
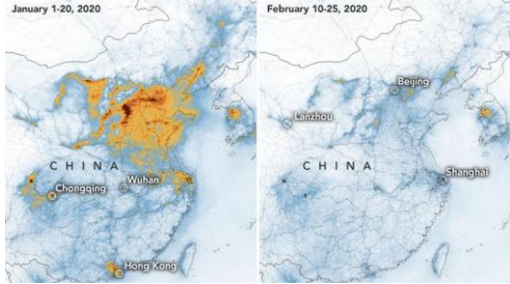


Activity One	Men's Health Week: 15-21st June 2020							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	<p>Men's Health Week is celebrated each year as the week leading up to and including Father's Day.</p> <p>From the 15th-21st June the world celebrates Men's Health Week. This is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop, and gain the courage to do something about it.</p> <p>Last year the focus was on Diabetes in men. This is a disease that becomes present in men much more than women, and can develop complications in male bodies at a higher rate than in females. This means men are more likely to have to have amputations and in the worst cases, die in higher numbers than women. While much work has been done in the diagnosis and fight against Diabetes, awareness is the most important thing. The more people are aware of it, the more likely they are to make healthy changes and stop or delay the onset of diabetes.</p> <p>You'll have surely guessed the theme for Men's Health Week 2020. It's 'Take Action on Covid-19'.</p> <p>It will be looking at what we can all do to prevent the virus doing more damage.</p> <p>For men</p> <ul style="list-style-type: none"> take action to avoid spreading the virus take action to get the best out of lockdown and the 'new normal' take action to beat 'underlying conditions' <p>Each year Men's Health Week becomes bigger and more well-known, so if you're a man that wants to do more, or a woman that wants to inform a man you love about it, then get spreading the word! The more well-known the week becomes, the more men will feel like it's OK to talk about their health issues and not just push them to the side and ignore health problems away!</p> <p>You can help Men's Health Week out by going to the Mens Health Forum website and sign up to spread the word! https://www.menshealthforum.org.uk/mhw</p>							
Key Themes	Differentiation/Stretching and Challenging Questions							
EDI ILT E M	B (Beginners) Q. 1 man in 5 dies before the age of 65. What is that as a percentage? A. 20%	I (Intermediate) Q. How much more likely are men to commit suicide than women? A. 3 out of 4 suicides are by men	A (Advanced) Discussion: Men in unskilled work are 3 times more likely to take their own lives than men in senior management. Why do you think that is? Financial stress; lifestyle choices; substance misuse; diet					



Activity Two	International Women in Engineering Day 2020							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	<div data-bbox="280 383 788 719" data-label="Image"> </div> <div data-bbox="812 443 1503 674" data-label="Text"> <p>International Women in Engineering Day is an international awareness campaign to raise the profile of women in engineering and focus attention on the amazing career opportunities available to girls in this exciting industry. It celebrates the outstanding achievements of women engineers throughout the world.</p> </div> <div data-bbox="280 779 1497 882" data-label="Text"> <p>Taking place annually on 23 June, it's a day to get engineering, and girls (or women!) into the same sentence as often as possible, and to start to raise the profile of an engineering career as a great choice, with an exciting future, and amazing opportunities.</p> </div> <div data-bbox="288 927 810 1104" data-label="Image"> </div> <div data-bbox="1091 927 1497 1126" data-label="Image"> </div> <div data-bbox="288 1205 1054 1252" data-label="Text"> <p>Brought to you by the Women's Engineering Society </p> </div> <div data-bbox="280 1285 1485 1525" data-label="Text"> <p>National Women in Engineering Day was launched for the first time in the UK on 23 June 2014 by the Women's Engineering Society (WES) and since then the day has grown enormously over the subsequent years to the point where it received UNESCO patronage in 2016. In 2017, International Women in Engineering Day (INWED) was born to allow the celebration of women in engineering to become global. In 2020 the theme is #ShapeTheWorld and want to promote how engineers shape the world and help make our planet a better, safer, more innovative and exciting place to be.</p> </div>							
Key Themes	Differentiation/Stretching and Challenging Questions							
EDI ILT E BV M	B (Beginners) Q. Identify two famous British female engineers. A. Beatrice Shilling/ Caroline Haslett/ Hertha Ayrton	I (Intermediate) Q. Research what percentage of the engineering workforce is female in the UK. A. 12%	A (Advanced) Discussion: Why is it important more women go into engineering? Diverse workforces are more productive; higher earning potential; reduce gender pay gap; skills shortages in engineering.					

Activity Three	Carers Week 8-14th June 2020							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	<div data-bbox="569 353 1252 600" style="text-align: center;"> </div> <p>Carers Week is celebrated every June with the aim of raising awareness of caring and giving support to carers. When people need help with their day to day living they often turn to their family and friends. A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue or who needs extra help as they grow older.</p> <p>The amount and type of support that carers provide varies considerably. It can range from a few hours a week, such as picking up prescriptions and preparing meals, to providing emotional or personal care day and night. Carers help with personal things like getting someone dressed, turning them in their sleep, helping them to the loo, helping them move about or administering medication. Carers also help with things like shopping, laundry, cleaning, cooking, filling in forms or managing money.</p> <div data-bbox="331 996 590 1249" style="display: inline-block; vertical-align: middle;"> </div> <p>Without the right support caring can have a significant impact. Evidence shows that caring can cause ill health, poverty and social isolation. This is why the focus for Carers Week 2020 is Making Caring Visible to ensure that carers get the information and support they need from services and the wider public.</p> <p>Caring is something that will affect each and every one of us in our lifetime, whether we become a carer, or need care ourselves.</p> <p>There are 6.5 million people in the UK who are carers, yet often they feel isolated and they are seven times more likely to say they are lonely than the general population. Many carers feel isolated and that their caring role is hidden.</p> <p>Everyone has to play a part in making sure these carers are seen, heard and understood. This could be an employer setting up an online carers' network, a GP practice offering an annual health check or alternative appointment times to carers, or a business offering special deals or priority access for carers. Or it could be each of us reaching out to our family, friends or neighbours, who we know are caring for someone, and letting them know that we are there for them too.</p> <p>Find out more about what you can do to help at https://www.carersweek.org as well as virtual events that you can take part in.</p>							
Key Themes	Differentiation/Stretching and Challenging Questions							
M E ILT S	B (Beginners)		I (Intermediate)			A (Advanced)		
	Q. If there are 66.5 million people in the UK and 6.5 million carers what percentage of the population is this? A. 10%, 20% or 30%?	Research: Look at your Local Authority website and the Carers Week website and see what events are available for carers in your area.	Discussion: What ways can carers be supported to feel less isolated and why is this important? A. referrals to carers networks, friends, family and neighbours reaching out to offer them support, priority access from businesses etc. to improve their mental health, physical health and financial health.					

Activity Three	Climate Change - Reduction in Carbon Emissions							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	<p>Climate change is the defining issue of our time and now is the defining moment to do something about it. There is still time to tackle climate change, but it will require effort from all sectors of society.</p> <p>CO2 emissions in January (left) and February (right) from NASA Earth Observatory:</p>  <p>Carbon dioxide emissions, which is the leading cause of climate change, have fallen dramatically since lockdowns were imposed around the world due to the coronavirus crisis research has shown. Daily global fossil CO2 emissions fell by 17% in early April 2020 compared with 2019. The findings show the world has experienced the sharpest drop in carbon output since records began, with large sections of the global economy brought to a near standstill. When lockdown was at its most stringent, in some countries emissions fell by just over a quarter (26%) on average. In the UK the decline was about 31% while in Australia emissions fell 28.3% during April.</p> <ul style="list-style-type: none"> • Emissions from aviation showed a dramatic decline of about 60%. • Emissions from surface transport fell less sharply by 36%. • Emissions from power generation and manufacturing fell by 86%. <p>What can we do?</p> <p>Although climate change is an issue that is affected by large industries individuals can also make a big impact.</p> <ul style="list-style-type: none"> • Consume less. A t-shirt may have caused the same amount of emissions as 2 or 3 days of your homes electricity. • Eat less meat. The UK needs to lower its meat intake by 50-75% in order to reduce greenhouse gas emissions. • Lower your electricity use - turn off electricals when not in use and use energy efficient lightbulbs. • Travel less - shopping once a week and walking short distances instead of driving can have a dramatic impact on the environment. <p>Additional reading:</p> <p>https://www.carbonbrief.org/analysis-coronavirus-set-to-cause-largest-ever-annual-fall-in-co2-emissions</p> <p>https://cotap.org/reduce-carbon-footprint/</p> <p>https://www.bbc.co.uk/news/science-environment-52485712</p>							
Key Themes	Differentiation/Stretching and Challenging Questions							
	B (Beginners)		I (Intermediate)		A (Advanced)			
M E ILT S HS	Discussion: Since the Coronavirus pandemic what changes have you made to your life that could have positively impacted CO2 emissions and climate change?		If STC is to reduce its carbon emissions by 20% based on a previous 744,310 tonnes of CO2. What would this look like? 595,448 CO2		Research: What alternatives can be used to generate energy other than fossil fuels and how do they work? Answer: e.g. solar power, wind, vegetable oil and refuse-derived fuel.			