

## Student Update: 16<sup>th</sup> March 2021

### Guidance on what we can and can't do

England is still in a national lockdown. This means you should stay at home unless you need to go to school. You are only allowed to leave your home for exceptional circumstances. You can go outside for exercise once a day, on your own, in your household or with one other person but remember to follow social distancing rules. This image shows you what the rules are:



From March 29<sup>th</sup> (which is when the Easter holidays start for most schools), you will be allowed to meet outside in groups of up to 6 people or two households. You should still remember social distancing. Some other outdoor sports will be allowed, but otherwise you should still try and stay at home as much as you can. This image shows you the details:





## My Choices

Are you a Year 11 student undecided about your next steps Post 16? Are there obstacles in your way that sometimes make it hard for you to achieve your goals?

My Choices is a project for Year 11 students that helps support you to make choices about your future. The project provides personalised careers information, advice and guidance and as well as practical workshops and broadcast sessions.

### Thursday 18<sup>th</sup> March: Recognising Your Strengths

In a session facilitated by our ASK team expert, you will gain an understanding of what 'strengths' are, identify your top 5 strengths and understand why strengths are important when applying for opportunities. This is an interactive session with competing activities.

Register here [My Choices: Recognising Your Strengths Tickets, Thu 18 Mar 2021 at 16:00 | Eventbrite](#)

## Thinking of your next steps?

There is still plenty of time to apply for a place at college or Sixth Form. More information on how to apply can be found in these links:

Apply by 26<sup>th</sup> March 2021 if you want to attend Newman Sixth at Cardinal Newman High School. Find out more here: [How to Apply \(newman6th.co.uk\)](http://newman6th.co.uk)

Apply by 31<sup>st</sup> March 2021 if you want to attend The Shared Learning Trust Sixth Form (including the Cricket Academy and The Football Academy): [Apply Now | The Sixth Form](#).

Apply to the Luton Sixth Form College here: [Luton Sixth Form College \(lutonsfc.ac.uk\)](http://lutonsfc.ac.uk)

Apply to Barnfield College here: [How to Apply | Barnfield College](#)

Find out more about Central Beds College here: [Central Bedfordshire College](#) and follow the link on the webpage to apply.

Other providers include:

[Bedford College \(Part of The Bedford College Group\)](#)

[The Bedford Sixth Form](#)

[Shuttleworth College \(Part of The Bedford College Group\)](#)

[Oaklands College in Hertfordshire | FE College for school leavers to HE](#)

[Milton Keynes College \(mkcollege.ac.uk\)](http://mkcollege.ac.uk)



## Creative Writing Competition 2

Are you a budding author? Do you enjoy writing stories? Would you like to win an amazing set of debut books? Then why not enter the Henrietta Branford Writing competition.

To enter, you need to continue this story:

*I'd never normally cut through the cemetery but I was running late. In trouble late. Shoelaces not tied properly late. I skirt around the corner and straight through the archway. A flock of birds shoots up and into the air shouting at me as I run along the old path, gravestones leaning at a funny angle, making me feel as if I'm being watched. It used to be a monastery once, Mum had told me, and I shiver as I think of creepy old monks in hooded robes.*

*The world suddenly turns upside down. Sky where the ground should be. I'm flat out on the path, sore-headed, knees scratched. I curse as I stumble back to my feet, see the shoelace that tripped me snaking on the ground as if it were alive. And that's when I see it. Out of the corner of my eye. Right by the bottom of the nearest gravestone.*

You have up to 500 words to tell the story (not including these opening paragraphs).

Anyone under the age of 19 can enter and the deadline is the 23<sup>rd</sup> May. You should check with an adult before you enter and we recommend they should send your entry for you.

To find out more, visit the website: [2021 Competition Details – The Henrietta Branford Writing Competition](#)

## Mindfulness

Mindfulness is a great way to help us manage feelings of stress or moments of anxiety. Mindful breathing is one of the simplest ways we can practice mindfulness. Why not try this activity, suggested by a leading children's hospital.

You can sit or stand for this activity – do whatever is comfortable.

Put both hands on your belly.

Close your eyes or look down at your hands, whatever feels safe and comfortable.

Take three slow deep breaths in and out. See if you can feel your hands being moved as the air enters and leaves.

You may like to count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out, pausing slightly at the end of each exhale.

Think about how the breath feels.

You might want to consider these questions: What is moving your hands? Can you feel the air moving in through your nose? Can you feel it moving out through your nose? Does the air feel a little colder on the way in and warmer on the way out? Can you hear your breath? What does it sound like?

After a few breaths, you can return your breathing to normal and stop the exercise when you are ready.