

THE APPRENTICE UPDATE

JUNE/JULY 2025



WELCOME TO SEMESTER OLIVER NEILSON!

Hello, my name is Oliver, but feel free to call me Oli. I'll be your tutor for the Fire Emergency and Security Systems Standard, along with other fire-related qualifications and standards in the protective services sector. I began my career as a trainee fire and security technician, gaining hands-on experience installing, servicing, maintaining, and repairing a wide range of systems including fire alarms, CCTV, intruder alarms, access control, and emergency lighting. I went on to earn several industry certifications through the Fire Industry Association, NICEIC, IPAF, and in kitchen suppression systems. After that, I moved into a compliance role, inspecting and verifying installations for fire alarms, emergency lighting, AOVs, fire extinguishers, warden call and monitoring systems for a large housing association. I later returned to a technical role with Sanctuary Housing, where I expanded my practical skills further, became a qualified fire extinguisher technician, and was responsible for writing compliance certificates for servicing, minor works, and installations. During that time, I also gained additional NICEIC and NAPIT qualifications.

My decision to become a tutor was inspired by my experience studying the NEBOSH International Fire qualification, during which I supported others who were also studying independently. I also mentored an apprentice at Sanctuary Housing, and found great satisfaction in helping him understand the importance of fire and security systems.

I enjoy helping students understand a challenging task that may not be able to be explained easily. Once they can show me they have understood the task, it feels like a great achievement. Outside of work, I train in Muay Thai and have practiced various martial arts for over ten years—and I'm also a big football fan. Fun fact about me, I can speak Spanish!

Kind Regards,
Oliver Neilson



APPRENTICE ACHIEVEMENTS

Chloe White



We are thrilled to recognise a fantastic achievement made by Chloe White from Molson Coors!

Chloe, currently completing the Drinks Dispense Technician Apprenticeship Standard, has gone above and beyond by creating an outstanding video that showcases her impressive knowledge, skills, and behaviours. Her work is a brilliant example of dedication and passion in action — and we couldn't be prouder to celebrate her success!

We encourage everyone to check out Chloe's fantastic video online and join us in applauding her for this achievement. Well done, Chloe!



GET MOVING WITH COUCH TO 5K

Couch to 5K is a simple, free running plan for absolute beginners. It's perfect if you want to get moving but don't know where to start.

How does it work?

- Run 3 times a week with a rest day in-between.
- Your runs are planned for you.
- You can pick your own celebrity personal trainer such as: Steve Cram, Jo Whiley, Reece Parkinson, Yasmin Evans, Denise Lewis, Sanjeev Kohli, and Sarah Millican!

What are the benefits?

- Improve your heart and lung health
- Help you manage your weight
- Strengthen your bones.
- Boost your mood and eases stress.



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OFF THE JOB HOURS

What is 'off the job' ?

Remember! Off the job is time spent developing your knowledge, skills or behaviours. This time is spent during your working hours and can include:

Mandatory External
Training Courses

Completing
Assignments

Moodle e-Learning

Youtube Learning

What can I include?

Progress Reviews &
Catch Up's

Observing & Shadowing
Colleagues

Apprenticeship Meetings
with employer or
training provider

In House Training Days

Are you remembering to add 'Off the Job' hours?

Make sure you log your 'off the job' hours onto the Learning Journal on your OneFile Portfolio. For more support and guidance in how to add an off the job log, please scan the QR code:



SAFEGUARDING

Semester Learning and Development are here to support and listen!

If you have non-urgent worries or concerns regarding your safety, or the safety of someone you know please do contact the below email:

Safeguarding@semesterlearning.com



Worries and concerns can include the following:

- Working over 40+ Hours a week
- Being Underpaid
- Working in dangerous conditions
- Living conditions
- Financial worries and difficulties

For emergencies relating to your safety or someone you know, please contact 999.

TOP TIPS FOR USING YOUR STUDY DAY EFFECTIVELY

You may find yourself using your off-the-job time to complete assignments, write job reports, annotate photos, or even edit videos to demonstrate your knowledge, skills, and behaviours. To make the most of this valuable time, it's important to have clear goals in mind. Consider what you want to accomplish, and use the following top tips to help you structure and use your study day effectively.



Make sure you plan how you will be spending your off the job time. Lay out your expectations for what you want to achieve by the end.



Try to pick a quiet space in your organisation building. If this is not possible, go to a library or even a coffee shop.



Stay Hydrated and have healthy snacks at hand.



Get yourself a good playlist and put in some earphones.



Turn mobile notifications off.



Inside Our Dyslexic Minds

BBC, 2025



"It's thought that as many as one in ten people in the UK are dyslexic, making it the most diagnosed type of neurodivergence. But despite this, Chris feels that dyslexia is frequently ignored and often misunderstood. He meets two dyslexic people frustrated that the people in their lives don't fully understand them"

"Teaming up with top filmmakers, animators and graphic designers, they create evocative short films which explain to family and friends how they're truly feeling inside - and what's really going on inside their dyslexic minds. A school counsellor explains to her brothers how being dyslexic impacts her life, and a builder from south Wales becomes the star of his very own musical. "



BBC, 2025

'Marcus goes the extra miles to set a new record'

BBC, 2025

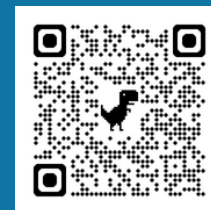


A 17-year-old known as The Hull Boy has described becoming the youngest person to run the entire length of the UK as "surreal".

Marcus completed the journey from Land's End to John O'Groats.

After raising about £130,000 for a mental health charity, he said the 58 days of running had been "the best months of his life".

BBC, 2025



KEEPING UP WITH BRITAIN



'Far-right extremists guilty of planning attacks'

Sky News, 2025

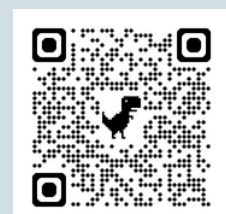


Three far-right extremists who amassed hundreds of weapons and planned to carry out attacks on targets including a mosque have been convicted of terrorism offences.



Brogan Stewart, 25, from West Yorkshire, Christopher Ringrose, 34, from Staffordshire, and Marco Pitzettu, 25, from Derbyshire, were part of an online group who "idolised the Nazi regime". Sheffield Crown Court was told how Stewart had detailed torturing a Muslim leader using an "information extraction kit". All three were found guilty of terrorism offences

During the nine-week trial, the court heard more than 200 weapons including machetes, hunting knives, swords and crossbows were found at their homes. The three men had discussed targets for harassment and attacks including mosques, Islamic education centres and synagogues.



Sky News, 2025

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APPRENTICE DISCOUNTS

The T O T U M discount card is available for all UK apprentices studying one of the following qualifications:

- Intermediate Apprenticeship (Level 2)
- Advanced Apprenticeship (Level 3)
- Higher Apprenticeship (Level 4/5)
- Degree Apprenticeship (Level 6/7)



To apply for the Totum Student discount, visit the website using the QR code:



You could save hundreds of pounds across various brands such as :



And Many more!

KEY DATES JUNE JULY

Eid al-Adha	07/06
Whit Sunday	08/06
Trinity Sunday	15/06
Fathers Day	15/06
Corpus Christi	19/06
Longest Day	21/06
Official Birthday of H.M. King Charles III*	21/06
Birthday of H.R.H. Prince of Wales	21/06
Midsummer Day	24/06
Islamic New Year	24/06
Al-Hijra/Muharram	27/06
Birthday of H.M Queen Camilla	17/07

