



Student Bulletin: 8th December 2020

Covid-19 Information

We know that lots of young people are being asked to self-isolate. This might be because they have symptoms or have tested positive for Covid-19. Or, it might be because a school bubble has been sent home. But what does self-isolating mean?

Self-isolating really does mean isolating: staying away from other people and staying at home all day. This means you can't run errands, like popping to the shop or collecting a relative from school, even if your parent or carer asks you. Unfortunately, it means you can't meet up with friends or visit family. But, it is only for a specific time and ultimately helps to keep everyone safe.

When you are self-isolating, it can feel lonely or boring. Although you mustn't go out, you can keep in touch with friends on the phone, via instant message or through texting. If you don't have access to a phone or the internet, jot down notes of things you want to say to your friends so you can tell them when you are back at school.

It's good to try and keep some structure to your day. Wake up at your normal time if you can. Try to keep up with your school work, too, as this can help the time pass more quickly and you might be able to join a 'live' online lesson where you can see your classmates.

If you have questions about self-isolation, you can ask your teachers or visit the NHS website: [here](#).

Exams 2021

The Department for Education has announced some changes about how exams will run in 2021. They know that learning this year hasn't been the same and these changes will make things fairer.

Here is an outline of the key changes:

- Most exams will start three weeks later than usual (although a couple of exams will still be held before the May half-term)
- More generous grading to bring grades in line with results in 2020
- Advance notice of some topic areas to help you focus your revision
- In some exams, you will be allowed to use exam aids - like formula sheets
- 'Second Chance' exams if you have missed an exam because of illness or self-isolation

A group of experts will also look at the impact Covid-19 has had on different parts of the country.

Exam boards will be working on these changes and more details will be shared soon. Any major changes will be included in this update.

Wellbeing

If you are aged between 11 and 19, and live in Luton, you can get health advice from ChatHealth.

ChatHealth is an easy, confidential, anonymous way to ask questions about your health. They can help with health related questions you might have around mental health, drugs, relationships, healthy eating and much more.

The Luton school nurse team can answer your text from 9am to 4pm, Monday to Friday (except bank holidays). Text the Luton School Nurse Service on 07520 616070.

Careers

Are you thinking about your next steps? Here is a three-step guide that can help you identify the careers and pathways that you might suit.



Career Planning 3
Step Plan.pdf

Revision Tips

In some subjects, we need to remember important formulae, lists of names or other groups of information. It can be hard to remember each individual fact or equation. But there are ways to make remembering easier.

Mnemonics (pronounced nuh-monics) are sentences where the first letter of each word represents a piece of information. One of the most well-known mnemonics is:

Richard of York gave battle in vain.

Each word in this mnemonic links to a colour in the rainbow:

Richard = red, **O**f = orange, **Y**ork = yellow, **G**ave = green, **B**attle = blue, **I**n = indigo, **V**ain = violet

It is a lot easier to remember a sentence than a list, so mnemonics are a great well to help you revise.

Here is an example for music that helps us remember the names of the notes on the line when you are using when using the treble clef:

Every Good Boy Deserves Football

How can you use mnemonics to help you remember important facts?