

# LEARNER NEWSLETTER

July 2024

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

## COMMITMENT AND HARD WORK VERSUS NATURAL ABILITY?

For the last few weeks, the country has watched on as nations from around Europe have taken part in the Euro 2024 Football Championship. Going into the tournament, England were seen as favourites by most of the experts both here and abroad. Other countries like France and Belgium also have great expectations put on them.



The reason for this is those countries, along with England are deemed to have the most talented players. The players who have been often born with incredible talent and skill that many other players can only dream of. Yet all 3 of those nations have struggled to impress their fans and the media. They have struggled to get results against countries with less talent to draw upon, and often less experience in big tournaments.

This was highlighted for me when I watched Portugal play Slovenia. Portugal are one of the great footballing nations, with world class players, including one of the greatest players ever, Cristiano Ronaldo. Yet this small country of Slovenia, with a population of just over 2 million (which is less than a quarter of the population of London) held off the superstars of Portugal and only lost when it went to a penalty shoot-out.



So how does this happen? Here are a few things I noticed about Slovenia during the game:

1. They had a plan. They knew what the end goal was, and a plan to reach it with each person knowing their role in it.
2. They were 100% committed. For 120 minutes every player worked tirelessly to implement the plan. Despite fatigue and stress during the game, they never stopped working hard.
3. They were consistent. They didn't stick to the plan for 5 minutes, or 20 minutes, they consistently carried out the actions needed for the whole match!

Many of you will be engaging with your apprenticeship programme having not studied for many years, or some of you may feel you have never been academic and had the required ability and skills to be successful in gaining a qualification. There are those that are more than capable and find it comes easily to learn new things and put them in to practice.

However, whichever category you fall into the way to success are those 3 principles that took Slovenia further than they have ever achieved before.

You have a "scheme of work" which is your plan for your learner journey, so you know what is expected of you. If you are not familiar with it, speak to your tutor today and ask them to go through it with you again. Knowing the beginning to the end can give confidence as you move forward.

Commit to the plan fully. Life can be difficult with work, family life and everything in between. But only you can decide to engage fully with this programme to make it a success.

And finally, be consistent. It is not a sprint; it is a marathon. Little steps and progression each day, week and month will get you to your goal, as long as you keep moving one step at a time.

And just like the amazing fans in the stadium cheering their team on, we at Achieving Excellence and your employer are behind you all the way to help you succeed!

Mike Austin, Director

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## SLOVENIAN EXAMPLES!

**Here is some feedback we were able to provide to some of you this week. Clearly, you are demonstrating effective planning, commitment and consistency!**

“Having been on your level 4 apprenticeship programme just over a month we just wanted to thank you for the start you have made. \*\*\*\*\* has said how impressed he is with you, and in particular your first assignment on Communication. He said you provided some of the best answers he has ever seen!”

“Your tutor has provided feedback stating how you possess a ‘tremendous amount of passion for the young people you care for which always shines through in Professional Discussions.’ We commend and thank you for your approach and commitment to your young people, your service and your programme.”

“Having been enrolled onto your level 4 apprenticeships programme in April we wanted to thank you for your amazing commitment and hard work. Your tutor has said that you are always ahead of deadlines. You are great at receiving feedback and strengthening your assessment. Its so evident that you put a lot of time and effort in your assignments! Thanks for making such a great start and demonstrating so much hard work and commitment.”

“\*\*\*\*\* has engaged in some of the best Oral Questioning Assessments I have ever undertaken with a learner. He has a wealth of knowledge and a real ability to clearly articulate this.” This is amazing, thank you so much! Our intent is that your programme is a platform to demonstrate and expand your knowledge, skills and behaviours.”

“As you progress against your level 4 programme with \*\*\*, we just wanted to thank and congratulate you for your ongoing performance. Undertaking an apprenticeship programme at work is far from easy yet your tutor has stated how amazing your attitude is, and how well you are staying on top of your programme

despite service priorities! As a business this is why we do what we do, we want to support staff like you strengthen their knowledge, skills and behaviours. This is all easier when committed students like you come along.”

“As Directors of Achieving Excellence, we love to hear feedback on how well our students are progressing. Despite only starting in April, your tutor has reported about how well you are both progressing against your level 5 programmes. You are both attentive, communicative and proactive. You are so eager to learn and progress. You are also working so well together despite being over different services! Thanks for having such a great vision of your programme, and for working so hard. Your tutor loves when you try to bring sessions forward you are so keen and progressing so well. Thanks for your example, hard work and commitment. It will pay off.”

“My learner \*\*\*\*\* is one of the best carers I have ever seen in 20 years of doing this, she’s caring, attentive and knows everything about everyone she supports. I’ve observed her twice and she is an absolute ray of sunshine in her care home.”

“Having only started your level 4 Children and Young People Practitioner programme in April, we just wanted to congratulate and thank you! Your tutor has fed back that you are submitting work on time and recently submitted a great reflective account.

The key to a great programme is communication, planning and progression! Like anything you get out what you put in. Well done!

Thank you for your commitment and hard work, we hope you continue to enjoy the programme as it strengthens your knowledge, skills and behaviours! Thank you also to your commitment to your service and service users!”

**Thanks to all tutors, learners and employers who are strengthening the impact of our programmes!**

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## EQUALITY AND DIVERSITY – INTERNATIONAL DAY OF FRIENDSHIP



The international day of friendship is celebrated on 30<sup>th</sup> July each year since 2011 when it was officially recognised by the United Nations General Assembly.

Our world faces many challenges, crises and forces of division such as poverty, violence and human rights abuses and many others that undermine peace, security, development and social harmony among the world's people.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms and the simplest of these are friendship.

Through friendship – by accumulating bonds of camaraderie and developing strong ties of trust – we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

In your workplace how do you promote friendships?

What do you do to celebrate your own friendships?

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

## PREVENT – CONSPIRACY THEORIES



A conspiracy theory is a belief or explanation suggesting that events or situations are the result of a secret, often sinister, plot by a group of people or organisations. These theories typically challenge the accepted or official explanations provided by authorities.

In the context of Prevent, conspiracy theories can play a role as they can act as a gateway to radicalised thinking, some common themes for this include religious or ethnic superiority, antisemitism and misogyny.

A study in 2024 (Jerome et al) stated that conspiracy theories have become a social issue in schools that has started to impact teachers and students, with 40% of teachers stating that they have encountered one or more students who support a conspiracy theory, and that there has been little work focused explicitly on young people and their susceptibility to conspiracy theories and what the best educational response to young people raising such theories in schools might be.

Whilst teachers and families may think that opening discussion surrounding conspiracy theories may be the right thing to do Hayward (2022) suggested that it should be seriously considered to shut down conversations to avoid reinforcing erroneous beliefs.

[https://home-affairs.ec.europa.eu/system/files/2021-04/ran\\_conspiracy\\_theories\\_and\\_right-wing\\_2021\\_en.pdf](https://home-affairs.ec.europa.eu/system/files/2021-04/ran_conspiracy_theories_and_right-wing_2021_en.pdf)

<https://www.gov.uk/government/publications/the-prevent-duty-safeguarding-learners-vulnerable-to-radicalisation/managing-risk-of-radicalisation-in-your-education-setting>

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## BRITISH VALUES - EQUALITY



Equality refers to the state of being equal, especially in status, right, and opportunities. The key aspects of equality include;

social equality, political equality, economic equality and legal equality.

Social equality refers to equal rights and opportunities within a society, it includes equal access to education, healthcare, and employment as well as equal treatment regardless of race, gender, sexual orientation, religion and socio – economic status.

Political equality includes the right to vote, run for office and have a say in government decisions.

Economic Equality, this includes the fair distribution of wealth, income and resources. Economic equality aims to reduce disparities in income and wealth, making sure that everyone has the means to meet their basic needs and improve their quality of life.

Legal equality, this means that all individuals are subject to the same laws and have equal protection under the law. It ensures that no one is above the law and that everyone receives the same treatment in legal matters.

Equality does not mean that everyone is treated exactly the same in all circumstances but that everyone has an equal opportunity to succeed and that any differences in treatment are based on relevant and justifiable factors.

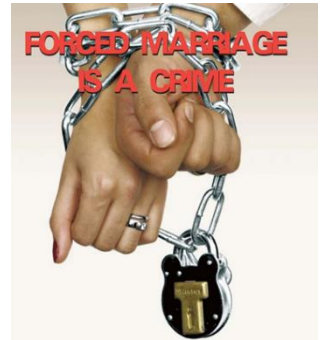
<https://www.gov.uk/guidance/equality-act-2010-guidance>

<https://youtu.be/V7gX1PRgDRA>

## SAFEGUARDING – FORCED MARRIAGE

Forced marriage is a marriage where one or both of the individuals are married without their consent. This coercion can involve physical, emotional or psychological pressure and the individuals may be threatened, abused or manipulated into marrying against their will.

Forced marriage is an illegal practice in the UK.



An estimated 22 million people are living in forced marriages with countries in Asia and the Pacific region account for nearly 14.2 million of all forced marriages.

Coercion in regards to forced marriage can take many forms, including physical violence, emotional manipulation, threats of harm and psychological pressure. It can come from family members, community leaders or other influential figures.

In some cases, forced marriages are driven by cultural, traditional, or social pressures to conform to community norms or protect family honour, these pressures can make it difficult for individuals to refuse the marriage.

The consequences of forced marriage can be severe and long-lasting, including physical and psychological trauma, loss of personal freedom and barriers to education and employment. It can also result in domestic violence and sexual abuse.

It is important to distinguish forced marriage from arranged marriage. In an arranged marriage, families or intermediaries play a role in selecting a partner, but the individuals involved have the choice to accept or reject the arrangement.

If you suspect someone is being forced into marriage contact the safeguarding team at the police on 101.

Find out more information:

<https://www.gov.uk/guidance/forced-marriage>



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## HEALTH AND WELL-BEING – SELF CARE DAY



On 24<sup>th</sup> July the Global self-care federation celebrates international self-care day, this date is chosen as self-care can be practiced “24 hours a day 7 days a week”, this year marks the 5<sup>th</sup> anniversary of celebrating self-care.

Selfcare day is an opportunity to:

Raise awareness about self-care

Acknowledge the benefits that self-care interventions have brought to people’s lives and what has been achieved so far

And a call for renewed commitments and action to expand all health systems to include self-care interventions.

There are two aspects to self-care, which are actions and interventions:

Self-care actions are habits, practices and lifestyle choices – things that we can do to help look after ourselves and lead a healthier life including;

Taking regular physical activity - physical activity helps to reduce symptoms of depression and anxiety and can also help with thinking, learning and making judgements.

Eating a healthier diet – eating a variety of foods including whole grains, nuts, fruits and vegetables and legumes like lentils and beans.

Looking after our mental health – Good mental health is vital to our overall health and well-being. To help support positive mental health it is important to spend time in nature and outdoors; talking to family and friends, getting a good nights sleep, managing stress and limiting high risk situations. It is also important to talk about mental health and recognising when struggling with positive mental health.

Quitting or cutting down on alcohol and tobacco.

Self-care interventions are the evidence-based tools that support self-care. They include quality medicines, devices, diagnostic and digital tools. If you are struggling with your own mental health or self-care it is important that you seek professional help.

<https://www.who.int/news-room/events/detail/2024/06/24/default-calendar/self-care-month-2024>

<https://www.selfcareday.com/>