

LEARNER NEWSLETTER

JUNE 2022

JUST "THANK YOU!"

What a two years it has been! It has been relentless for everyone! COVID, cost of living crisis, war let alone the battles we can all face day to day.

This country is founded on fundamental British Values:

- Individual liberty
- Mutual respect
- The rule of law
- Democracy
- Tolerance

With the Queens Jubilee we saw this on display. We saw a Queen, with failing health demonstrate the freedoms we cherish! We pay tribute to her, for her service and sacrifice to the country.

However, the foundation of this country is the front-line workers who enable and allow us to practice many of these British Values.

Despite short term lockdowns and restrictions, we were given longer term freedoms. However, throughout the last few years we pay special tribute to front line workers, and colleagues who just didn't stop.

To the NHS, care workers, registered managers, delivery drivers, warehouse operators, and support workers, etc, we pay special tribute and thanks. In dire circumstances you sacrificed and risked everything for the safety, welfare and security of us all.

We say "thank you!"



Thank you for demonstrating your British Values, thank you for protecting our British Values, and thank you for all the personal risk and/or loss you may or may not have suffered.

As with last month's message, one of the Directors of Achieving Excellence had to rely on the NHS, spending time on wards and in Acute Intensive Care Unit. He witnessed the hard work, even trauma the staff frequently faced. The level of care, support and concern was a different level. As it is with care workers to young and old, you give something far more than you will ever be compensated! You are special!

A clap for the NHS was warranted but was only a small gesture to thank the lives of those who protect the lives of others.

Thank you!

All your friends, family and colleagues at Achieving Excellence UK Ltd

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PREVENT – ARMED FORCES DAY – 25TH JUNE

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets.

In 2022, there were over 148 thousand personnel serving in the British Armed Forces, this includes the Army, Royal Air force, Royal Marines and Navy.

Being in the armed forces often means being posted away from home for long periods of time to protect and serve the United Kingdom and this can have an impact on families of those serving, including children. There are charities such as <https://www.littletroopers.net/> set up to support children whose parents are serving in the armed forces.

We join together on the 25th June to show our support for what our armed forces do and how they protect individuals within the UK, do to this in your work place you could hold your own event or join one of the events that are being held across the country

<https://www.armedforcesday.org.uk/get-involved/>

During the Covid 19 pandemic we saw our armed forces redeployed to help and support those who were struggling during the pandemic by offering help with taking supplies to those in need and continuing to serve the country in particularly testing times, so, we thank those who have done so.



BRITISH VALUES – QUEENS JUBILEE



This year in June, the UK has celebrated the monumental event of the Queens 70th Jubilee, this marked 70 years since Queen Elizabeth took to the throne.

Queen Elizabeth II was 27 years old when she became our queen in 1953 after the passing of her father King George. Queen Elizabeth is currently the 3rd longest reigning monarch, after Louis XIV of France and Bhumibol Adulyadej of Thailand.

Celebrations of the jubilee were held across the commonwealth to commemorate how long the queen has been in state, including street parties, and an event at Windsor Castle.

The Queen acts as a focus for national identity, unity and pride; gives a sense of stability and continuity; officially recognises success and excellence; and supports the ideal of voluntary service. The Queen has power over parliament, and this includes giving speeches to the house of lords and commons which are where our government reside and make influential decisions on behalf of the Commonwealth.

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HEALTH AND WELL-BEING – HEALTHY EATING WEEK 13-17TH JUNE

[The Health Survey for England 2019](#) estimates that 28.0% of adults in England are obese and a further 36.2% are overweight but not obese.

Obesity is usually defined as having a body mass index (BMI) of 30 or above. BMI between 25 and 30 is classified as 'overweight'.

This can lead to long term health implications, a shorter life expectancy and an unhealthy lifestyle. Perhaps more worryingly, 14.4% of reception age children (age 4-5) are obese, with a further 13.3% overweight. At age 10-11 (year 6), 25.5% are obese and 15.4% overweight. [National Child Measurement Programme](#).

The message for the Week this year is, *Eat well for you and the planet!* Each day of the Week will have a different theme:

Monday: Focus on fibre - for meals and snacks
Tuesday: Get at least 5 A DAY - put plenty on your plate
Wednesday: Vary your protein - be more creative
Thursday: Stay hydrated - fill up from the tap
Friday: Reduce food waste - know your portions

What can you do to help healthy eating in your workplace?

Do you offer a variety of healthy foods at lunch time if meals are available on site? If you have vending machines at work, do they have healthy alternatives?

If you work with children, do you promote healthy eating to both the child and their parents?

Additional information:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://commonslibrary.parliament.uk/research-briefings/sn03336/>

<https://www.nutrition.org.uk/healthy-eating-week/>

SAFEGUARDING – INTERNATIONAL DAY IN SUPPORT OF VICTIMS OF TORTURE 26TH JUNE

The UN International Day in Support of Victims of Torture on 26 June marks the moment in 1987 when the UN Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, one of the key instruments in fighting torture, came into effect.

"The term 'torture' means any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession." — Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment (1984, art. 1, para.1)

Unfortunately, in the world many people are still subjected to torture and the International Day of Support is to help those who have been victims of torture and raise awareness of what torture is and how this is illegal within the United Nations.

How can you help?

Educate and train staff and others about torture, what it is and the impact of torture on individuals.

What to do if you suspect someone is being tortured?

As torture is illegal you can report any concerns to the police on 999, and as always, our safeguarding team are here to help if you have any concerns.

Additional information:

<https://www.un.org/en/observances/torture-victims-day>

<https://www.amnesty.org/en/what-we-do/torture/>

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EQUALITY AND DIVERSITY – DEAF AWARENESS WEEK



Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in

the month of June to honour the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States and this also changed the Gay Liberation Movement across the world.

In 1969 the Stonewall Inn was a popular gay bar in New York City and at the time it was illegal to serve alcohol to a gay person and homosexuality was considered a criminal offense. During the early hours of the morning police raided the bar and arrested several punters due to their sexuality and that they were cross dressing, as a result of the raid a protest started and continued for a week, this led to the first pride march being held on June 28th 1970. Although in the United States homosexuality was legalised in some states in 1962, it took until 2003 for Texas for decriminalise homosexual relations. And in 2009, President Barack Obama signed into law a new hate crime act.

LGBTQ is celebrated in the UK in July, with the pride march in London being held on 2nd July 2022.

Within Equality and diversity, it is illegal to discriminate against individuals for the protected characteristics and this includes sexuality, if you feel that you have been discriminated against due to your sexuality at work or during your learning programme please speak to your trainer or the safeguarding team at Achieving Excellence.

SAFEGUARDING YOU!

Safeguarding is about preventing or protecting those who may be or are about to be abused or neglected physically, verbally, sexually, financially or emotionally. This can include domestic violence, discriminatory abuse, radicalisation, modern slavery, neglect, or financial abuse, etc. It can be at home, in the workplace, in the community or online. For more information, please speak with your tutor or a Designated Safeguarding Officer.

If you are worried about the way another person is treating you or someone else you can talk to your employer, family, Doctors, local safeguarding teams, or your tutor. You can call, text, or email.

Equally, you can privately contact an apprenticeship Designated Safeguarding Officer at Achieving Excellence UK Ltd via:

safeguarding@achievingexcellenceukltd.com

Richard Shuttleworth, 07792655931 (Designated Safeguarding Officer)

Charlotte Parman, 07854887817 (Safeguarding Lead)

Janice Oliver, 07956288049 (Deputy Safeguarding Officer)

Rachel Olowoporoku, 07593317212 (Deputy Safeguarding Officer)

OTHER IMPORTANT NOTES

- Maths or English Functional Skills Surgery, 29th June. Ask your tutor for ZOOM details.
- Work with your employer and tutor to ensure you are planning sufficient off the job teaching and learning, and assessment!
- Ensure you and your employer attend your 12 weekly Learning Reviews!
- Ask your tutor for Information, Advice and Guidance about your education and career!