

Welcome to  
ESOL online E2/3  
Autumn Term 2021

**Week 2 – LESSON 1**

Welcome! Welcome back!

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## Adult Community Learning

Supporting our students

# Safeguarding



Your safety and wellbeing is important to us

If you are experiencing bullying, violence or abuse of any kind,  
don't keep quiet. We can help.

Talk to your tutor, centre staff or our safeguarding lead:

David Coleman Telephone: 07525 387549

Email: [aclsafeguarding@islington.gov.uk](mailto:aclsafeguarding@islington.gov.uk)

# What is Safeguarding?

**Safeguarding** is about making people feel safe.

You should feel **safe** where you learn.

Everyone should feel **safe** from abuse.

**abuse** = to make someone feel bad or to hurt someone





**Safer practice,  
safer learning**



# Safer learning

## Your rights and responsibilities



You have the right to feel safe where you learn.

Other people should not hurt or abuse you in any way. Other people should not threaten to hurt or abuse you.

Your responsibilities are:

- to respect other people's rights to safety;
- not to hurt or abuse others; and
- not to threaten to hurt or abuse others.

There are staff who are there to support you and help make your place of learning safe.



This guide uses the words **abuse**, **responsibility** and **threaten**.

- 'Abuse' is when someone does something to you that makes you feel bad or hurts you.

- 'Responsibility' means something you need to do.
- 'Threaten' means when someone makes you feel like they are going to hurt or abuse you.



### What should you do if you think you are being hurt or abused?

If you think you have been hurt or abused by another student or learner, member of staff or visitor, you should report this as soon as possible.

**Tell someone you trust about what is happening.**

Find out from your tutor, student support services or other trusted staff member who is responsible for protecting learners. Sometimes these are called Child or Vulnerable Adults Safeguarding Officers. Put their details here:

• ACL Safeguarding Officer contact: 07525 387549

Or email: [ACLSafeguarding@islington.gov.uk](mailto:ACLSafeguarding@islington.gov.uk)

You can also contact:

- Samaritans – 08457 909090
- Victim Support – 0845 3030900



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### Physical abuse

People should not touch you in a way that hurts. People should not hit, kick, pinch, burn or push you, or bind or tie you up.



### Sexual abuse

People should not:

- touch you if you don't want them to;
- make you touch them if you don't want to;
- say sexual things to you if you don't want them to;
- make you touch the sexual parts of their bodies if you don't want them to;
- make you take part in a sexual act with them if you don't want them to.



### Psychological or emotional abuse

People should not upset you by bullying or teasing you.



### Financial, money or material abuse

People should not steal from you. People should not bully you into handing over your money or things you own.



### Neglect

If you have personal care support, people who are there to help you should not neglect you or ignore you. People should not take away your rights to basic living needs such as shelter, food and water, clothing and medicine. People should not take away your right to make your own choices.



### Discrimination

People should not treat you badly because of your:

- age;
- disability;
- gender (whether you are male or female);
- ethnicity;
- religion; or
- who you choose for your girlfriend or boyfriend.



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# Information Advice and Guidance



## IAG one-on-one sessions (by appointment only)

This term we are offering Information Advice and Guidance session online Monday afternoons from 1.00 – 4.00pm and Wednesday mornings from 9.30 – 12.30.

To book an appointment contact Alison Moore 07808879044 or email [Alison.Moore@islington.gov.uk](mailto:Alison.Moore@islington.gov.uk)

# CLASS OBJECTIVES

1. Check homework (find ACL website and do H & S quiz).
2. Practise using Chat and Reactions in Zoom.
3. Health: Say what you do to be healthy.
4. If time: Watch a video and listen to information

# Health

WHAT DO YOU DO TO  
KEEP HEALTHY  
And FIT?



# Health

healthy





# Health



unhealthy

# Health



fit



# Health

**fit (adjective)**

Healthy and strong because you do regular physical exercise

# Health



unfit



# Health

## **Discussion. Answer the questions:**

1. What are the 3 most important rules to keep fit in your view?
2. What should you do when you have a cold?
3. How often should you visit the dentist's?
4. In what cases should you call a doctor?
5. What should a doctor do to check if you are ill?
6. What kind of food you should/shouldn't eat to keep fit?

## Talking about health- The Common Cold

- **Watch the video of people talking about the Common Cold**
- **Listen out for some of these words:**
  - a) a runny nose
  - b) a cold
  - c) a bath
  - d) a rest
  - e) tea
  - f) medication

## Talking about health- The Common Cold

- **Watch the video of people talking about the Common Cold**

<C:\Users\caroline kelly\Downloads\LFLS2-Common-Cold-final-cut.mp4>



# VOCABULARY MATCH

- Look at the verb + noun collocations from the video and match the numbers 1–6 with the letters a–f.
- Take a) a runny nose
- Get b) a cold
- Make c) a bath
- Have d) a rest
- Have e) tea
- Have f) medication



## VOCABULARY MATCH – Match the adjectives and nouns from the video

- match the numbers 1–5 with the letters a–e.

1) Comfort

a) toddy

2) Runny

b) system

3) Immune

c) bath

4) Hot

d) nose

5) Hot

e) food

## HW - Match the nouns and adjectives from the video

Next time – write sentences

- write about 3 things you do to keep fit and healthy.
- Say what you think are the most important things to keep fit and healthy.
- Use some of these verbs:  
eat go do play sleep