

# LEARNING HUBBUB



Topical tales from the Learning Hub.



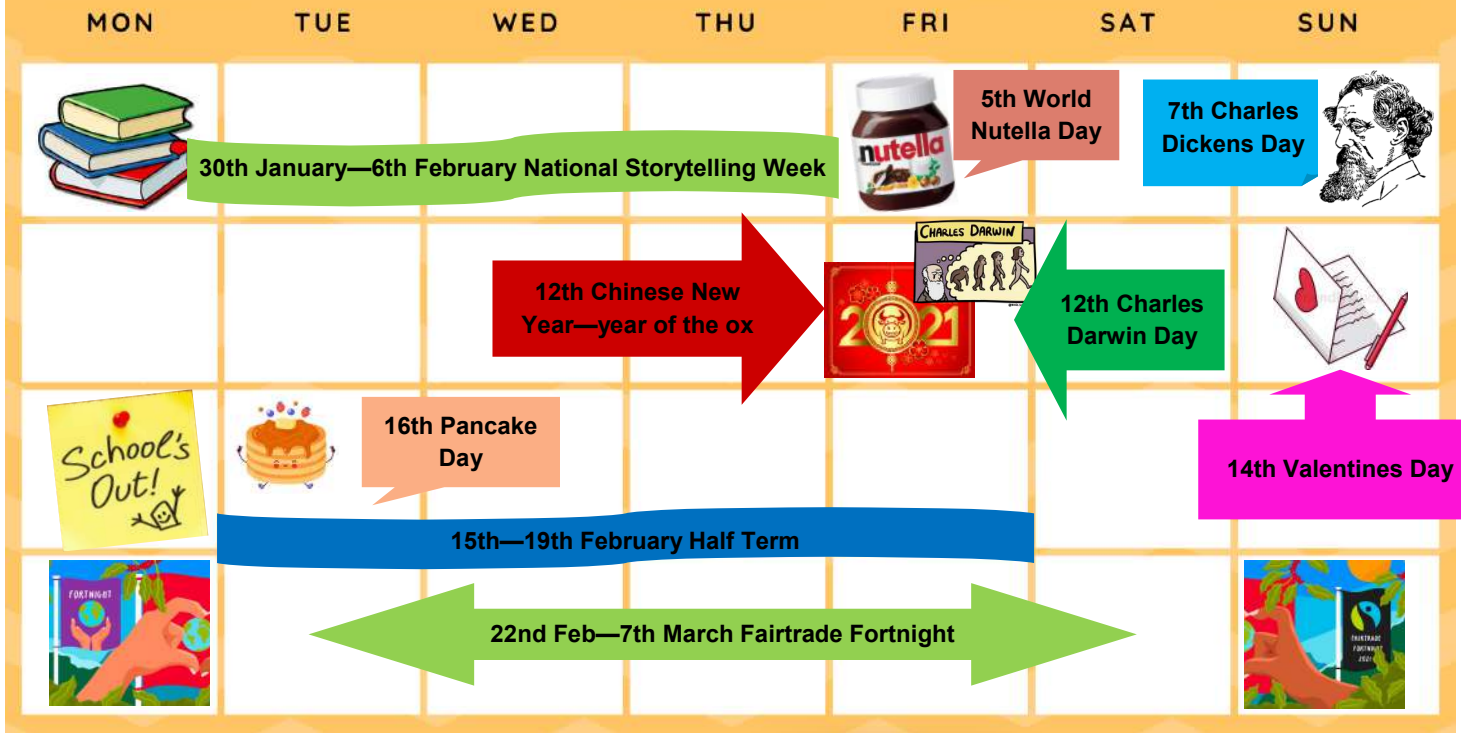
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## Fantastic February!

"What's so fantastic about February?", I hear you ask. Well dear reader, February is full of numerous reasons to be happy. Throughout the whole month we will be celebrating the LGBT+ community and their history. February also hosts National Nutella day, Storytelling week, Chinese New year, and Charles Dickens day. This month is full to the brim with great days to look forward to. And while we are in lockdown (again) it is very important to have events to look forward to. Hopefully this instalment of the Learning Hubbub will help you find the fun in February.

## A Full, Fun,

# FEBRUARY 2021



### Children's Mental Health Week.

The 1st—7th February 2021 is Children's Mental Health week, and this years theme is **Express Yourself**. This theme has been chosen to help young people find their voice in ways they feel most comfortable, as not everyone is a confident speaker. Expressing yourself can be verbal of course, but it could also be an expression of your voice through art, music, dance, theatre, or even just the way you dress.

With the current pandemic it has never been more important to look after your mental health. The world doesn't look the same as it once did, and so by showing kindness to both ourselves and those around us, we may begin to see a positive change. For resources and ideas you can use the link in the icon above.



### When in doubt, talk it out:

If you feel that you are ready to start a conversation about your mental health you should do it how you are most comfortable. That could be with a **friend or family member** or your **GP**. The service **Kooth** offer is entirely anonymous and **Shout Crisis (text 85258)** and **Childline (call 0800 1111)** or the **Samaritans (call 116 123)** are all accessible too.

However you choose to reach out for help, know that your voice is heard and it is valued. As are you.

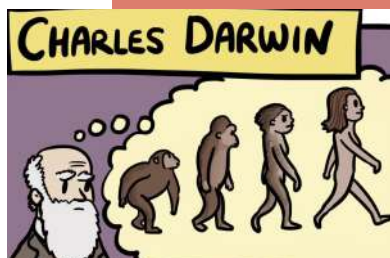
## What's Online?

As you can't be in the Learning Hub this month, we have decided to gift you with a list of resource that are online, rather than remind you of all the great books we have in the Hub that you won't be able to access for a little while! So, what's online?



You can find out more about the origin of the Year of the Ox under the Lunar Calendar that the Chinese New Year is based on [here](#).

You can celebrate the birthday of Charles Dickens, author of *Oliver Twist*; a *Christmas Carol*; *David Copperfield*; and *Great Expectations*, by taking part in a reading lesson via BBC Bitesize by following this [link](#). Russel Cane leads this lesson, and he is pretty epic.



If you are interested in non-fiction then you can celebrate one of the greatest minds in science by finding out more about Charles Darwin via these interesting YouTube videos from the BBC by clicking [here](#) or [here](#).

And if you want to find out more about Fairtrade Fortnight then you can sign up to their newsletter via their website [here](#)!



the PROUD Trust  
home of LGBT+ youth

## LGBT + History Month.

This month is LGBT + History Month, an important celebration of the LGBT + community and their many contributions to the world we live in today. Contributions to music and art, politics, science, engineering and so much more. The world has truly been enhanced by the LGBT + community, and we should use this dedicated time to celebrate that. *In the words of [The Proud Trust](#) here's*

*more information:*

**Why do we study history?** By studying history, we develop a better understanding of the world we live in. Understanding our past, better enables us to understand our present. History is also a valuable tool when it comes to appreciating those who are different to us.

**Why is it important to highlight the history of LGBT+ people?** LGBT+ people have always existed and will always exist. LGBT+ people have made significant contributions to society, but there have been times where those people have been persecuted and discriminated against rather than celebrated for their achievements. We want to shine a light on those achievements.

**Representation and visibility matters.** It's important for everyone to be able to see others like themselves. It is important to look at how far the LGBT+ community has come, but also how far it has yet to go. Full equality has not yet been reached.

**What is the purpose of LGBT+ History Month?** To raise awareness of, and combat prejudice against, the LGBT+ community while celebrating its achievements and diversity and making it more visible.

It is also incredibly important to highlight the role of **LGBT + allies**. It is often when allies speak up and shed light on LGBT + issues that things really begin to move forward—using your voice in support of another community amplifies the necessity of change. That could be a change in opinion, laws, representation or even in education. Your voice is important in outing prejudice and intolerance; helping the LGBT + community feel seen and heard, a right they have not always been given.

For more information on LGBT+ history and to check out the events taking place please visit The Proud Trust website [here](#) or the LGBT+ history month website [here](#).





# NATIONAL STORY TELLING WEEK

# COMPETITION

Got a great idea for a story?

**WANT TO BE FEATURED IN  
THE MARCH NEWSLETTER?**

Send in your story, on a  
topic of your choice, for the  
chance to win a prize!

Submit your story to

[learninghub@woodgreenacademy.co.uk](mailto:learninghub@woodgreenacademy.co.uk)

Deadline • 3:00 PM Monday 22nd February 2021

National Storytelling week was founded by the Society of Storytelling and aims to encourage people all over the country to write, share and read stories. Storytelling is a tradition as old as humans, we have always been social creatures, and stories are a great way to bond with others.

Of course the Learning Hub team are all very excited about National Storytelling Week and we plan on sharing and reading as many stories as we can. And that's why we are running our first ever Writing Competition! We would love for you to submit your own original story, a minimum of 500 words, on a topic of your choice. The winner will be featured in next month's newsletter and there will be prizes for the top three submissions.

Good luck and happy storytelling!



# Virtual Work Experience Programme 20/21!

A feature from  
Miss A Birch.

**Eventbrite** Join **Raytheon Technologies and Collins Aerospace** for a unique (and *free*) insight into a leading

Employer in the STEM programme. The live virtual event will take place on **Wednesday February 3rd 4pm** and you can book a spot [here](#).

Raytheon is a technology company focused on Defence, Aerospace and Cyber & Intelligence with sites across the UK; in England, Scotland and Wales.

Raytheon Technologies (which includes Collins Aerospace, a Wolverhampton based employer) works in areas such as Intelligence, Security, Surveillance and Reconnaissance with international governments.

There are valuable opportunities for career paths in many areas from Apprenticeships to support services, graduate level opportunities and many more. There will be a Q & A with the speakers included.

## The Students Say

A feature from Asna Kazmi 11A1

Do something good this month and get involved with the Kissing It Better fundraising challenge. Kissing It Better is a healthcare charity that works with young people to end the isolation of old age by bringing generations together.

The older generation are the most vulnerable to loneliness and social isolation. This has a serious impact on their mental health. Kissing It Better allows them to overcome their loneliness and improve their mental wellbeing. According to Age UK, more than 2 million people in England over the age of 75 live alone, and more than a million older people say they go for over a month without speaking to a friend, neighbor, or family member.

Elderly people become socially isolated for several reasons, such as, getting weaker, retiring, the death of a friend or spouse, or through disability or illness. Some feel as if they are just passing time and that there is no longer a reason to live. This can lead to depression and a decline in their physical health. Despite being isolated they don't feel comfortable reaching out and admitting that they are in fact lonely.

In recent times, due to COVID this isolation has increased and the old are more vulnerable to loneliness than ever before. Research has linked social isolation and loneliness to higher risks of physical and mental conditions such as a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death. The over 75 shouldn't be left alone, they shouldn't have to feel isolated, ignored and neglected. They should be able to enjoy every moment they have and feel that they still have a purpose in life and that they are needed.

Please consider getting involved with your local branch of Kissing It Better, or donating to their local Go Fund Me. Do your part in ending the isolation, vulnerability and loneliness that comes with age. And of course, remember that you have the power to make someone's day brighter with a simple smile or a hello.

<https://www.gofundme.com/f/medic-mentor-team-4>

"The beauty of the Kissing It Better model is that everyone involved benefits – the patients and their carers, the staff, those giving their time, the provider as a whole and the community" - NHS England report.