

Student Update: 9th March 2021

Return to School

Schools have re-opened for all pupils. Your school will tell you the exact date you can return. You might notice some changes when you return to school and you can be asked to wear masks in areas where social distancing is difficult. If you have any questions about what the rules are, ask your teachers for more information.

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.

Although schools re-opened fully on March 8th, the other rules have stayed the same. This means that you will need to stay at home unless you are at school or completing daily exercise. This image shows you what the rules are:



From March 29th (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.

We have two upcoming broadcast sessions delivered by the ASK programme on behalf of the National Apprenticeship Service. These sessions are not exclusive to those seeking apprenticeships and are aimed at helping you to gain the knowledge, skills and confidence that will support your next move into education, employment and training. The sessions will be delivered on Microsoft Teams with safeguarding and strict security measures in place.

Tuesday 16th March: Confidence & Self Esteem

Increasing numbers of young people report that confidence is a barrier in their decision making or aspiring higher. This session will explore confidence and self-esteem with the purpose of encouraging self-belief, building skills and confidence.

Register here [My Choices: Confidence & Self Esteem Tickets, Tue 16 Mar 2021 at 16:00 | Eventbrite](#)

Thursday 18th 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](#)

MY CHOICES
MARCH 2021 BROADCASTS

CONFIDENCE & SELF ESTEEM
Tuesday 16th at 4pm

Whether you've been struggling with your confidence or just need that boost to 'go for it', take part in this informative interactive activity with an ASK team expert exploring confidence and self esteem.

RECOGNISING YOUR STRENGTHS
Thursday 18th at 4pm

Join our ASK team expert in a session where you will identify what your top strengths are, why strengths are important when applying for opportunities and how to showcase them at interviews.

If you'd like to attend click on the word below to register
[CONFIDENCE](#) or [STRENGTHS](#)
For more info email youthadvice@luton.gov.uk

European Union | ASK ABOUT apprenticeships | FIRE UP Apprenticeships | Luton



Supporting your friend? It's not all on you.

Young Minds have put together some information for you to help if you are supporting a friend. It gives advice on how to respond when someone opens up to you and provides strategies on how to take care of your own mental health at the same time. Young Minds have put together some animations and quizzes to help you help others. Find out more here: [Supporting a friend with their mental health \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Young Minds also provide advice to support with [panic attacks](#), [loneliness](#) and [sleep problems](#). To find out more about these and other issues, visit the [Feelings and symptoms](#) page.

Creative Writing Competition

Are you a young person who is experiencing life in care? If so, the Coram Voices creative writing competition is for you!

This year's theme is "**What Makes Life Good**". This could be anything from places you have been, things you have done, people who are important to you, things you like to do or anything else that you feel 'Makes Life Good' for you.

Your entries can be up to (but no more than) 500 words long and can be a story, poem, rap, article or anything else that fits the theme.

Winners will have their work published in an anthology and have the chance to attend a prize-giving ceremony with a range of prizes available.

You can find out more information here: [Voices 2021: The national writing competition for children in and leaving care - Coram Voice](#)

You have until 31st March to enter and will need to have the permission of an adult.