

# LEARNER NEWSLETTER

APRIL – MAY 2022

## WHAT AM I 'YET?'

In December 2021 I expressed to my wife the desire to have a break. It had been a long stormy winter, and I just needed to get away. I spent two years following COVID rules and staying on top of vaccinations. On Christmas Eve I tested positive! I managed to crawl out of bed to enjoy Christmas morning with the kids but had to return to bed. A few days later I was hospitalised before entering ICU for over a week. I narrowly avoided incubation, but COVID caused significant blood clots on my lungs. Virtually recovered now, it certainly wasn't the break I'd hoped for!

The power of 'yet' came to mind whilst at my worst. 'Not yet!' Desperately, I did not want to leave my family, and I was lifted by mass outpouring of family, friends and colleagues. Early on I decided, not yet! Alongside this, I was lucky that after two years' experience, medical professionals knew how to support me. They were absolutely incredible! I had to 'flip my thinking' though... laying helpless in ICU was not enough. I changed. I got up, sat up, and with nursing staff I got ready for each day. I defied Doctors orders, and I helped fight the virus. With little effort from me, I miraculously started to improve!

As we think about having a growth vs. fixed mindset, we need to understand what opportunities we are faced with. We need to understand how to achieve those opportunities, and how to work towards them!

Within your apprenticeship and throughout your career, have you a fixed or growth mindset? Are you open minded, and considering what 'yet' can be achieved? Are you learning from mistakes or errors? Here are some examples:

Fixed Mindset	Growth Mindset
I have little or no time for my apprenticeship	With my tutor and line manager, how can I prioritise time for my apprenticeship during working hours?
I cannot possibly obtain a distinction?	What is End Point Assessment, and how can I work towards distinction?
I don't know what's next?	What progression opportunities for my career or education are there?

Having a growth mindset is about finding opportunity from weakness, mistakes, or simple everyday life. It's about flipping the way we think to accentuate the positive, and it's about 'yet!'

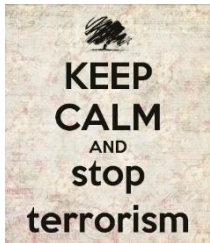
We hope your apprenticeship journey is offering you growth and opportunity. Work with your employer and tutor to agree the best options for success!

Rick Shuttleworth  
Director

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## PREVENT – WHAT ARE YOUR RESPONSIBILITIES?



Prevent is about safeguarding individuals from being drawn into terrorism, ensuring those vulnerable to extremist and terrorist narratives are given appropriate advice and support at an early stage. Prevent is no

different to any other form of safeguarding from harm.

<https://education.gov.scot/improvement/learning-resources/safeguarding-prevent-in-education/>

### What does this mean to you?

Prevent is everyone's responsibility, regardless of the sector that you work in, we are all responsible for prevent and safeguarding each and every person we come into contact with.

If any you have concerns about anyone's behaviour in regard to Prevent, it is your legal duty to report this. You can do this on this website: <https://www.gov.uk/report-terrorism> You can also report articles, images, speeches or videos and websites that are made by extremist organisations.

### Signs of extremist behaviour:

- Isolating themselves away from family and friends
- Talking as if it from a scripted speech
- Unwillingness or inability to discuss their views
- A sudden disrespectful attitude towards others
- Increased levels of anger
- Increased secretiveness, especially around internet use
- Change in behaviour towards others

## BRITISH VALUES – WORLD PRESS FREEDOM DAY (3<sup>RD</sup> MAY)

The world press Freedom Day is to remind governments that the press should have the right to publish stories that are in the best interests of the public and share information.

World Press Freedom Day also is a day of remembrance for those journalists who lost their lives in pursuit of a story. This could be journalists who are in countries that are at war or who have been killed as a result of their job such as Jill Dando.

### What does this mean to you?

Within the UK we live in a country that celebrates freedom of speech and democracy, this includes within the press, we have newspapers and press releases that are well known to support political bias and this, as part of world press freedom, is their right to do so but it is up to the individual reading the press release to make their own judgements and decisions as to what they feel is correct.

This does not mean that the press can breach the Public Order Act 1986 which prohibits expressions of hatred.



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## HEALTH AND WELL-BEING – MENTAL HEALTH AWARENESS MONTH



May celebrates mental health awareness, this year's focus is on loneliness, as we saw with Covid 19 loneliness can have a major impact on our mental health.

According to Mind statistics show that 8 in 100 people have mixed anxiety and depression, 6 in 100 people have generalised anxiety disorder, 4 in 100 people have post-traumatic stress disorder, 3 in 100 people have depression, 2 in 100 people have phobias and 1 in 100 people have OCD.

It is important that you look after your mental health, this can include eating a healthy diet, taking part in exercise, meditation, reading, and enjoying leisure activities.

What can you do in the workplace?

Companies such as Google and Lego have invested in their employee's mental health by encouraging time away from the desk, having mental health and wellbeing support within the office and ensuring that staff feel valued and supported.

Taking time out to talk to others about mental health can not only support staff but also reduce the stigma surrounding mental health and make it less of a taboo subject to be talked about.

If you have any concerns about your welfare, wellbeing or mental health please do talk to your tutor or reach out to the safeguarding team.

## SAFEGUARDING – NATIONAL CHILDREN'S DAY 15<sup>TH</sup> MAY

National Children's Day UK is about the importance of a healthy childhood and how we need to protect the rights and freedoms of children and young people. In 2022, National Children's Day will be focusing on how to create a kinder world, what makes people unkind and how everyone can choose to be kind.

In the UK there are 3.78 million children aged 0 – 4 years old, they have the right to be happy, healthy and cared for. The UN rights for the child (1992) outlined what rights children have including the right to relax and play and the freedom of expression, children also have the right to an education and be free from violence.

This year celebrating a kinder world can be applicable to children and adults, what can we do to make sure that children are growing up in a kinder environment and feel valued throughout their lives?

### What does this mean to you?

We are working towards a country that is kinder, more supportive and children can feel valued and included. What can you do to achieve this? If your work setting supports children, how can you do this? If it doesn't, what support can you offer your staff members who have children to include and value their children.

Safeguarding children is everyone's responsibility and should be taken seriously so that children are kept safe from harm or abuse.

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## EQUALITY AND DIVERSITY – DEAF AWARENESS WEEK

Deaf Awareness Week is taking place from **2 to 8 May 2022**.



There are currently 11 million people in the UK that are deaf or hard of hearing, 151,000 people use BSL (British Sign Language) and people who are deaf or hard of hearing are 50% more likely to have poor mental health.

It is important to include those who are hard of hearing or deaf into as many daily activities as possible and it is the responsibility of an employer to make reasonable adjustments to make their employment inclusive.

There are different types of communication that can support those who are hard of hearing or deaf such as British Sign Language, Makaton and PICS which is a pictorial communication method that can be used.

Additional information:

<https://www.ndcs.org.uk/deaf-awareness-week/>

<https://www.signature.org.uk/deaf-awareness-week/>

## 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](mailto: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, 25<sup>th</sup> May. 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!