

# Learner NEWS

Hello, welcome to the October edition of our learner newsletter.

## *In this issue*

### **New Learner Support Group Forums**

### **A day in the life of a teaching assistant within a SEN school**

### **Carjacking- how to stay safe**

## **Thank you!**

Thank you to those of you who have shared suggestions on what you would like to see in future editions - we have had some great suggestions through!

Please continue to send in 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.



**DON'T FORGET**

## **The clocks go back on 29 October at 2am**

An easy way to remember which way the clocks change is to think of the seasons: in spring the clocks 'spring forward', while in autumn they 'fall back'. When do the clocks go back in 2023? In autumn 2023 the clocks will go back.



# Exciting News!

## Learner Support Forums

From October, we will be introducing Support Group Forums for all sectors. These will provide a sense of community and encourage peer-to-peer interaction.

Within the learner forums, you will be welcome to reflect on learning and share new skills you have developed, giving you the opportunity to expand upon and clarify your understanding of key themes, as well as to ask questions to both your peers and staff within Busy Bees Education and Training.

We hope to create an interactive space where you can share views and openly discuss the qualifications you are completing. Any issues encountered within groups should be raised, in writing, at the earliest opportunity to a member of the Busy Bees Education and Training team. You will need to sign an agreement that shows you agree that you would like to join the selected group/s and are aware that your full name and email may be accessible depending on your own Team's setting.

**If you would like to join, please complete a Consent Form - these can be located on Onefile - in the resource section - or directly from your DC. Once complete please send it over to your Development Coach or [gemma.green@busybees.com](mailto:gemma.green@busybees.com)**



# Did you know?

**The UK is a vast country, but no matter where you stay, you'll never be further than 115 km from the sea!**



# Why building confidence in learning can help you achieve

Confidence is not something we are born with, and a lack of confidence or low self-esteem can leave you doubting your ability to succeed, which may make you hesitant to engage in learning.

Studies have shown learners with higher confidence are more willing to learn and challenge themselves.



**You can read more about confidence building here**

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

## 1. Look at what you've already achieved

It's easy to lose confidence if you believe you haven't achieved anything. Make a list of all the things you're proud of in your life, whether it's getting a good mark on an exam or learning to surf. Keep the list close by and add to it whenever you do something you're proud of. When you're low in confidence, pull out the list and use it to remind yourself of all the awesome stuff you've done.

## 2. Think of things you're good at

Everyone has strengths and talents. What are yours? Recognising what you're good at, and trying to build on those things, will help you to build confidence in your own abilities.

## 3. Set some goals

Set some goals and set out the steps you need to take to achieve them. They don't have to be big goals. Just aim for some small achievements that you can tick off a list to help you gain confidence in your ability to get stuff done.

## 4. Talk yourself up

You're never going to feel confident if you have negative commentary running through your mind telling you that you're no good. Think about your self-talk and how that might be affecting your self-confidence. Treat yourself like you would your best friend and cheer yourself on.

Halloween is creeping up on us once again and whilst this can be a great time of year for many for some people in our communities. Halloween behaviour can leave them feeling intimidated and distressed, or they simply don't want to be visited by trick or treaters.

Read the guidance below - as shared by West Mercia Police to ensure a safe and Pleasant Halloween all round.

# HALLOWEEN



**It is important that people keep safe and below are some top tips to having a frightfully good time if out and about trick or treating**

- Plan your trick or treat route beforehand. Only go to houses where you or your friends know the residents.
- Always go in groups.
- Be cautious about eating what people give you when out trick or treating.
- Be visible, stay in areas that are well lit with streetlights where possible. Take a torch just in case.
- Don't wear masks that restrict your vision. You need to see when crossing roads.
- Don't enter any house when trick or treating, stay on the doorstep.
- Don't knock on doors where you see a 'No trick or treat callers' sign.
- Avoid using real candles in lanterns and pumpkins. Battery operated lights are safer.

**If you're concerned about staying safe on Halloween**

- Always put the door chain on and look out of the window or spy hole to see who's there before opening the door.
- Take particular care if there's more than one person on your doorstep.
- Only open the door if you feel safe to do so. If you're in any doubt or don't feel safe, don't - it's fine not to answer the door if you don't want to.
- If you're really worried, invite a friend or relative around and spend the evening together.

**To make Halloween comfortable for everyone...**

- Remember that some older people and other members of your community might not want to be disturbed. A good rule of thumb is to look for a pumpkin outside the house - that's a sign the house is happy to receive trick or treaters.
- Be mindful of noise late at night.
- Don't persistently ring someone's doorbell, knock on their door or return to their house later. If they don't answer, it's best to move on.

**TRICK OR TREAT**

If you would prefer not to have trick or treaters calling at your home this Halloween, you can download and print a "no callers" poster to display in your window. There are lots of free ones on line - including the one below from Kent Police [HERE](#)



## Halloween History

The origins of Halloween go all the way back to pagan festivals in England, and the other home countries. People believed that the spirits of the dead could come back to life and walk among the living. According to the laws in British History Halloween was also called 'All Hallows Eve'. Others used to call it the day before All Saints' Day, which was in fact observed on the 1st of November. During this time of year, they would dress up in costumes before venturing outdoors. Pagan folk surmised that wearing scary clothing would keep them safe. They believed that the spooky diversion would stop the spirits from harming them.



# Minimum Wage



The National Minimum Wage is the UK's pay floor designed to protect as many low-paid workers as possible without hurting jobs or the economy.

It is set annually based on recommendations from the Low Pay Commission: an independent body of employers, unions and experts.

## Who gets the minimum wage?

People classed as 'workers' must be at least school leaving age to get the National Minimum Wage. They must be 23 or over to get the National Living Wage.

## The current rates as of April 2023 are as follows:

<b>National Living Wage (23+)</b>	<b>£10.42</b>
<b>21-22 year olds rate</b>	<b>£10.18</b>
<b>18-20 year old rate</b>	<b>£7.49</b>
<b>16-17 year old rate</b>	<b>£5.28</b>
<b>Apprenticeship rate</b>	<b>£5.28</b>

Contracts for payments below the minimum wage are not legally binding. The worker is still entitled to the National Minimum Wage or National Living Wage.

Workers are also entitled to the correct minimum wage if they're:

- part-time casual labourers, for example someone hired for one day
- agency workers
- workers and homeworkers paid by the number of items they make
- apprentices
- trainees, workers on probation
- disabled workers
- agricultural workers
- foreign workers
- seafarers
- offshore worker

Apprentices are entitled to the apprentice rate if they're either: under 19 or 19 or over and in the first year of their apprenticeship. Apprentices over 19 who have completed the first year of their apprenticeship are entitled to the correct minimum wage for their age.

## You can find out more here

<https://www.gov.uk/national-minimum-wage/who-gets-the-minimum-wage>

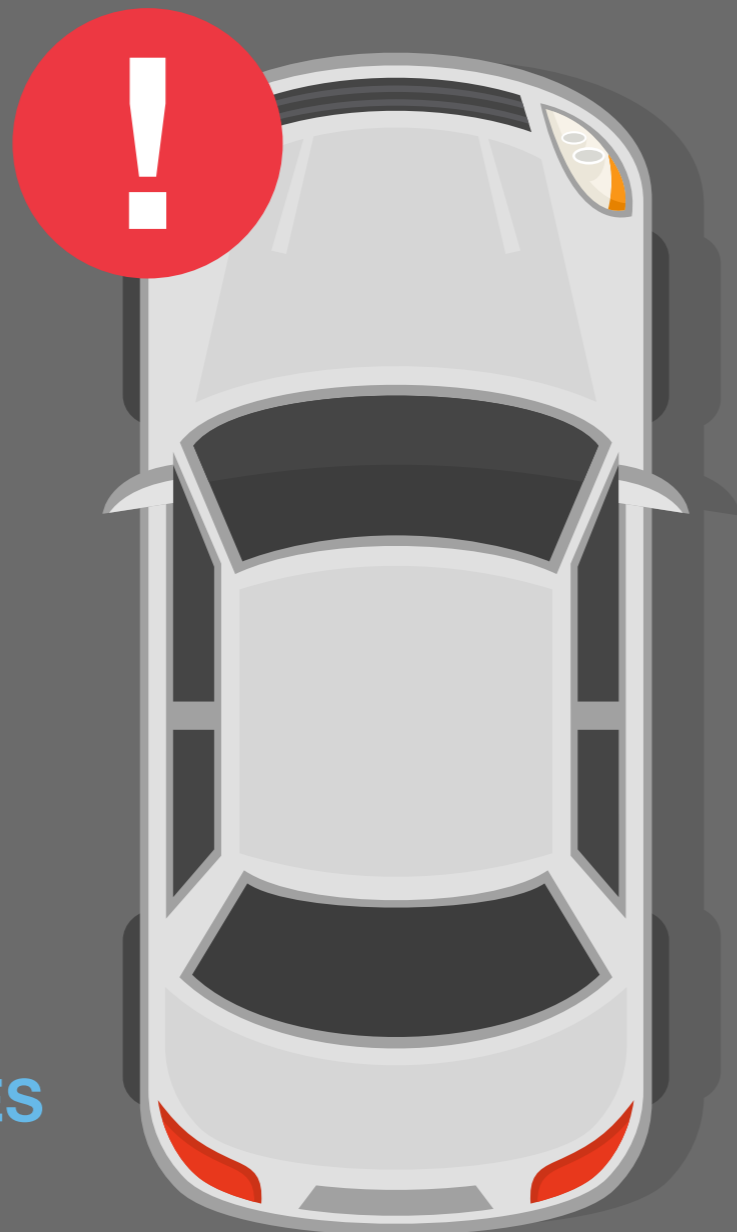
# Carjacking and keeping you safe when driving



**AS THE NIGHTS GET DARKER, WE WANT TO MAKE SURE YOU PROTECT YOURSELF AND YOUR VEHICLE FROM CRIMINALS.**

**CARJACKING IS WHEN SOMEONE STEALS A VEHICLE FROM ITS DRIVER BY FORCE OR INTIMIDATION.**

**NEVER LEAVE VALUABLES SUCH AS LAPTOPS AND PHONES IN YOUR VEHICLE**



## HERE ARE OUR TOP TIPS TO STOP YOUR CAR FROM BEING STOLEN:

- Have your car keys ready as you approach your car, as standing next to your vehicle searching in pockets or a handbag can make you a vulnerable target.
- Be aware of your surroundings as you approach your car - regardless of if it's on your drive, in a car park you use all the time or somewhere new.
- Be aware of suspicious activity in car parks and always have your keys ready when you get near your car.
- Lock your car as soon as you get in and keep it locked until you get out.
- Keep your doors locked whilst driving. If your car has a self-locking facility, a lot have these days, make sure it's active.
- If you don't want to keep your doors locked when driving, lock them if someone approaches your car or you feel uneasy when driving.
- Try to leave a sufficient gap between your vehicle and the car in front when stopped at traffic lights or in traffic (but not enough so another car can get between your vehicle and the one in front). This is so you can manoeuvre safely out of danger if needed.
- If your car's in a collision with another vehicle and you're suspicious of the driver's intention, if you can, drive to a well-lit and populated area and summon help.
- If you are in your car and someone approaches lock the doors. If they try to get in or you feel uneasy, beep the horn as this is a good way of drawing attention in an emergency.
- Do not open a window fully to speak to someone who approaches your vehicle, or unlock and open the door.
- Always take your car keys out of the vehicle if you are going into shops or a petrol station even if there's someone left in the car. Similarly, keep windows closed if possible.

## CARJACKING

- Be aware of suspicious activity in car parks and have your keys ready when you approach your car. Check the environment around you and look inside the vehicle.
- Park in a well-lit area or car park or if possible find a car park displaying the 'Park Mark' sign which shows it's been approved under the safer parking scheme.
- Lock your car as soon as you get inside.
- Keep your doors locked while driving. If your car has a self-locking facility - a lot have these days - make sure it's active.
- Try to leave a sufficient gap between your vehicle and the car in front when stopped at traffic lights or in traffic, but not so much another car can get between your vehicle and the one in front. This is so you can manoeuvre safely out of danger. (If you're approached by anyone suspicious on foot, being too close to the vehicle in front will prevent you from manoeuvring out of danger.)
- If your car's in collision with another vehicle and you're suspicious of the driver's intention, if you can, drive to a well-lit and populated area and summon help.
- Sounding the vehicles horn is a good way of drawing attention in an emergency.
- Do not open a window fully to speak to someone who approaches your vehicle, or unlock and open the door.
- Always take your car keys out of the vehicle if you are going into shops or a petrol station, even if someone is left in the car. Similarly, keep windows closed if possible.
- In an emergency dial 999.
- For further information visit here <https://www.west-midlands.police.uk/your-options/theft-motor-vehicle-0#prevention>

# BLACK HISTORY MONTH

**October is Black History month in the UK, an event that was founded to recognise and celebrate the contributions that black people have made to the UK over many generations.**

Black History Month is an opportunity to start conversations about race. Conversations about race are important to have, especially in with workplace as it supports an organisations anti-racism work and encourages two way dialogue and conversations about race.

This is important for building relationships, rapport and trust among colleagues.

**Why is Black History Month important?**

Find out more about Black History month here <https://www.blackhistorymonth.org.uk/>

For the entire month, a wide range of events are held across the country celebrating African and Caribbean cultures and histories, including everything from food festivals to music workshops, educational seminars and lectures.

You can find out what is going in your local area to support Black History month here: <https://www.blackhistorymonth.org.uk/listings/>



# A day in the life of a teaching assistant

*within a SEN school*

**I currently work as a teaching assistant within a special educational needs school, for Children aged 5 - 11**

## **Below is an overview of a typical day**

During the morning we start with outside/ inside Continuous provision. This changes weekly and gives children the chance to explore different activities. The children lead the activities and then throughout the week we build up their skills on favoured activities.

During this time, physio is being carried out on some children including daily stretches, putting on splints and transferring to different equipment (standing frames/class chairs).

After a busy morning, it is time for a snack. Snack time is held in groups of 3 children at each time, and this is a good opportunity for the children to work on communicating their wants/needs by using symbols and PECS. (Picture exchange communication system).

After snack time we change the children and transfer to or from standing frames. The children also make use of the outside area for some free play.

Lunchtime can be a busy time, some children are fed orally, whilst some children are fed via gastric or NG tubes, other children can eat independently.

The afternoon provides a good time for outside play or a great opportunity for us to get the floor mats out and lay the children on them whilst providing a range of sensory activities. Groups of children are rotated so they all get the opportunity to take part in the different activities.

As the afternoon comes to a close, we start to support the children in getting ready for home, by transferring them into home chairs and doing clothing changes where required. The day is then finished off with some fruit and a goodbye song, whilst busses and parents arrive.



**Have you ever wondered what next?**

## **Want to know more?**

Find out more on becoming a teaching assistant within a SEN school here:  
<https://nationalcareers.service.gov.uk/job-profiles/special-educational-needs-sen-teaching-assistant>

# Teaching and Learning sessions



Come and join our Quality Team members for informative sessions on a whole host of useful topics. Is there a topic you would like to know more about? Let your Development Coach know!

## SEND

Do you have questions about SEND? Gemma Green will be on hand on 6 November, 10-11am to help you answer them.



[Click HERE](#) to join this session

## CV Writing

Do you have a CV? Don't know how to create one? Join Kim Frost for handy hints and tips!



[Click HERE](#) to join 9 October, 2-2:30pm  
[Click HERE](#) to join 7 November, 12-12:30pm

## British Values

Join Michelle Date on the ?????????? 11am-12pm to discuss how British Values are embedded into our lives.



[Click HERE](#) to join this session

## Mental Health and Wellbeing

Katrina Jones will be here to talk with you about supporting your own Mental Health and Well-being.



[Click HERE](#) to join 20 October, 9:30-10:30am  
[Click HERE](#) to join 17 November, 9:30-10:30am

## Power Skills

Want to know more about Emotional Intelligence? Join Sheryll Thicke on 8 November, 11-11.30am, to hear all about it!



[Click HERE](#) to join this session

## Safeguarding

Our DSL, Emma Warren will be around with the latest Safeguarding updates.



[Click HERE](#) to join 9 October, 10-10:30am  
[Click HERE](#) to join 2 November, 10-10:30am

## Career Advice

Michelle Bird-Rolph will be here to answer your questions on your career pathway.



[Click HERE](#) to join 27 October, 10-11am  
[Click HERE](#) to join 24 November, 10-11am

## Residential

**Monday 2 October**  
19.00 - 21.00

Positive Outcomes for Children and Young People

**Tuesday 3 October**  
14.00 - 16.00

Legislation and Guidance

**Tuesday 10 October**  
11.00 - 12.30

Dynamics of a Team

**Monday 16 October**  
10.00 - 12.00

Professional Development

**Tuesday 16 October**  
10.00 - 11.30

Partnership Working

**Wednesday 18 October**  
10.00 - 12.00

Equality and Communication

## Management

**Thursday 18th October**  
09.30 - 12.00

Change Management

## Early Years

**Monday 2 October**  
09.30 - 11.30

Working in Partnership with others

**Wednesday 3 October**  
14.00 - 16.00

Health and Safety

**Thursday 4 October**  
10.30 - 12.30

Reflective Practitioner

**Wednesday 10 October**  
09.30 - 11.30

Development, Assessment Play and Pedagogy

**Thursday 12 October**  
14.00 - 15.30

Health wellbeing and Resilience

**Monday 16 October**  
09.30 - 11.30

Development, Assessment Play and Pedagogy

**Thursday 18 October**  
09.30 - 11.30

Health and Safety

**Friday 20 October**  
09.30 - 11.00

Working in Partnership with others

**09.30 - 11.00**  
Health wellbeing and Resilience

**Tuesday 24 October**  
09.30 - 11.00

Working in Partnership with others

**Wednesday 24 October**  
10.00 - 11.30

Equality Diversity and Inclusion





# Events not be missed in October

HAPPY DIWALI



## Festival of Light

To mark the start of Diwali, the Belgrave Road area of Leicester is bathed in twinkling lights, with a Festival of Light opening party on in late October.

All faiths and races join in with the festivities, with thousands coming along to see the light switch-on, and even more attending the culmination of cultural celebrations on Diwali Day.

Find out how to attend here <https://www.visitengland.com/experience/experience-leicesters-festival-light>



## Sample local delights at East Midlands Light Festival

Over 200 exhibitors and street food stalls showcase their produce at the festival, from the local, traditional Melton Mowbray Pork Pies and Stilton Cheese, to a range of stunning artisan cheeses, gold-infused bubbly, steamed puddings, chocolate kebabs, gourmet British game, locally-brewed ales and much more. With places to pause, eat and drink, the festival is the perfect day out for serious foodies and happy browsers.

Find out further information here <https://www.visitengland.com/experience/sample-local-delights-east-midlands-food-festival>



# Lace-up your boots and take part in the Dursleys Walking Festival



Immerse yourself in the beauty of the undiscovered south Cotswolds and take part in the annual Dursley Walking Festival, which takes place every October.