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| **National Inclusion Week 2020** |
| The Department for Education and the government have established Key Themes as specific topics that aim to enrich your learning by improving your wider skills and understanding above and beyond the course you are taking. Skills South Tyneside and your training provider want you to gain the most from your programme of learning and these activities will help to embed those Key Themes. The Key Themes are: |
| **M-** Maths | **E-**English | **ILT-** Information Learning Technology | **EDI-** Equality, Diversity Inclusion | **S-** Safeguarding | **P-** Prevent | **C-**Climate | **HS-** Health and Safety | **BV-** British Values |
| National Inclusion Week is an annual occurrence of workplace activities and events that highlight the importance of inclusion across the UK. The theme for National Inclusion Week 2020 is #everydayinclusionValuing diversity and inclusion is important, and affects us all. It shouldn’t just be women who care about gender equality, or ethnic minorities and disabled people who care about inequality, or people from working class backgrounds who care about social mobility. Being in an inclusive culture is about everyone, and we all have a part to play. One of the British Values is mutual respect and tolerance of those with difference faiths and beliefs. By participating in National Inclusion Week you can actively champion that British Value in your place of study, your family or your workplace. **So how can we be more inclusive?** * Remember, there’s more that we have in common that what separates us, we all love our friends and family and we all want to our enjoy our lives.
* Always make sure that you’re using inclusive language when talking about minorities or different genders, making sure what we say doesn’t cause division but brings people together is important to make people feel equal.
* Challenge stereotypes when they happen as they can be an oversimplified idea of a person, for example, “women are housewives” - men can stay at home too.
* Avoid making comments about someone’s body or physical traits as this may make people feel uncomfortable.
* If you meet a disabled person, do not assume what they are or not able to do.

Finally, don’t be frightened of making a mistake, being inclusive is a process and it’s important to remain open and curious - continue looking for opportunities to learn about various topics that you’re unsure about and that way we can all be more inclusive to people in our community.  |
| **You can choose to do any or all of the suggested activities below and your tutor will support you with any help you may need:** |
| **Question:** what did you learn from this article? Click here to enter text. |
| **Research Online:** what activities can you do within your workplace, with friends or family, or with your classmates to take part in National Inclusion Week 2020? Click here to enter text. |
| **Discuss:** what are some common stereotypes that you may have faced in your life? Click here to enter text. |

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| **Career Coach - Interactive Job Search** |
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| Skills South Tyneside offers a free interactive assessment tool and career explorer called **Career Coach**. This tool helps individuals to discover courses that are available to them but also highlights in-demand careers based on their interests and aptitudes. Using Career Coach you can take the Career Assessment - this will help you learn about yourself, and give you suggestions based on your interests. There is a quick start assessment with 6 questions, a standard assessment with 30 questions and the detailed assessment which is 60 questions. These questions will help to see how your interests relate to the world of work. Questions are quick, fun and ask if you would like to, amongst other things:* study ways to reduce water pollution
* build kitchen cabinets
* create a new medicine
* play a musical instrument

You can browse careers with the tool, which shows relevant data on wages, employment opportunities and the training you will need for that job. You can search for specific job information by region, giving you the average salary for that role as well as how many jobs there are in that region. For example, for primary teachers in South Tyneside there are 996 jobs with a median salary of £47,445. You can also browse courses available to you, helping you reach your career goals by achieving the academic success you may need. You can search by sectors which include; Art, Design and Creative Media, Business, Computing & IT, Construction, Manufacturing & Production, Tourism and Hospitality and Public Service, Health & Social Care. There’s also a tutorial video if you need it on how to use Career Coach. Try it out and see what career could be in your future! |
| **You can choose to do any or all of the suggested activities below and your tutor will support you with any help you may need:** |
| **Question:** before completing the Career Coach Career Assessment tool what career do you think you would be suited to? Click here to enter text. |
| **Online Activity:** complete the Career Coach Career Assessment. What career did the Career Assessment tool say you would be suited to?Click here to enter text. |
| **Question:** Do you agree with the results? Click here to enter text. |

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| **The English Language** |
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| The English language really is beautiful, if not sometimes complicated. You have the love of an incredibly written book one minute and then you are trying to decipher the grammatical rules the next. In all of that there is always something to learn. Check out these interesting facts that will hopefully inspire you to want to know more.* Shakespeare invented over 1,000 words that are now a part of the English language. Some examples are – bedazzled, swagger, addiction and even the phrase ‘break the ice’.
* Most English words come from French or Old English (made up of Germanic vocabulary).
* There are an estimated 1 million words in the English language; the average English speaker only knows between 20,000 and 30,000. Proving there’s always plenty to learn.
* Although English is the most common language spoken in the U.S, technically there is no official language at federal level.
* The English language used to have a grammatical gender, similar to that of French where speakers use Le or La (the) depending on whether a noun is masculine or feminine. It’s a lot easier just having to remember a word meaning these days, and not its gender as well.
* Some of the oldest words in the English language are still used today. Black, mother, love and fire – many of these are thought to date back to before 900 AD.
* The English language use to have 29 letters instead of the current 26. One to go was Thorn: þ which was pronounced ‘th’. When Gothic script was introduced to Old English, the ‘y’ and ‘þ’ where thought to look too similar so one had to go.

You’ll need to be able to read, write or speak English for any job role you may need and all Skills South Tyneside funded courses will help you to improve your skills. You can find all of the courses we offer at <https://www.southtyneside.gov.uk/article/38086/Skills-South-Tyneside>  |
| **You can choose to do any or all of the suggested activities below and your tutor will support you with any help you may need:** |
| **Question:** what interests you about the English language?Click here to enter text. |
| **Quick Activity:** take the BBC Bitesize Grammar quiz <https://www.bbc.co.uk/bitesize/guides/zyrn9qt/test> what was your score? Click here to enter text. |
| **True or False:** “the” is the most common word in the English language. Click here to enter text. |

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| **Mental Health and Wellbeing - Suicide Prevention** |
| The Department for Education and the government have established Key Themes as specific topics that aim to enrich your learning by improving your wider skills and understanding above and beyond the course you are taking. Skills South Tyneside and your training provider want you to gain the most from your programme of learning and these activities will help to embed those Key Themes. The Key Themes are: |
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| **Thinking about suicide? Call Samaritans on 116 123.** The Office for National Statistics (ONS) has reported that the male suicide rate has hit a two-decade high in England and Wales with a rate of 16.9 deaths per 100,000. The rate of suicide for women is at the highest it has been since 2004 with a rate of 5.3 deaths per 100,000.Samaritans pointed to “worrying trends”, including men aged 45-49 remaining at the highest risk of suicide, and increase in suicide among young women, especially women under 25. The impact of the pandemic this year is taking a huge toll on people’s mental wellbeing, the charity has stated. Although the effect of the coronavirus pandemic has had an impact on society as a whole Samaritans are particularly worried about three groups: people with pre-existing mental health conditions, young people who self-harm, and less well-off middle-aged men. * **Myth:** People who talk about suicide aren’t serious and won’t go through with it.
* **Fact:** People who kill themselves have often told someone that they do not feel life is worth living or that they have no future. Some may have actually said they want to die.

If you think that someone may be feeling suicidal, encourage them to talk about how they are feeling. It might help to let them know that you care about them and that they are not alone, remember to be non-judgmental or to criticise them and reassure them they won’t feel this way forever. Importantly you should encourage them to seek help that they are comfortable with, such as from a doctor, counsellor or through a charity such as Samaritans. Rethink Mental Illness have lots of support and advice available for people who are either feeling suicidal themselves or for people who are worried that someone they know may feel suicidal <https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/> What to do when someone is in immediate danger? If someone has hurt themselves and you think their injuries are life-threaten call an ambulance on **999**.The Gov.uk website has a huge range of resources and guidance available on suicide prevention with help broken down by Local Authority area where relevant on <https://www.gov.uk/government/collections/suicide-prevention-resources-and-guidance> The NHS website also has helpful information for anyone that needs it at <https://www.nhs.uk/conditions/suicide/>  |
| **You can choose to do any or all of the suggested activities below and your tutor will support you with any help you may need:** |
| **Question:** how did this article make you feel? Click here to enter text. |
| **Question:** Close to 800,000 people de due to suicide every year worldwide, this is one person every 40 seconds. How many people is this in an hour?Click here to enter text. |
| **Longer Activity:** Research online why suicide rates are higher for men than women, and what can be done to help reduce this.Click here to enter text. |