne-tees/2024-04-13/man-who-held-people-hostage-at-knife-point-jailed>

North East

North East Lincolnshire children's services 'improve but problems remain'

<https://www.bbc.co.uk/news/uk-england-humber-68367154>

East Midlands

Ex-addict who almost gambled his life away urges others to get help

<https://www.itv.com/news/central/2024-04-11/ex-addict-who-almost-gambled-his-life-away-urges-others-to-get-help>

East of England

Mental health in Norfolk and Suffolk a 'high priority' says government

<https://www.bbc.co.uk/news/uk-england-68877018>

London

Attacker who set fire to elderly worshippers in Birmingham and London sentenced to hospital order

<https://www.itv.com/news/central/2024-04-17/man-sentenced-to-hospital-order-for-setting-fire-to-worshippers-near-mosques>

North West

Charlie Millers inquest: Son's mental health support was a mess - mum

<https://www.bbc.co.uk/news/uk-england-manchester-68759954>

West Midlands

Baby Reindeer leads to police probe as fans wrongly accuse man of being Richard Gadd's abuser

<https://www.itv.com/news/2024-04-24/police-probe-as-baby-reindeer-fans-wrongly-accuse-man-of-being-stars-abuser>

South West

Boys are suffering in silence, says mental health charity TIC+

<https://www.bbc.co.uk/news/uk-england-gloucestershire-68788449>

South East

New mental health clinic for Surrey young people

<https://www.bbc.co.uk/news/articles/cek1x9x71x8o>



Maternal Mental Health Awareness month

1 in 5

women will experience a perinatal mental health problem.

70%

of women suffering will underplay or hide mental health difficulties.

Suicide is the leading cause of maternal death in the first postnatal year

Maternal mental health problems

Most people are aware of postnatal depression, or PND, but depression can also occur during pregnancy. Other perinatal mental illnesses include anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and eating disorders.

These illnesses can range from mild to severe and require specialist treatment as soon as possible. Some conditions may have existed before pregnancy and got worse during the perinatal period or shown up for the first time.

The most serious perinatal mental health problem is considered to be postpartum psychosis, and should be treated as a medical emergency if suspected.

Maternal Mental Health Awareness Week is a weeklong campaign dedicated to talking about mental illness while pregnant or after having a baby. The Perinatal Mental Health Partnership are dedicated to signposting to support for all mums and families and focus on advocating for those affected by Maternal Mental Health, to access the information and help they require to enable recovery.

Treatment and support

The good news is maternal mental health problems are really treatable. With the right care and support, it's possible to recover and enjoy being a parent.

You can gain further support or advice below

Association for Postnatal Illness <https://apni.org/>

Action on Postpartum Psychosis <https://www.app-network.org/>

Approachable Parenting <https://approachableparenting.org/>

What is maternal mental health?

Maternal mental health, also known as perinatal mental health, refers to a mother's overall emotional, social and mental well-being, both during and up to two years after giving birth. (maternal mental health alliance)

Watch the video to learn more.

<https://www.youtube.com/watch?v=m9OSN9APkUQ&t=3s>



What's going on in May



Picnic in Blackpools largest Park

Stanley Park, in the heart of Blackpool, is renowned for being one of the region's finest parks.

The 390-acre park is a landmark in Blackpool, offering a blend of architecture, horticulture and recreation.

Wander through the rose gardens to reach the art deco cafe, or wander the award-winning Blackpool Model Village and Gardens. You can also hire a boat to explore the expansive lake, or take a ride on the children's shuttle train.



Changing of the Guard - London

Changing the Guard is a formal ceremony in which the group of soldiers currently protecting Buckingham Palace are replaced by a new group of soldiers.

Changing of the Guard takes place every Monday, Wednesday, Friday and Sunday from 10.45am and lasts around 45 minutes, with the actual handover taking place at 11am.



Alnwick Castle - Northumberland

Explore the grounds and imagine you're part of Madame Hooch's flying lesson by joining the resident wizarding professors for broomstick training sessions on the very spot where Harry had his first lesson



What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: nationalcollege.com/guides/shopping-apps

Join our teaching sessions

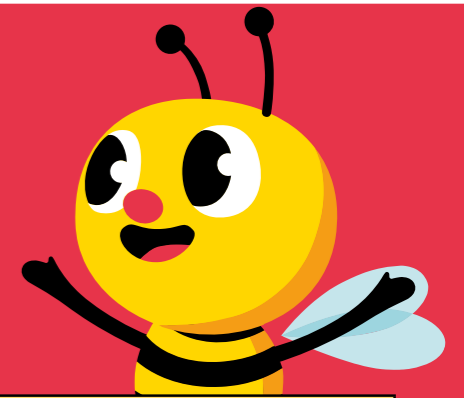
○ Early Years sessions

● Residential care sessions

● Management sessions

● Teaching Assistant sessions

● Adult Care sessions



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

