

## Student Update: 23<sup>rd</sup> March 2021

### What can we do during and after the Easter holidays?

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 and for exercise on your own, with your household or with one other person.

From March 29<sup>th</sup> (which is during the Easter holiday 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 limit your travel. This image shows you the details:



On 12<sup>th</sup> April (which is when most schools will re-open after the Easter holiday), there might be some additional changes. These depend on the vaccination programme continuing, the infection rate and the number of people who are in hospital. The Government will decide whether or not we will be able to do more things. If they say that we can, here are some of the things we will be able to do:



Remember, moving to step two on 12<sup>th</sup> April is not guaranteed and we must wait until the Government advise us before making any changes. In the meantime, remember to follow social distancing rules and stay at home as much as you can.



## Creative Earth Competition

This year, leaders from across the globe will gather in Scotland to discuss climate change. To celebrate this, the UN COP26 Climate Change Conference has launched an art competition.

They would like young people to draw their vision of the earth and the world they want to live in. Winning entries will be displayed at the conference. The artwork must fit within the template (provided on the website) or a circle on an A4 piece of paper.

To enter, you must ask an adult to sign the competition entry form, which is on the website. You can scan or send a photo of your artwork. You can also complete the artwork digitally, if you prefer.

To find out more, visit this link: [Creative Earth Competition - Together For Our Planet \(ukcop26.org\)](https://ukcop26.org). You have until 5<sup>th</sup> April to enter. Good Luck!

## Mindfulness

Mindfulness is a great way to help us manage feelings of stress or moments of anxiety. Last week, we shared a breathing activity with you. Here is another mindfulness activity linked, suggested by a leading children's hospital.

In this activity, you can try visualising colours as you breathe to increase focus and awareness.

Find a safe, quiet space where you will not be disturbed. You can close your eyes for this activity, if you like.

Think of a relaxing colour. It can be any colour you like, as long as it is one you think is relaxing.

Now think of a different colour that represents an uncomfortable feeling, like stress, worry or anger.

Imagine you are surrounded by the relaxing colour. As you breathe in, imagine breathing in the relaxing colour.

As you breathe out, imagine breathing out the negative emotion colour.

As you breathe in and out, visualise the stress colour mix into the relaxing colour around you. Watch the stress colour slowly disappear into the relaxing colour.

After a few breaths, return your breathing to normal.



## Looking ahead: preparing for interviews

If you have applied for college, Sixth Form or an apprenticeship, you will probably be asked to have an interview. This might take place on-line or face-to-face.

Although interviews can make people feel a bit nervous, there are plenty of things you can do to ensure it goes well. Here are some top tips, inspired by the BBC Bitesize website:

- Practice, practice, practice. It can seem a bit silly, but rehearsing what you want to say in an interview is a great technique. You can rehearse in front of the mirror or ask a family member to act as the interviewer. You might even want to record yourself and listen back to see how you can make your answers even better.
- Knowledge is power. Most interviewers will be impressed if you have taken the time to research the college, business or courses that you are applying for. This will help you keep your answers relevant. Also, make sure you have read over your application or personal statement as you may get asked about this.
- Be specific. In an interview, it is helpful to explain why you want to study a particular course or why you want to work for a certain employer. Try and think about what is unique to each course, job or placement and why this appeals to you.
- Celebrate yourself! You are unique and you will bring things to a course, job or placement that no-one else can. Make a list of your skills and attributes – you can even ask friends and family members for suggestions. Then, think about why these skills make you the perfect candidate.
- Dress to impress. On the day of the interview, take some time to think carefully about what to wear so you look professional but also feel relaxed. If you are feeling nervous, a couple of deep breaths before an interview can be very calming!

For more advice on interviews, visit the BBC Bitesize website: [How to prepare for an interview - BBC Bitesize](#).