



## Student Bulletin: 15<sup>th</sup> December 2020

### **Covid-19 Information: Christmas Bubbles**

The festive season is coming up and many people like to spend time with their family during the school holiday. But, the holiday season will be a little different in 2020.

Between 23<sup>rd</sup> and 27<sup>th</sup> December, you will be allowed to join a Christmas bubble. This can include people from up to three households (including your own).

When you have chosen your bubble, you can't change it. It needs to be the same group of people for those dates (23<sup>rd</sup> – 27<sup>th</sup> December). You can meet with your Christmas bubble in your home, in their home, at a place of worship or outside.

You can only meet with people who are not in your Christmas bubble in certain outdoor places, such as parks. You are only allowed to meet in groups of up to six people.

If you do decide to meet someone outside, think very carefully about whether it is worth the potential risk of bringing the virus into your home. This is especially important if you have older relatives in your bubble.

If you have any questions about the Christmas bubble, speak to your school. Or, visit this website which has lots of leaflets about Christmas bubbles, including in different languages: [Christmas Bubbles](#).

### **Exams: Give your views on the changes for 2021**

In 2021, there will be some changes to exams. One of the changes will allow students find out some information about what the exams will cover in advance. You will also be allowed to use supporting materials like formula sheets in some exams.

OFQUAL is the group that oversees exams. They are interested in hearing your views about the advance information and support materials. They are asking teachers, students and other interested groups to respond to a survey.

You can find out more about the survey here: [Exam Consultation Survey](#) .

If you would like to complete the survey, you will need to read the information provided and check that you are happy with how your responses will be used. You have until 20<sup>th</sup> December to share your views.



## Careers

During the holidays, you might have some time to think about your next steps and possible careers.

The BBC Bitesize website has lots of helpful information about careers and the range of jobs available. You can visit their website here: [BBC Bitesize Careers](#)

Your school may also have signed up to a careers website that can help you explore the wide range of jobs and training available. To find out more about the careers support in your school, speak to your teachers or careers leader.

## Wellbeing

CHUMS is a mental health and wellbeing service for children and young people. Their website has lots of useful information on mental wellbeing. They also provide support for young carers and those who have had a bereavement.

You can find out more about the help they offer by visiting their website: [CHUMS website](#) . Here you will find information and tips on anxiety, what to do if you are being bullied, healthy eating and much more.

Remember, you can also talk to a trusted adult or teacher if you are feeling worried.

## Revision Tips

In the last bulletin, we looked at how mnemonics can help you remember information. A mnemonic is a sentence where the first letter of each word represents a fact.

Acrostics work in a similar way, but these are words where each letter represents a piece of information.

For example, you might know the acrostic **FANBOYS** which reminds us of the co-ordinating conjunctions (for, and, nor, but, or, yet, so). If you study French, you might know the acrostic **Dr and Mrs Vandertramp** for verbs that take être in the past (devenir, revenir, monter, rester, sortir, venir, aller, naître, descendre, entrer, rentrer, tomber, retourner, arriver, mourir, partir).

Acrostics can also be nonsense words like **SOHCAHTOA** which helps us remember functions in trigonometry (Sine = opposite over hypotenuse, Cosine = adjacent over hypotenuse, Tangent = opposite over adjacent).

Can you write some mnemonics and acrostics to help you remember information?