

ACL update no 31

Dear All

This will be our last update this year. From January 2021 we will be moving to a monthly update. You will find the Spring CPD Calendar attached, do please encourage tutors to sign up for these free events.

We have also attached an HCC guide to supporting and promoting Well-being.

If you come across anything that you think would benefit other providers do please let me know and I will add it to the weekly updates. Please do share what you think is relevant to your contacts.

Please do contact us if you need anything else.

Keep safe and well

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HA upcoming CPD Events – January

- British Values – 7th Jan 1.30-2.30
- Principles of Online Learning 6th Jan 11am -12pm
- SMART objectives 11th Jan 6pm-7pm
- OTLA standardisation 18th January 1-3pm (invite only)
- Supporting Dyslexic learners 27th Jan 9.30-10.30am

Booking links can be found on the attached CPD calendar, all will be delivered via MS Teams.

Digital Hints and Tips

- If you are delivering a skill or practical class, then consider getting learners to pin your video screen so they can see your actions and demonstrations clearer.

The Wall of Fame

We have created a page on the VLE and our website called the [Wall of Fame](#),

Our intentions are to populate these platforms with success stories of our learners across our learning provision from, Apprentices, Traineeships, Adult Learners and Internships.

We would like you to promote this initiative through your tutors and ask that they encourage their learners to complete the attached template and email it to Kevin May at kevin.may@hants.gov.uk so he can quality assure the content and then arrange the upload to the various platforms.

We have already started to receive completed success stories from our Apprentices and would like to extend the invitation to others to celebrate their success.

Please see the enclosed template to give to tutors and discuss with their learners at the conclusion of their course.

Any questions please direct to Kevin May who will be happy to help answer any questions they may have.

If you would like to see the design of the Wall of Fame just click on the link below.

[Wall of Fame](#)

Supporting Mental health and wellbeing

Key tips for supporting mental health and wellbeing which I would ask you all to reflect upon.

- **Keep in touch** – Maintaining healthy relationships with people we trust is important for our mental wellbeing. If you can't meet up in person stay in touch by phone, video call or social media. Take some inspiration from what some teams are doing to support wellbeing.
- **Take a break** - take short breaks throughout the day and ensure you have time away from your working area. If you are not self-isolating, try to get outside for some fresh air, take a walk or do some exercise – remembering to follow the 'hands, face, space, guidance at all times outside of your home or support bubble.
- **Do things you enjoy** - Focusing on a hobby, relaxing or connecting with others can help with anxious thoughts and feelings. If you cannot do the things you normally enjoy, think about how you could adapt them, or try something new.

HCC have produced an updated guide on support wellbeing of staff. We have attached this for you as there is a wealth of links to external support and guidance, as well as hints and tips for supporting each other.

The new guides aim to provide important support to individuals and managers to help tackle some of these issues – as well as guidance for managers on how to talk about wellbeing with their staff.

Updates to DfE guidance

[Actions for FE colleges and providers during the coronavirus \(COVID-19\) outbreak](#) has been updated to include information on the minimum expectations for the provision of remote education, examinations and assessments, and Ofsted inspections.

Attachments:

- wall of fame template
- CPD calendar
- HCC Mental Health and Wellbeing Support Guide – all staff

