



Student Bulletin: 17th November 2020

Covid-19 Information

National restrictions are in place. You can continue going to school or college but should otherwise stay at home.

Remember to follow the rules your school or college has put in place to keep you safe. This includes wearing a face covering when you are moving around the school or when you are in an area where it is hard to social distance (unless you are exempt).

If you have any questions or worries about these restrictions, speak to your teacher or a responsible adult.

What does self-isolating mean?

You must self-isolate for **10 days** if you have symptoms or have tested positive for Covid-19. The symptoms are:

- a high temperature - this means you feel hot to touch on your chest or back
- a new, continuous cough
- a loss or change to your sense of smell or taste

You must self-isolate for **14 days** if someone you live with has symptoms or has tested positive. You must self-isolate, even if you feel well.

You might also be asked to self-isolate by your school or the NHS if you have come into contact with someone who has symptoms or has tested positive.

If you have to self-isolate, you must stay at home. You should not go to school or college. Please tell your school or college why you are absent: they have procedures in place to keep everyone safe.

Staying at home means that you should not leave your house for any reason. This includes not going to the shops and not going outside to exercise. You and your family must not have any visitors inside your house, even relatives. The only exception would be someone who was providing essential care.

If you and your family need to self-isolate and you are worried about how to get food, you can ask for help from the NHS volunteers, your community or your school. Remember: if someone is dropping off food for you, they must stay outside and you should keep the door shut until they have gone away.

If you have any questions about self-isolating, you can ask your school or visit the NHS website: [When and how to self-isolate](#).



Wellbeing

Young Minds is a charity that helps teenagers with their mental health. They provide information and advice on a range of topics from bullying to sleep problems.

Young Minds have a special page dedicated to the feelings young people might have because of the Coronavirus pandemic. More information can be found here: [Young Minds Coronavirus Support](#) .

Remember, if you are feeling worried, there are plenty of people who can help you, including your school.

Enterprise Challenge

The Prince's Trust have launched an Enterprise Challenge for 11 – 16 year olds. This is an interschool competition where young people will work with a mentor to take on a range of challenges. The challenges help build confidence, creative thinking and resilience.

The Enterprise Challenge starts in January with online sessions. Teams will compete to design a micro-business and the winners will go through to the regional final.

Find out more here: [Enterprise Challenge](#) or talk to your school.

Post-16 Information

Barnfield College digital open day is taking place from 10 am – 2pm on 21st November. Register your interest here: [Barnfield College Autumn Open Day](#)

Milton Keynes College will host a virtual open event from 10 am – 1pm on 21st November. More information can be found here: [Milton Keynes College Virtual Open Event](#) . They are holding a second event on 25th November from 5 – 7.30 pm. Information can be found here: [Milton Keynes College Open Event 2](#) .

Oaklands College is holding a virtual open day from 10 am – 3 pm on 21st November. More details can be found here: [Oaklands College Open Day](#)

The PAD (Performing Arts Depot) is holding an open day on 21st November with auditions on 14th December. More information can be found here: [The Pad auditions](#)

Virtual Open Event videos

Harlington Upper School has a virtual open event available here: [Harlington Sixth Form](#).

The Hitchin Consortium has a virtual open event available here: [Hitchin Consortium](#).

Queensbury Sixth Form has a virtual open event available here: [Queensbury Sixth Form](#).

Redborne Upper School and Community College has an introductory video available here: [Redborne Upper School and Community College](#).