

## Student Update: 8<sup>th</sup> June 2021

### Covid-19 update: At home testing

Now that the school term has started, we can all help to reduce the spread of the coronavirus by taking a rapid test, which is sometimes called an LFD (lateral flow device). Many of you will already have been completing these tests twice a week. Taking a rapid test helps find out who might have the virus even though they don't have symptoms.

Teenagers have very busy lives, but if you can find the time to take a rapid test, twice a week, you could help keep yourself, friends and family even safer.

It only takes a few minutes to complete the rapid test and you can carry on with your routine whilst you are waiting for the result. If you have used up all your tests, ask your school for some more.

If you are completing the test, don't forget to report your results to the NHS and your school. It's important to report negative results as well as positive results. Your parent or carer can complete the online form here: [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result).

So, remember to take a test and report your results to help keep our community safe!

### Next steps for Year 11

Before half term, we shared some information from Luton Sixth Form College. This week, it is the turn of Barnfield College.

If you have applied to attend Barnfield College, you may be interested in some of their online videos and weblinks. Here are a few for you to consider and we will include more over the next few weeks:

Subject Area	Transition activity	Link
CV Writing	Virtual workshop – overview	<a href="#">Barnfield CV Writing YouTube</a>
Interview Skills	Virtual workshop – overview	<a href="#">Barnfield Interview Skills YouTube</a>
Work Experience	Use the GAP website to prepare for college	<a href="#">Barnfield GAP website</a>
Applications	Overview video	<a href="#">College Application Process</a>
Enrichment activities	Variety of enrichment activities for students	<a href="#">Enrichment at your leisure website</a>



## Online Wellbeing Sessions with Next Generation Youth Theatre

If you are aged 16 or over, you may be interested in two online wellbeing sessions being offered by Next Generation Youth Theatre alongside a qualified therapist.

There are two sessions available: **Young Black Minds Matter: Me and My Identity** which explores feelings about Race, Racism & Identity and **Wellbeing Group Workshops** which explore what wellbeing means to you, ways to improve wellbeing and build resilience in a supportive environment.

You must be over 16 to register for the sessions. To book the sessions visit: <https://ngyt.eventbrite.co.uk>

## Foyle Young Poets Prize

Do you enjoy writing poetry? If so, there is still time to enter a prestigious poetry competition.

The Foyle Young Poets of the Year Award 2021 is open for anyone aged 11 – 17. You have until 31<sup>st</sup> July to submit your entry. Your poem must be written in English, but you can include phrases in your mother tongue or another language. You can also enter in braille or BSL.

Everyone who enters will receive an e-certificate. Prizes for the winners include books, mentoring and the chance to participate in creative writing workshops. Winners will also have their work published in an anthology.

The competition is free and you can enter as many times as you like. Find out more [here](#).

## Growing for Wellbeing Week

Did you know that this week (7<sup>th</sup> – 13<sup>th</sup> June) is National Growing for Wellbeing week? It is a time to celebrate all the benefits of growing your own produce, both physically and mentally.

If you have a garden or a window box, there are all sorts of things you can grow. Herbs and vegetables are some of the easiest things to grow – you can often grow these from seeds (but not bird seed or seeds in pet food). You can even grow some new vegetables from scraps, like the base of a lettuce.

You can find out more in this article: [How to grow veg from the veg you already have - BBC Bitesize](#)

If you don't have a garden or space to grow, why not ask your school if you can start a garden project there?