



Student Update: 27th April 2021

Step Two: A reminder

On April 12th, some restrictions were lifted in England. The main differences are that shops have re-opened along with outdoor attractions, libraries and community centres. You can visit an indoor leisure activity, like a gym, on your own or in your household group.

Whilst you can meet outside, you must remember to follow the rule of six or only meet in two households. You cannot meet indoors.

We still need to follow social distancing measures and wear face coverings inside most places.

Remember the motto: Hands. Face. Space. Fresh Air.

Social media, fake news and misinformation

Social media has brought lots of positives to the world. It helps us keep in touch with friends and share funny or uplifting things that have happened.

But, social media also has a less positive side. It can be used to share fake news and misinformation. Sometimes it can be very difficult to tell the difference between what is fake and what is real.

Here are some things you can do:

- If you have read something on social media, check the information on a well-known and reputable website, like the BBC, NHS or Government webpages. If the information isn't on a reliable website, it is far less likely to be true.
- Think about who the source of the information is. What do you know about the person? Often, fake news or misinformation will be shared by someone who looks trustworthy. If you do not know the person, it is definitely worth checking the information on a reliable website.
- If the message has lots of different pieces of information, take the time to check each one individually. Sometimes, misinformation can be hidden by real facts, so you need to take care.
- Think carefully about whether you pass the information on. If you are not sure where it has come from or if the information can't be checked, then it's best not to share it.

If you do receive a message or see a social media post and you want to check if it is genuine, talk to a trusted adult. You can find out more about how to manage fake news and misinformation here: [Fact or fake - BBC Bitesize](#)



Graphic Drawing Project for young people in Luton: spring/summer 2021

Can you tell a story using drawings? Do you like to draw comic characters and other fantastic creatures? If the answer is yes, then you might want to take part in a free graphic drawing project happening in Luton this spring/summer time.

Artist Nicole Mollett is asking young people who live in Luton to send her their drawings and comics for a new exhibition to take place in summer 2021.

Comics and graphic novels are a narrative art form. What unifies all comic book art is that it tells a story by placing one image after another in graphic storytelling, which is where the term “sequential art” comes from.

Learn how to tell a story in a simple and exciting way. Learn about using colour, creating mood, the art of page composition. Learn how to create drama, emotion and suspense, and how to make your comic an interactive experience.

Some ideas for your graphic novels:

- Tell us your story of the lockdown experience
- Create a story of how the pandemic has made you feel
- Create a dream world and tell the story of it

But most of all, use your imagination and give it a try!

The University of Bedfordshire is offering free online workshops for beginners in cartooning and advanced artists, with topics from tools and techniques, to writing and drawing for both comics and graphic novels.

How to take part in the Project;

- Sign up and download a free 4-page guide how to produce your own graphic story
- Draw your own 1-2 page story
- Upload your creations to digital platform to be part of a summer 2021 exhibition & zine

For more information/register your interest, ask a teacher, parent or guardian to contact:

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GCSE results appeal consultation

OFQUAL (the group that oversee exams and qualifications in England) are interested in your views on the appeals process for GCSEs this year.

If you are due to receive your GCSE results, you may want to contribute to the consultation. The consultation looks at the rights learners have to appeal and the circumstances that might lead to an appeal.

You will need to read the appeal consultation documents before you answer.

If you are interested, you can find out more here: [Consultation on guidance in relation to appeals under the GQAA framework in 2021 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/consultation-on-guidance-in-relation-to-appeals-under-the-gqaa-framework-in-2021)

Mindfulness and gratitude

Taking a few moments to appreciate the small things in life can have a really positive effect on our mood and wellbeing. There are many ways to show gratitude, so why not try one of the methods below:

- Keep a gratitude journal: using a small notebook or your phone, jot down three things you are grateful for every day. They can be small things, such as getting a text from a friend you haven't heard from in a while, or bigger things, like overcoming a challenge or helping another person.
- Keep a gratitude jar: if you have any empty jam jar or other container, you can jot down something you are grateful for on a piece of paper and pop it inside. Once the jar is full, you can empty it and re-read all the moments of gratitude you have had. You can also decorate the jar with things that inspire you.
- Gratitude challenge: write down between 5 and 10 activities that you think will show gratitude. It might include sending a thank-you letter, doing something nice for someone else, or sending someone a message explaining why you are thankful for them. See how many you can complete in a month.

Remember, even the smallest things can help inspire a sense of gratitude. Don't worry if you have a day where it is more of a challenge to find things to be thankful for, as each new day provides another opportunity.