



Student Bulletin: 10th November 2020

Covid-19 Information

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

You should not meet with people you do not live with. On your way to and from school, remember to follow the rules on social distancing. You should also follow the rules your school or college has put in in place to keep you safe.

If you are worried about what these new restrictions mean, speak to your teacher or a responsible adult.

Face-coverings

Face coverings are an important way of helping to protect your family, friends and community. A face covering can reduce the spread of droplets from your nose and mouth. This helps reduce the risk of infection from the coronavirus.

The face covering must fit securely across your face: remember to cover your nose and mouth!

When you wear a face covering, you need to think carefully about how to put it on and take it off. Remember:

- Wash your hands thoroughly before and after you touch the face covering.
- Try not to touch the face covering once you are wearing it.
- Use the ear loops, ties or straps to put the face covering on or take it off.
- Store the face covering in a plastic bag if you need to take it off for lessons.
- If your face covering is reusable, wash it after it has been worn.
- Don't share a face covering with anyone!

Some people do not have to wear a face covering. Remember that it is not always possible to tell why someone can't wear a face covering and it is important to respect other people's situations.

You can find more information about face coverings [here](#) or you can ask your teachers.

Bus Stops

If you catch a bus to school or college, it is important to remember to the rules on social distancing when you are at the bus stop. You should not gather in groups and must remember to keep a safe distance from others. When the bus arrives, wait your turn to board the bus: don't push or shove others to get to the front of the queue. Remember, you must also wear a face covering on the bus (unless you are exempt).

Stay Safe Luton

Please protect yourself and your community by following this advice:

How to safely
use a
face covering



Wash your hands or use hand sanitiser before and after using the covering



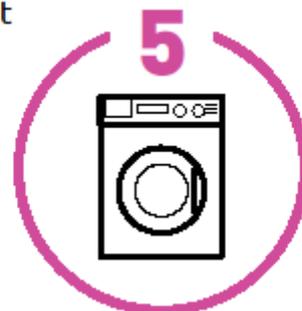
The covering should closely **cover your chin, mouth, and nose**



Remove by the ears - avoid touching the front



Store used face coverings in a plastic bag



Wash after each use with other laundry



Face coverings **should not be used** by children under the age of three or people with breathing problems.

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Wellbeing

Kooth

If you are feeling worried or overwhelmed, it is important to talk about how you are feeling. Kooth is a free, safe and anonymous online counselling service for young people aged 11 - 16. It provides support from qualified counsellors via mobile, tablet and desktop computer.

To find out more about Kooth, visit their website: www.kooth.com or ask your school about how you can access support.

Post-16 Information

Open Days

The Bedford Sixth Form is holding a virtual open evening on 11th November, between 5 – 8 pm. You can find out more and register here: [Bedford Sixth Form Open Evening](#)

Cardinal Newman Sixth Form will be hosting their virtual open evening on 12th November. More details will be published here: [Newman 6th Open Evening](#)

Central Bedfordshire College virtual open day is taking place on 12th November. Find out more and register using the link here: [Central Beds Virtual Open Day](#)

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](#).