

## Student Update: 11<sup>th</sup> May 2021

### Step Three: Thinking ahead to 17<sup>th</sup> May

The Prime Minister has announced that there will be some changes to what we can and cannot do from Monday 17<sup>th</sup> May.

One of the most significant changes is that we will be allowed to meet indoors with up to 6 people or two households. You will also be allowed to reduce some social distancing measures when you meet in your group of 6 or two households. It is important to think carefully about the risks of close contact to help keep you and your family safe. Social distancing is still important in places where you might mix with people who are not in your household.

You will also notice other places starting to open up. Cafes, restaurants and indoor entertainment venues, like cinemas, will be able to open. You will have to follow social distancing in these places and wear face coverings (unless you are exempt).

It has also been announced that face coverings are no longer recommended in classrooms from 17<sup>th</sup> May. In the future, you may be asked to wear them again, if there are any concerns about numbers of cases. For now, you should continue to wear face coverings in classrooms and follow the guidance from your school.

Here is a summary of the changes:



Remember: the changes are will not start until 17<sup>th</sup> May. Listen carefully to the news or visit the [government website](#) to find more.



## Where can my subjects take me?

If you are choosing your GCSE, A-level or college options, you might be wondering how your subjects can help you find a career.

The BBC Bitesize website has a helpful section that shows you jobs linked to different subjects. There is a full range of subjects listed, including art, chemistry, music, PE and many more.

Each page includes real life profiles from people with a wide range of jobs. There is also information on the typical salary and working conditions for each job. Many of the jobs combine a range of subjects, which is helpful if you are finding it hard to decide what to study.

You can find more information and links to the jobs here: [Where could your favourite subject take you? - BBC Bitesize](#)

## Mental Health Awareness Week

This week (10<sup>th</sup> – 16<sup>th</sup> May) is Mental Health Awareness Week. This year's theme is 'Nature'. Did you know that some research suggests that our feelings of wellbeing improve when we are connected to nature?

There are lots of ways to experience nature. Why not consider some of these:

- Grow or tend some plants and flowers. You can even grow vegetables or herbs to contribute to a healthy meal.
- Go on a walk and listen to the sounds of nature, like the birds singing or the sound of leaves crunching beneath your feet. You can consider the other senses, too, like the smell of cut grass or the sight of clouds moving in the wind.
- Keep a nature journal by jotting down what you can see from your window every day. What do you notice about the environment around you? You might comment on the clouds, birds or even the stars.
- Spend some time outdoors. This might be when you are exercising, meeting your best friend or having a meal outside. Just remember to follow the rules on social distancing.
- Draw, write or paint nature. You could create a collage, write a poem or paint a picture of what nature means to you.

There are lots of ways to connect with nature, wherever you live. Don't be afraid to start small as every little bit helps.

Remember, there are lots of ways to get support for mental health. You can talk to your friends, a trusted adult or school. Or, you can find information on these websites:

- [For children and young people | Mind, the mental health charity](#)
- [YoungMinds - children and young people's mental health charity](#)
- [Info and advice | Childline](#)