

LEARNER NEWSLETTER

March 2024

KEEP SCROLLING FOR HOT TOPICS TO CHAT THROUGH WITH YOUR TUTOR!

JUST DO IT!

We think most of you will have seen this slogan:



In the 1980's Nike created this slogan based on a prisoner about to be executed for murder. Some would argue its not a great origin, but the statement and brand are instantly recognisable throughout the World.

We want you to think about what this means for you personally, and in what context. We want you to think about your role and apprenticeship programme in particular.

In Nike's top 10 most lucratively sponsored sport stars are Cristiano Ronaldo (football), LeBron James (basketball) or Naomi Osaka (Tennis).

As a headline what we take from this slogan is it's about being elite. Being the best we can be, within our sphere.

Within your apprenticeships we want to remind you to have PRIDE, like we do during your enrolment.

- Professionalism
- Respect
- Integrity
- Determination
- Empathy

We believe these are key attributes that help make us elite, if even closer to distinction levels!

Please evaluate where you are against PRIDE. Consider the impact you have in your role. Consider the impact of your programme on you. Consider how to strengthen all of these things!

Here are Achieving Excellence we want all apprentices, staff and associates to PRIDEfully 'Just Do it.'

To help with this with immediate effect we have introduced this very simple scale. The intention is to visibly agree and understand your approach to your apprenticeship. This may be your attendance, attitude, behaviours and/or quality of assessment, etc.

Enough

- Best chance of learning, competence improvement and fluency

Just Enough

- They might gain sufficient, and might recall some of it

Not Enough

- Level of attendance, learning and competence is not sufficient. It is preventing them from gaining substantial knowledge.

Practically, we cannot do 'more' than enough, but we must work together to ensure we are doing enough! 'JUST DO IT!'

Mike Austin
Rick Shuttleworth

LEARNER NEWSLETTER

March 2024

KEEP SCROLLING FOR HOT TOPICS TO CHAT THROUGH WITH YOUR TUTOR!

PERSONAL DEVELOPMENT – SELF ESTEEM

Some studies suggest that what we eat, and drink can affect how we feel. But it can be difficult to know what to eat, especially when healthier foods can be more expensive. And it can be hard to think about our diet when we're struggling with our mental wellbeing.

Eating problems

If thinking about what and when to eat feels like it's taking over your life, this could be an eating problem. Eating problems can be about difficult experiences and painful feelings, as well as food.

See our pages on eating problems for more information, including ways to get help and tips for how to cope.

How can food and drink affect how I feel?

We all react differently to the things in our diet. But there are some foods and drinks that may affect how we feel, in different ways. This section talks about food and drink that might affect how you feel and has some ideas for how to manage this.

These tips may help some of us think about what to eat and drink. But they are only a guide. Some of us may find them less helpful or achievable, especially when we're feeling unwell – and that's ok.

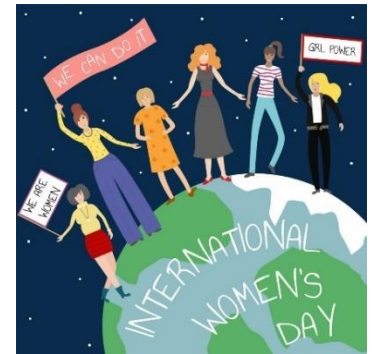
Our section on how to manage your diet when you feel unwell has some tips that might also help.

Read here for more information:

[Food and mental health - Mind](#)

EQUALITY AND DIVERSITY – INTERNATIONAL WOMEN'S DAY

The theme for International Women's Day, 8 March, 2024 is, "Gender equality today for an inclusive society", recognising the 'women's achievement. Raise awareness about discrimination. Take action to drive gender parity.'



There are many powerful women in society who have made amazing changes from Emmeline Pankhurst (1858 – 1928) who was fundamental in the suffragette movement to Greta Thunberg who has been campaigning for environmental issues and many in between.

When celebrating International Women's Day, it is not just celebrating famous women, it can be celebrating and appreciating any woman in your life, your mum, sister, daughter, female colleague. It can be just saying that you are thankful for that woman for being in your life.

International Women's Day has been celebrated since 1908 in accordance with a declaration by the Socialist Party of America. By 1910 over 17 countries celebrated International Women's Day, in 2021 over 100 countries were in celebration of International Women's Day.

What does this mean to you?

How can you celebrate International Women's Day?
Who are influential women in your life?

<https://www.internationalwomensday.com/Activity/15586/The-history-of-IWD>

LEARNER NEWSLETTER

March 2024

KEEP SCROLLING FOR HOT TOPICS TO CHAT THROUGH WITH YOUR TUTOR!

PREVENT – RUN, HIDE, TELL

Run, hide, tell was implemented by the National Counter Terrorism Security office in 2015 as advice for the public on steps they can take to keep themselves safe in the rare event of a firearms or weapons attack.

Although firearms and weapons attacks are rare it is important that we all know what to do if there are any incidents.

Run – Escape if you can, consider the safest options, is there a safe route? Run if not hide, can you get there without exposing yourself to greater danger? Insist others leave with you and leave belongings behind

Hide – If you cannot run then hide, find cover from gunfire, if you can see the attacker, they may be able to see you. Cover from view does not mean you are safe. Find cover from gunfire behind substantial brickwork/heavy reinforced walls, be aware of your exits, try not to get trapped, be quiet – including your phone, lock/barricade yourself in, move away from any doors.

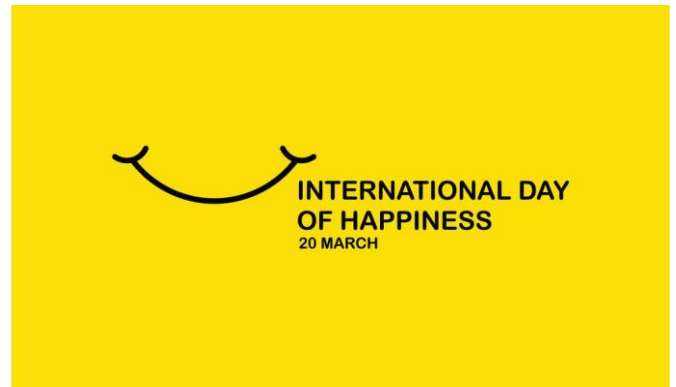
Tell – Call 999 and report what you have seen, if you cannot speak then listen to the instructions that the call taker gives you.

What does this mean to you?

Luckily, most of us will never experience a firearms or weapons attack directly but it is important that we know what to do and how to keep ourselves as safe as possible in this eventuality. Do you know what you would do?



BRITISH VALUES – HAPPINESS



International happiness day is about supporting our own happiness and that of others, after an extremely difficult few years with the Covid pandemic and now the war in the Ukraine we can sometimes find it difficult to see happiness around us.

There are three simple ways that you can celebrate International Day of Happiness:

Do something for your own happiness – make time to do something you really enjoy, get moving outside, learn something new or write down three things you are grateful for.

Do something for someone else – donate to a food bank or charity, text or call someone to tell them what you appreciate about them, volunteer in your local community.

Share the International Day of Happiness with others and help people to get involved in the day to share each other's happiness.

What can you do?

Celebrate International Day of Happiness at work, how can you promote this in your workplace?

Think about simple things such as smiling at someone or saying good morning to others.

LEARNER NEWSLETTER

March 2024

KEEP SCROLLING FOR HOT TOPICS TO CHAT THROUGH WITH YOUR TUTOR!

SAFEGUARDING – GASLIGHTING

Gaslighting is a term that refers to trying to convince someone that they're wrong about something even when they aren't. Although we may all be guilty of gaslighting at times – refusing to listen to others even if they are in the right, it's mostly harmless but in extreme cases it can be a form of abuse.

If someone is gaslighting another person repeatedly it can have a detrimental impact on their wellbeing and confidence, leading them to think that they are constantly in the wrong or that their opinions do not matter.

Gaslighting can happen in an individual's personal or professional life over a short amount of time or over years, it could be small things such as 'I always cook the dinner, why don't you do it?' or at work saying that someone is doing something wrong even though they are achieving the correct outcomes.

Sometimes, the person doing the gaslighting does not know they're doing it, and it is about their own insecurities and a power struggle.

If you are being gaslighted it can be important to address the following:

-Is the behaviour intentional or not?

-Look at the situation from the outside, this will allow you to see the situation more clearly and in a less emotional way.

-Try to understand; is what they are doing out of a desire to control you, or because they struggle with the idea of not being in control themselves.

It is important that you find a different way of communication with the individual who is gaslighting if you want to continue talking to them. There is help and support available from ACAS if it is within a work environment or Relate if it is within a personal relationship.

What does this mean to you?

Who can you talk to if you think that someone is gaslighting you? What can you do if you hear a conversation where someone is gaslighting?

HEALTH AND WELL-BEING – OVARIAN CANCER AWARENESS

7,300 women in the UK will get diagnosed with ovarian cancer each year and 1 in 52 women will have a diagnosis. However, 90% of these cases are curable.

Common symptoms of ovarian cancer include:

- Bloating, increased abdominal size or persistent bloating.
- Eating complications, difficulty eating or feeling full quickly
- Pain, in pelvic and/or abdominal areas
- Urinary Symptoms, urgent or frequent urination.

Occasionally there can be other symptoms such as:

- Changes in bowel habits
- Abnormal bleeding
- Extreme fatigue
- Unexplained weight loss

The risk factors that increase chance of ovarian cancer are;

Age – the risk increases for women aged 50 – 79

Family history – The risk is higher if the family has a history of ovarian, breast, endometrial or colorectal cancer

Ethnicity – Jewish women of Eastern European background have a higher risk

Genetic mutations – having the BRCA gene mutation

Reproductive history – the risk is higher if not delivered children

Hormone replacement – risk may be higher if taken hormone replacement

Other factors – Risk may be higher if a diagnosis of endometriosis is present.

Cervical screen is effective in early detection of cervical cancer but is not a test for ovarian cancer, if you have signs and symptoms of ovarian cancer it is important to speak to your GP.