



## Student Update: 15<sup>th</sup> June 2021

### Covid-19 update: Stage 3 continues

Yesterday, the Prime Minister announced that the current coronavirus restrictions would stay in place until 19<sup>th</sup> July. This is to allow more adults to receive their vaccinations and to help protect the NHS.

This means that we need to continue with social distancing measures, including wearing a face covering in shops, on public transport or in places where it is difficult to keep 2 metres away from other people (unless you are exempt). Your school may have asked you to wear face coverings in corridors and classrooms: please check with your teachers if you are unsure of what to do.

Here is a reminder of some of the things you can and cannot do:

- You are allowed to meet in groups of up to 30 people outside but you should still try and maintain a distance where you can, especially from people you do not live with.
- You can meet in groups of up to 6 people from different households indoors or in a group of two households. It is a good idea to keep windows open to allow fresh air to ventilate the room you are in.
- Some large sporting events, concerts and performances are being allowed to take place: the organisers will contact you with details of what you need to do to attend, which will include a showing a recent negative test result (or proof of vaccination if you have received one).
- You can continue to exercise in groups of up to 30 people outdoors and 6 people indoors. Formally organised exercise classes and sports have different limits and the organisers will tell you what these are.
- You can attend your place of worship but should not mingle in groups of more than 6 people or two households, and you should maintain social distancing.
- Volunteering activities, including for charities, can continue but remember to follow the guidance from the organisers.

It is also important to keep taking your rapid test (which is sometimes called an LFD test) twice a week. Remember to report your result, even if it is negative.

Don't forget, if you have any symptoms of Covid-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste), you should self-isolate and arrange for a PCR test (a test that is sent to a laboratory).

You can find out more information here: [Guidance on what you can and cannot do](#) or ask your school.

## Staying safe in the warm weather

The recent hot weather has reminded us of the importance of staying safe and well during a heatwave.

Here are some top tips from the NHS on how to stay safe when the temperature rises:

- Look out for those who may struggle to keep themselves cool and hydrated, especially older people or people with health conditions.
- Drink plenty of fluids.
- Stay cool indoors by keeping curtains closed in rooms that face the sun.
- If going outdoors, be considerate when using cool spaces. Keep your distance in line with social distancing guidelines
- Try to keep out of the sun between 11am to 3pm.
- Walk in the shade.
- Apply sunscreen regularly.
- Wear a wide brimmed hat.
- Avoid exercising in the hottest parts of the day.
- Make sure you take water with you if you are going outside or travelling.

You can find lots more advice here: [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk/health-topics/heatwaves/heatwaves-what-to-do/)

## Summer Enrichment Tasks

If you are in Year 11 and preparing for college, sixth form or an apprenticeship, you might be interested in our 'Try Out' tasks. These have been compiled from colleges across the country and let you explore different subjects.

If you want, you can share these with your next education provider (but remember to complete any tasks they set you first) or you can complete them just for personal enrichment. Please don't contact the school or college that shared the tasks as these are designed for you to complete independently.

Here is a booklet with the tasks for you to explore:



Year 11 Transition  
Try Out Tasks.pdf