

# LEARNER NEWSLETTER

**Hello, welcome to the July edition of our learner newsletter.**

We would love to hear your ideas and suggestion of content you would like to be included in our future editions. Please scan the QR code to share your thoughts and ideas.

Share your thoughts and ideas!



## Attention Deficit Hyperactivity Disorder (ADHD)

**Is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.**

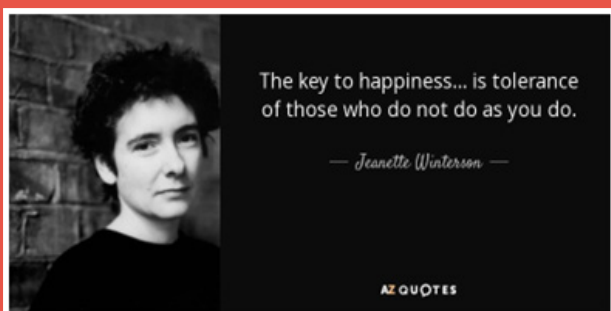
Most cases are diagnosed when children are under 12 years old, but sometimes it's diagnosed later in childhood.

Sometimes ADHD was not recognised when someone was a child, and they are diagnosed later as an adult.

The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience problems.

People with ADHD may also have additional problems, such as sleep and anxiety disorders.

(www.nhs.uk)



## British Values

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

Let's focus on Mutual Respect and Tolerance - what does this mean?

**"Mutual Respect** - This means treating others how you want to be treated, having respect for other people (even when they are different to you) and working together peacefully".

**Tolerance** - This involves learning about other people and their religions, cultures and backgrounds. We have to listen to other people's viewpoints and learn about diversity".

(leedscollege.com)

Watch the below video

<https://youtu.be/mTsvSAItPqA>

Remember OTJ!



"Imagine what 7 billion humans could accomplish"



### Early Years Development Coach

## Laura Scott

My journey in childcare started in May 2008 when I joined early years setting as an Apprentice Nursery Nurse (that's what we were called back then). While carrying out my apprenticeship I helped support every age group within the nursery, and this helped me develop as a practitioner gaining experience in the different age groups within the nursery. Although working full time, completing coursework, and turning 18, finding that balance was tricky sometimes. However, I was determined to succeed, being given more responsibility, and getting recognition throughout my time at the nursery kept me going. I went on to gain my level 2 diploma in 2009, and from there I was given the opportunity to cover at a Treetops sister nursery in Ashbourne (now both Busy Bees) where I developed leadership skills of overseeing my little room and children. This fuelled my fire even more. I went on to complete my level 3 in childcare and gained this in 2010. With this came more responsibility. I worked closely with the nursery SENCO, Deputy Manager, and Manager and became the lead level 3 in the toddler room.

I soon realised that I wanted more, more responsibility and career progression. I left Treetops in 2012 and joined a brand-new nursery opening in Derby. I was employed as a senior practitioner working alongside a room manager supporting running a very busy nursery room. Throughout my nine years at this nursery, I gained further qualifications in team leading level 2 and management level 3 allowing me to develop those leadership skills further. I was also lucky to take on the SENCO role, supporting children with additional needs on a one-to-one basis and becoming a safeguarding champion for the city.

My management qualifications opened further opportunities within the nursery, and I went on to become a Room Manager of the toddler room, to the Deputy Manager of the nursery finally becoming the Nursery Manager in 2016 where I successfully ran the nursery for five years (other roles also included cook, cleaner and agony aunt).

**You can find further information about becoming a development coach here**

<https://nationalcareers.service.gov.uk/job-profiles/qcf-assessor#:~:text=You%20could%20do%20a%20Learning,up%2Dto%2Ddate%20experience.>

During lockdown in 2020 I took the time to reflect on what I wanted out of my career and typical me constantly pushing for more I decided to train as an Assessor and completed my CAVA award, allowing me to assess and support practitioners with their childcare qualification. I achieved this qualification in 2021, and in September 2021 I was hired as an Early Years Assessment Coordinator for a training provider. I briefly went back to managing nurseries before joining Busy Bees Education and Training in January 2023. But that just shows the flexibility your experience and qualifications gained allows.

What I am trying to get at if you took the time to read my waffle is.....

The possibilities are endless, it may feel like hard work now, but trust the process, once you have that qualification and those certificates to be proud of, it opens so many pathways in your career.

*Have you ever wondered*  
**WHAT NEXT?**

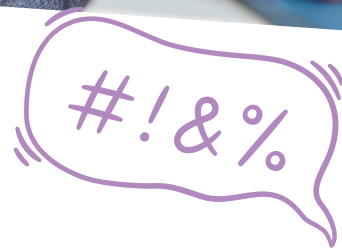


# Peer on Peer/Child on Child Abuse

Peer-on-peer child abuse is a term used to describe children abusing other children.

Peer-on-peer child abuse can include:

- bullying (including online bullying and bullying because of someone's race, religion, sexuality, disability or trans status)
- abuse by your girlfriend, boyfriend or partner
- physical abuse
- sexual violence, such as rape and sexual assault
- sexual harassment
- sharing naked or semi-naked photos or videos without permission
- upskirting
- initiation/hazing type violence and rituals to harass, abuse and humiliate
- emotional abuse/Emotional abuse
- coercive control.



# Sexual Violence and Harrassment

Sexual harassment is a type of sexual violence- the phrase used to describe any sexual activity or act that happened without consent. Other types of sexual violence include rape and sexual assault.

Victims and survivors of sexual harassment are often told that they are being 'unreasonable' or 'too sensitive', or that they 'can't take a joke'.

### You can learn more here

<https://rapecrisis.org.uk/get-informed/types-of-sexual-violence/what-is-sexual-harassment/>

If you feel you have been or are in danger of sexual harassment or violence, please speak with someone you trust who can offer support and guidance. Always dial 999 if you feel you are in immediate danger.

### Help and support is available!

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

<https://rapecrisis.org.uk/>

**Sexual harassment is never funny and should not be happening.**

It can often make victims and survivors feel upset, scared, humiliated or unsafe. For some, it can have a serious impact on their physical and mental health and affect their quality of life.

Sexual harassment can happen anywhere and take many forms.

Everyone responds differently to sexual harassment and other forms of sexual violence - so however someone feels is a valid response.



**ENOUGH!**

Find out how you can be part of the change at [gov.uk/enough](https://gov.uk/enough)



# What's upcoming for July

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! Look out for more interesting topics coming up in August!

## SEND

Do you have questions about SEND? Gemma Green will be on hand on 17/7/23, 10.30-11.30 to help you answer them.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NGViZDYzMGQtNDczY00Y2RhlThkNmUtNTUON2FhNTEkNTc0%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%2206119d51-6a59-4aa5-9f47-fee7e90ad78d%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NGViZDYzMGQtNDczY00Y2RhlThkNmUtNTUON2FhNTEkNTc0%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%2206119d51-6a59-4aa5-9f47-fee7e90ad78d%22%7d)



## British Values

Join Michelle Date on the 28/7/23, 9.30 till 10.30, to discuss how British Values are embedded into our lives.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YjFIMDY3OGYtN2VjOC00YmE1LWlzMdItMDQ2Y2VhYzNiODcy%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22886ad695-6981-41d2-8181-125926a35cdf%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjFIMDY3OGYtN2VjOC00YmE1LWlzMdItMDQ2Y2VhYzNiODcy%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22886ad695-6981-41d2-8181-125926a35cdf%22%7d)



## Power Skills

Want to know more about Emotional Intelligence? Join Sheryl Thicke on 4/7/23, 10-10.30, to hear all about it!

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_ODhhMTQyNjAtZTU4OC00MGRKLTlINzEtENGNiMDYzTBI2Rj@thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22f93b5b7c-d635-4922-b838-f2e4a0a0eb32%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ODhhMTQyNjAtZTU4OC00MGRKLTlINzEtENGNiMDYzTBI2Rj@thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22f93b5b7c-d635-4922-b838-f2e4a0a0eb32%22%7d)



## CV Writing

Do you have a CV? Don't know how to create one? Join Kim Frost on 13/7/23, 10-10.30 for handy hints and tips!

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YmVhMjBiNjEtOWMjNS00MTg0LWVhZnZlU2U2NTA2MzGxMjRkOWEw%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22bd493dee-9aec-4d29-b93d-1652bcea8afa%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YmVhMjBiNjEtOWMjNS00MTg0LWVhZnZlU2U2NTA2MzGxMjRkOWEw%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22bd493dee-9aec-4d29-b93d-1652bcea8afa%22%7d)



## Career Advice

Michelle Bird-Rolph will be here on 20/7/23, 11am till 12 pm, to answer your questions on your career pathway.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NDRiMGQyYTMtNWY5ZC00YWM4LWE2ZDEtODVjZGU0YzQzODBm%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22f2f27885e-2fbb-4bbd-8835-bd9dd35ef123%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDRiMGQyYTMtNWY5ZC00YWM4LWE2ZDEtODVjZGU0YzQzODBm%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22f2f27885e-2fbb-4bbd-8835-bd9dd35ef123%22%7d)



## Mental Health and Wellbeing

Katrina Jones will be here on 28/7/23, 9.30-10.30, to talk with you about supporting your own Mental Health and Well-being.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_ZjQ2OWRlYzQzZjY0MDZlLWlWZjZlQmMjYzZDZDY5NDYy@thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22eac0556b-9172-4d36-817b-0303120f9706%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZjQ2OWRlYzQzZjY0MDZlLWlWZjZlQmMjYzZDZDY5NDYy@thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%22eac0556b-9172-4d36-817b-0303120f9706%22%7d)



## Safeguarding

Our DSL Emma Warren will be around on 26/7/23, 11.30-12, with the latest Safeguarding updates.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MDcyYmFhODMtZDM2Y00M2E0LTjNTEtODVjNjc2Y2EgNjQz%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%227bd3ab1e-bc4a-4380-8d73-41ed7e0cb595%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDcyYmFhODMtZDM2Y00M2E0LTjNTEtODVjNjc2Y2EgNjQz%40thread.v2/0?context=%7b%22id%22%3a%221202f035-af60-41fd-b29a-c634a4e7e416%22%2c%22oid%22%3a%227bd3ab1e-bc4a-4380-8d73-41ed7e0cb595%22%7d)



# JULY

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23/30 24/31 25 26

# Did you know?



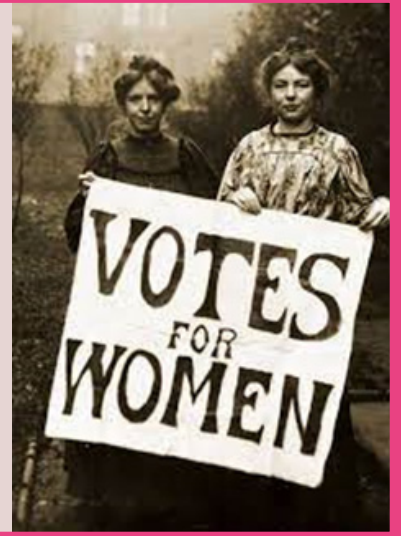
Most people refer to the clock tower next to the Houses of Parliament as Big Ben. However, that is only the name of the 13-tonne bell inside. The actual tower is known as St. Stephen's Tower

It was July 2nd, 1982 that Equal voting rights were granted to Women in Britain!

([www.parliament.uk](http://www.parliament.uk))

You can learn all about Women's fight for the vote and see other key dates here

<https://www.parliament.uk/about/living-heritage/transformingsociety/electionsvoting/womenvote/>



## Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you to feel more positive and able to get the most of out life

- 1) Connect with other people
- 2) Be physically active
- 3) Learn new skills
- 4) Give to others
- 5) Pay attention to the present moment (mindfulness)

**You can learn more about the 5 steps to health and well-being here**

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## July 17th World Day for International Justice

The Day of International Criminal Justice is celebrated on July 17th. Its purpose is to honor individuals working and advocating for the basic human rights of those who felt victim or were affected by illegal actions. People come together worldwide, hosting events supporting the international criminal justice community.



**FREE!**

## Places to visit within the uk

There is a whole host of free things to do and see, and beautiful place to visit and explore in England, why not see what is going on in your local area over the coming summer months.

Visit - Visit England below to find out more

<https://www.visitengland.com/things-to-do/free>

