

Personal development bulletin number 34 21.6.21



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Gypsy, Roma and Traveller History Month June 2021



See attached GRTHM
schools pack for
resources and ideas

- Gypsies, Roma and Travellers are the largest ethnic minority community in the European Union with over 12 million people across the EU and some 300,000 in the UK. They are very marginalised and suffer extreme levels of prejudice and discrimination.
- **Gypsy Roma and Traveller History Month** was established in Britain in 2008 as a way of raising awareness of these communities and their contributions to society, and to offset negative stereotyping and prejudices.
- The **Amnesty International UK** website has [lesson plans on Travellers' Rights](#) suitable for Key Stage 4.
- The **Holocaust Memorial Day Trust** website has [an article exploring the story of Europe's nomads](#).
- This [resource created by The Traveller Movement and tes](#) provides an informative power point to be used in assemblies to explain Gypsy, Roma and Traveller History Month's background and purpose.

**We don't see things as they are;
We see them as we are.**

Anaïs Nin

Joyful June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Decide to look for what's good every day this month</p>	<p>2 Say positive things in your conversations with others</p>	<p>3 Re-frame a worry and try to find a helpful way to think about it</p>	<p>4 Take a photo of something that brings you joy and share it</p>	<p>5 Think of 3 things you're grateful for and write them down</p>	<p>6 Get out into green space and feel the joy that nature brings</p>	
<p>7 Do something healthy which makes you feel good</p>	<p>8 Find joy in music: sing, play, dance, listen or share</p>	<p>9 Ask a friend what made them happy recently</p>	<p>10 Bring joy to others by doing something kind for them</p>	<p>11 Eat good food that makes you happy and really savour it</p>	<p>12 Write a gratitude letter to thank someone</p>	<p>13 Take a light-hearted approach. Choose to see the funny side</p>
<p>14 Share a happy memory with someone who means a lot to you</p>	<p>15 Look for something to be thankful for where you least expect it</p>	<p>16 Speak to others in a warm and friendly way</p>	<p>17 Take time to notice things that you find beautiful</p>	<p>18 Look for something good in a difficult situation</p>	<p>19 Get outside and find the joy in being active</p>	<p>20 Rediscover and enjoy a fun childhood activity</p>
<p>21 Send a positive note to a friend who needs encouragement</p>	<p>22 Watch something funny and enjoy how it feels to laugh</p>	<p>23 Create a playlist of uplifting songs to listen to</p>	<p>24 Bring to mind a favourite memory you feel grateful for</p>	<p>25 Show your appreciation to people who are helping others</p>	<p>26 Make time to do something playful, just for the fun of it</p>	<p>27 Be kind to you. Do something that brings you joy</p>
 <p>28 Notice how positive emotions are contagious between people</p>	<p>29 Share a friendly smile with people you see today</p>	<p>30 Make a list of the joys in your life (and keep adding to it)</p>				

ACTION FOR HAPPINESS

Happier · Kinder · Together

The Great Conversation...

A different topic each week, to help you

- Develop your debating skills
- Wow in an interview/seminar
- Write better essays
- Grow in confidence

How do UK elections work?

<https://youtu.be/Bc78rgUfsFw>



Coronavirus Riskiest Activities

According to 500+ epidemiologists & health professionals

risk factors to consider

- people** how many?
- space** how close is the contact?
- time** how long the exposure?
- location** inside or outside?
- surfaces** lots of high touch?
- area** high number of cases?
- covidcioc** how likely is compliance?



Risk reduced by wearing a mask, social distancing & washing hands

informationisbeautiful

sources: New York Times, Reuters, NPR, SF Gate & others

Europeans are getting taller and taller - and Americans aren't.
[This New Yorker article examines why.](#)

Digital work experience

An accredited virtual work experience programme for students aged 14-15 within the D2N2 area.

Monday 12th - Friday 16th July 2021

Digital work experience for secondary schools and FE college students in Nottingham, Nottinghamshire, Derby and Derbyshire to engage and inspire them, as they discover the world of construction.

Developed by Class of Your Own and supported by our construction and consultancy partners, as well as award-winning garden designer and BBC Morning Live and BBC/RHS Flower Shows presenter, [Mark Lane](#), this high-quality work experience teaches students the technical, professional and personal skills they need to unlock a career in the industry, as they design "**A Home for Everyone.**"

The Side Hustle Initiative

The Side Hustle Initiative is a nationwide search for all 14-18-year-olds who either are already delivering a side hustle or who have an amazing business idea that they are passionate about launching. We are providing an opportunity for all young people to gain access to one to one professional mentoring to support them in evolving their ideas. The top finalists will share a £10,000 investment fund to go straight into growing their business.

Nominations are now open and close on the 29th June. Once nominations have closed, a public vote will be open from 1st July to 15th July. The finalists with the highest number of votes and nominations from the judges, will secure 6 months of professional mentoring and will be invited to an event to pitch for their chance to win a share of the £10,000 investment fund.

Entrants will include:

Revenue-creating businesses, making positive social change, arts and culture, or exciting new ideas.

ENTRY IS NOW OPEN!

The event for finalists will take place on the 23rd August

Share the nominations page with your students today:

<https://yourgameplan.co.uk/side-hustle>

Careers in the army

Roles in IT and Computing are essential for ensuring Army troops worldwide can stay connected on the battlefield, and technical information can be analysed and turned into meaningful intelligence.

If your students are passionate about data, communication systems and cyber intelligence, a Computing role in the Army could be for them. From an [Operator Technical Intelligence](#) to [Electronic Warfare & Signals Intelligence](#), click below to discover the wide range of roles available.

OxbridgeThinking Skills question...

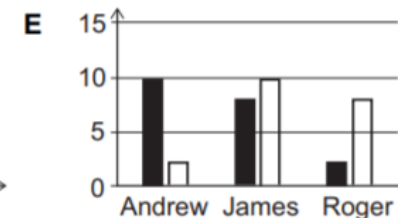
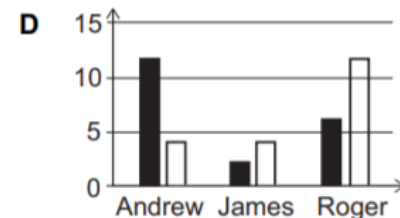
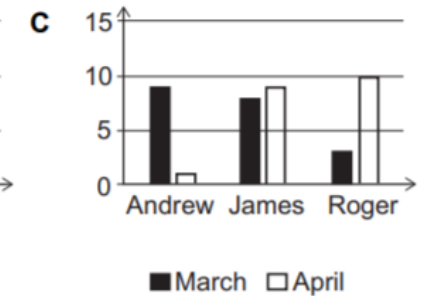
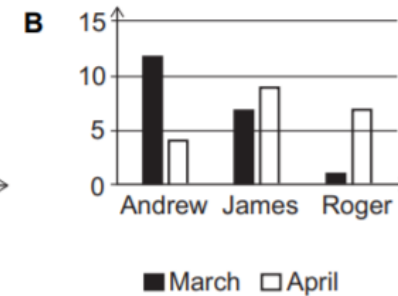
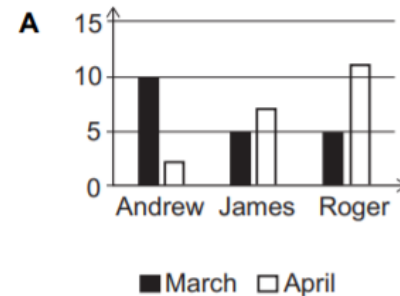
<https://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/tests/tsa>

- 32** In March, 20 people voted for the position of chair of a committee. There were three potential candidates: Andrew, James and Roger.

In April, 11 of these people changed their votes, as follows:

3 people changed their vote from Andrew to James
 2 people changed their vote from James to Roger
 5 people changed their vote from Andrew to Roger
 1 person changed their vote from Roger to James

Which one of these bar charts could **not** show the number of votes for the three candidates in March and April?



Answer on next slide

Super-curricular knowledge

Subject-Specific Resources

The following resources are grouped by Cambridge subject. As is the nature of our courses, every academic interest is covered, but they might not always be under the heading you would expect. For guidance about our courses and the subjects they cover, see the individual course pages on our website: <https://www.undergraduate.study.cam.ac.uk/courses/>

Physics:

Phys NRICH: <https://nrich.maths.org/6465>

<https://isaacphysics.org/> physics problem solving exercises

Institute of Physics (including free membership for 16-19 year-olds): www.physics.org/

British Physics Olympiad: www.physics.ox.ac.uk/olympiad/

Oxford Astronomy site: www.galaxyzoo.org/

[More Details](#)