



Student Update: 18th May 2021

Step Three: Meeting friends and family

Yesterday, some changes were made to what we can and cannot do. One of the main changes is that we can now meet in groups of up to 6 people or two households indoors.

If you are meeting people, it is important to think about social distancing and the close contact that we have in others. Here is some advice from the government website that can help keep you, your family and friends safe.

Firstly, if you have any symptoms of Covid-19, have tested positive or have been told to self-isolate, then you mustn't meet up with other people. This will help stop the spread of the virus.

If you do not have any symptoms, you can still take a rapid test to see if you have the virus. Your school will have given you some rapid tests to use at home and you can ask them for more if you run out. Families can also collect rapid tests from community test sites and pharmacies. Or, they can be ordered online. It's recommended that you take a test twice a week and report your results (positive or negative) online.

If you are meeting in a group of six or in two households, try and meet outside where you can. If you have to meet indoors, make sure the room has plenty of fresh air by opening the windows.

Remember, some people are more vulnerable than others to the virus, so think carefully about who you are mixing with. Mixing with lots of other people can increase the risk of catching or spreading the virus. This is why we mustn't interact with people who are not in our group of 6 or two households.

Finally, don't forget that social distancing is still an important part of preventing the spread of the virus, especially with people you do not know.

To find out more about how to stay safe when meeting friends and family, you can visit the [Meeting friends and family](#) website or ask your school if you have any questions.

Student Guide to Grading 2021

As you know, this year's GCSE, AS and A-level grades are going to be based on teacher assessed grades.

The Government has produced a helpful booklet which explains more about the process for grades this summer. It includes important dates and information on the appeals process.

You can find the booklet here: [Student Guide to Awarding 2021](#)

The Big Ask: Last Chance!



The Children's Commissioner for England has launched a survey for children and young people. The survey is running from 19th April to 19th May.

It is an opportunity to share what matters to you. There are questions on what life is like, the future and any issues you think are affecting you.

Anyone aged 4 – 17 can complete the survey so you can encourage others to complete it too, if you think they would like to share their views. There is also a separate survey for people aged 18+.

The survey is anonymous and you can miss out any questions you do not want to answer.

Find out more via this link: [The Big Ask | Children's Commissioner for England](#)
[Children's Commissioner for England](#)

Luton Sixth Form College – Transition Activities

If you are planning to attend Luton Sixth Form College from September, you should take a look at their transition activities. These will help you prepare for your new courses.

The information can be found here: [Luton Sixth Form College Year 11 Transition Tasks](#) . Remember to read the guidance carefully.

We will share information about transition activities from other colleges and sixth forms in future bulletins.

Mindfulness Activity

Many people find that taking some steady, deep breaths can help in moments of worry. One method you can try is called shape breathing.

Draw a triangle with three equal sides on a piece of paper. The triangle does not need to be too big. As you inhale, count steadily to three and trace the first side of the triangle. Then, hold for the count of three and trace the second side of the triangle. Finally, exhale to the count of three, tracing the final side of the triangle. Complete this three or four times and then return your breathing to normal.

With any breathing technique, if you feel uncomfortable or are finding it hard to catch your breath, stop and return your breathing to normal.