

MAY 08

CITIZENSHIP

for everyone connected with HCC Training



SIGN ME UP! *



Mike Turner and Kevin Holgate finding out what the latest digital print software can print onto.

A group of 13 sign making learners attended the “Sign & Digital UK” exhibition, at the NEC on 24th April to view the latest equipment, technology and materials being used in their industry today.

A good day was topped off when a few of the ITeC learners and tutors took part in a vinyl application challenge with Carrie Carroll pushing the early leader Tom Wreathall off the top spot by a single second to win the first prize of an iPod Shuffle. Well done to both for finishing in the top two!

***Sorry**

" I found the sign show very helpful. Some of the things I already knew, but I found out loads of new things and more about the signs and equipment. It was better seeing the work being done at the show on the machines."

Liam Renton



Liam Renton and Joe Brine check out the latest LED display units

" I thought that the Birmingham sign trip was pretty good, because even though I already knew what the majority of the things there did I still found some new and interesting machinery there. Also there were loads of free handouts."

Joe Brine



Carrie on her way to winning an iPod Shuffle in the vinyl application challenge

" I thought the trip to Birmingham went very well. It was a good laugh going and coming back on the mini bus. The show was very interesting and I learnt a lot."

Mike Turner

" I thought that the trip to Birmingham went really well. I had a good time going and coming back. I also collected quite a lot of things to bring home. "

Kevin Holgate

by Mike Gooch,
Mike Notarantonio &
the Signs learners

Left to right: Carrie Carroll, Tom Cockerill, Tom Wreathall, Matty Watkinson, Mike Turner, Kev Holgate, Andy Sonley, Liam Renton, Sam Jackson and Joe Brine sporting souvenirs



Keyboards 'dirtier than a toilet'

Some computer keyboards harbour more harmful bacteria than a toilet seat, research has suggested.

Consumer group "Which?" said tests at its London offices found equipment carrying bugs that could cause food poisoning. Out of 33 keyboards swabbed, four were regarded as a potential health hazard and one harboured five times more germs than one of the office's toilet seats. During the "Which? Tests" in January this year, a microbiologist deemed one of the office's keyboards to be so dirty he ordered it to be removed, quarantined and cleaned. It had 150 times the recommended limit for bacteria - five times as filthy as a lavatory seat tested at the same time, the research found. The equipment was swabbed for bugs, such as those that can cause food poisoning like E.coli and staphylococcus aureus.

Dr Wilson, a consultant microbiologist at University College London Hospital, told BBC Radio 5 Live sharing a keyboard could be passing on illnesses among office workers. "If you look at what grows on computer keyboards, and hospitals are worse, believe it or not, it's more or less a reflection of what's in your nose and in your gut," he said. "Should somebody have a cold in your office, or even have gastroenteritis, you're very likely to pick it up from a keyboard."

"Which?" said one of the causes of dirty keyboards was due to users eating lunch at their desk, with crumbs encouraging the growth of bacteria. Poor personal hygiene, such as not washing hands after going to the toilet, could also be to blame, it said.

Cleaning techniques

Which? computing editor Sarah Kidner advised users to give their computer "a spring clean". "It's quite simple to do and could prevent your computer from becoming a health hazard," she said.

She said dust and food crumbs should be shaken out of keyboards and they should be wiped with a soft, lightly dampened, lint-free cloth. They should also be disinfected with alcohol wipes.



Thank you to Pauline Styche for forwarding this article from the BBC News website 1st May 2008

...now wash your hands!

MEAT FREE MADE EASY!



National Vegetarian Week is the annual awareness-raising campaign promoting inspirational vegetarian food and the benefits of a meat-free lifestyle. Celebrated by The Vegetarian Society since 1992, the Week is now an established event and everyone from small businesses to big corporations, schools, community groups and individuals are welcome to come on board and make the week a success.

Why not sign up to the 'Veggie Pledge' and let everybody know what you're committing to do for the Week - this might be anything from trying a veggie meal, to going veggie for the day, week, month, year...or even for life! Perhaps you're already veggie and can pledge to talk to friends and family about the reasons for going veggie? Whatever you do, let us know by filling in the form and we'll post all pledges on the website for everybody to see and be inspired by!

The Vegetarian Society is offering a simple, pocket guide to a week of meat-free eating: "Meat-free Made Easy." It's available free by calling 0161 925 2000. A sample recipe is shown below.

Mexi Baked Tortilla

Serves 4

2 tins red kidney beans, drained
squeeze lime juice (to taste)
5-6 teaspoons chilli sauce
4 spring onions, chopped
2 cloves garlic, finely chopped
quarter block cheddar cheese, grated
4 large tortilla wraps
1 pot sour cream or guacamole

Step one: Heat oven to Gas 6/200C.

Step two: In a large bowl roughly mash the beans, lime juice and chilli sauce. Then add the spring onion and garlic.

Step three: Spread half the mixture onto one wrap, keeping a border around the edge, then sprinkle the cheese over and cover with the second wrap. Repeat using remaining wraps and mixture.

Step four: Place on a baking tray and cover loosely with foil. Bake for 10 minutes. Remove foil and bake for a further 5 minutes. Serve with sour cream or guacamole.



Why not have a vegetarian dinner party?

<http://www.vegsoc>

Albatross Task Force to cover more countries

Fighting to save the albatross from extinction, BirdLife International and the RSPB (BirdLife in the UK) are doubling the number of countries – from three to six - in which they work.

New research from Namibia, Uruguay and Argentina highlights these iconic seabirds are dying in large numbers within their waters. All three countries represent globally important hotspots for albatrosses. A recent report shows that Namibian longline fisheries alone kill over 30,000 seabirds, including albatrosses, annually. In response, BirdLife International and the RSPB are committing over £2million to double the reach of the Albatross Task Force (ATF). The ATF is the world's first international team of experts advising fishermen about ways to reduce seabird deaths by making fishing techniques more 'albatross friendly'

Dr Ben Sullivan, the BirdLife Global Seabird Programme Coordinator, said: "Operating in some of the harshest seas in the world, the ATF has made outstanding first steps towards its goal of reducing seabird bycatch and stemming the decline of albatross populations." All albatross species are of global conservation concern, and 86% (19 species) are facing extinction. The main cause of these population declines is bycatch in longline and trawl fisheries. Existing ATF teams in Brazil, Chile and South Africa have already highlighted albatross bycatch hotspots and are working with the fishing industry to introduce measures, like streamer lines, to minimize this bycatch.

www.birdlife.org www.rspb.org.uk

Thanks to Shaun Nicholson for submitting this article

ANTI-BULLYING

What to do if you are bullied

- ✳ Tell a friend what is happening.
- ✳ Try to ignore the bullying or say 'No' really firmly, then turn and walk away.
- ✳ Try not to show that you are upset or angry.
- ✳ Don't fight back if you can help it.
- ✳ It's not worth getting hurt to keep possessions or money.
- ✳ Try to think up funny or clever replies in advance.
- ✳ Try to avoid being alone in the places where you know the bully is likely to pick on you.
- ✳ Sometimes asking the bully to repeat what they said can put them off.
- ✳ Keep a diary of what is happening.

Alec Tomlinson from the ITeC has created a presentation for the Hull Dockers' Rugby Team to promote anti-bullying. Read the extract on the left, and if you would like a copy of the full presentation, contact Fiona Joy.

Let's Complete The Puzzle



Together

See the BE FAIR! policy or speak to your tutor for more info and contacts.

Exam revision tips for worried parents!

Ultimatums generally do not work as far as exam revision is concerned. So live with it if you are a parent or guardian.

Nagging will not help either, nor will bribes - generally speaking. So put your wallets away, clear a space and let them get on with it. Harsh words and a lesson to be learned, but peer pressure and motivation will have the greatest influence on how much they achieve, and progress can only be made where there is a will.

In some cases that way is yet to be discovered. But in any case, avoid that battle of wills which is bound to happen in many households, draining both sides and benefiting neither. It is their performance that counts - not yours. So keep your distance - although tea, sympathy and understanding from you will help - and a place to study.

It is not the end of the world if your offspring fail to make the grade or live up to expectations. You may have been in that position yourself many years ago, or perhaps you have forgotten. Think about it. It is not easy growing up. You care for them just the same, so let them know it.

George Turnbull, Ofqual's "Exams Doctor" BBC News website 07/05/08
<http://news.bbc.co.uk/1/hi/education/7387621.stm>

ITeC Young People & Money QUIZ

The Young People & Money QUIZ ends on 30 May 2008. Please send your entries to Fiona Joy. Sorry – quiz is ITeC only.

Suggested websites:

www.britishcouncil.org/learnenglish.htm

www.teachernet.gov.uk/wholeschool/behaviour/tacklingbullying/

www.aplusmath.com/Worksheets/

www.teachers-direct.co.uk/resources/wordsearches/

Thanks to Michelle Hazelwood and Trev Stanford

STERN WARNING

STAFF, LEARNERS, EMPLOYERS, OTHERS...

There will be no June update due to lack of contributions!

No contributions = no update!

...or a lot more articles from me on vegetarianism and animal rights!!

Please send your contributions for the July update to Fiona Joy by 20/06/08.

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