



Student Update: 26th January 2021

National Lockdown

England is still in a national lockdown. This means that you must stay at home and should only leave your home in exceptional circumstances.

Remember, you are not allowed to socialise with people from outside your household.

If you have any questions about the rules, you can ask your teachers or find more information here: [National Lockdown Rules](#).

Exams Update: Your views on what should happen in 2021

There is still time for you to share your views on what should happen with GCSEs, A-levels and vocational qualifications in 2021.

You can find the consultation on GCSE, AS and A-levels here: [Consultation on GCSEs and A levels](#). There is also a consultation about vocational qualifications: [Consultation on Vocational Qualifications](#).

If you would like to share your views, have until 11.45 pm on Friday 29 January to reply to the consultation.

Before you complete the consultation, you should read the booklet that explains what the questions are and why they are being asked. This will help you give an informed answer.


Whether or not you choose to complete to the consultation, remember that the work you are doing now could contribute to your final grade. Keep trying your best and let your teachers know if there is anything that is getting in the way of your work.

Mental Health Week: 1st – 7th February

Children's Mental Health Week takes place between 1st and 7th February. It is a good time to reflect on mental wellbeing and the steps we can take to help ourselves and each other.

This year's theme is Express Yourself. Here are some activities suggested by Place 2 Be, a mental health charity that works with young people:

- Pick a quotation that means something to you: it might be a favourite song lyric, something a famous person has said or a quotation from a book. The main thing is that the quotation inspires you and links to the idea of self-expression. Once you've chosen your quotation, write it in the centre of a piece of paper. Then express yourself creatively around the edge, using colours, pictures, words, or whatever else you choose.

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- Keep a journal: lots of people find that using a journal helps their self-expression. It can be a written journal, a photo journal or even a video journal. It is a space for you to express yourself and explore your thoughts and feelings. You can use it to try and solve problems or to create a vision board about your hopes and dreams.

We will share more activities on the theme of Express Yourself in next week's bulletin.

BBC Bitesize

We know that your teachers are working hard to deliver remote learning during the national lockdown. But, you might also want to complete some independent learning and revision alongside the work your teachers set.

BBC Bitesize has a range of clips, quizzes and other resources to support the learning provided by your teachers. You can find out more on their website: [BBC Bitesize Secondary](#)

You might also be interested in the BBC's Lockdown Learning. You can find documentaries, short films and other interesting programmes to support independent learning. Find out more here: [BBC - Lockdown Learning](#).

Remember these resources are in addition to the work your teachers set: you should always do your classwork first!