

Return to School - how an LFD test works

Schools open for all pupils on 8th March. Your school will explain exactly what day you will need to return.

Last week, we explained that your parents or carers will be asked to give their consent so that you can take a voluntary LFD (lateral flow device) test. As you might not have taken a test like this before, here is an explanation of how it works. As part of the test, you will be asked to swab the back of your throat and your nose. The swab is put into a testing liquid and then some of this liquid is dropped onto a special absorbent paper in the test device.

As the testing liquid is absorbed by the special paper in the device, it will see if there are any antigens for Covid-19. Antigens are made by your body when your immune system detects an illness or something else that doesn't belong to it. If the test detects antigens for Covid-19, it will show a positive result. If the test doesn't detect a high level of antigens, it will show a negative result.

If you get a positive result, your school will explain the next steps and you will need to self-isolate. If you get a negative result, you still need to follow the rules for social distancing just in case you are still carrying the virus. Occasionally, a test might show a void result. If you get a void result, do not worry as you will have the chance to take another test.

You will have the opportunity to be tested three times in school. This will give you a chance to learn how to take the test and how to read the results before you are asked to take the test at home.

If you have any questions about the LFD test, how it works or how you will use it at home, ask your school for more information.



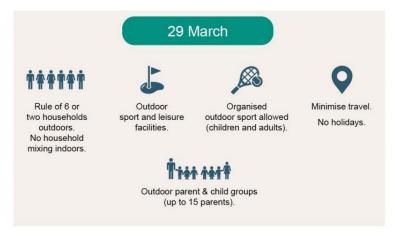
Guidance on what we can and can't do

England is still in a national lockdown. This means you should stay at home unless you need to go to school. You are only allowed to leave your home for exceptional circumstances. You can go outside for exercise once a day, on your own, in your household or with one other person but remember to follow social distancing rules.

When schools return fully on March 8th, the other rules will stay the same. This means that you will need to stay at home unless you are at school or completing your daily exercise. This image shows you what the rules will be:



From March 29th (which is when the Easter holidays start for most schools), you will be allowed to meet outside in groups of up to 6 people or two families. You should still remember social distancing. Some other outdoor sports will be allowed, but otherwise you should still try and stay at home as much as you can. This image shows you the details:





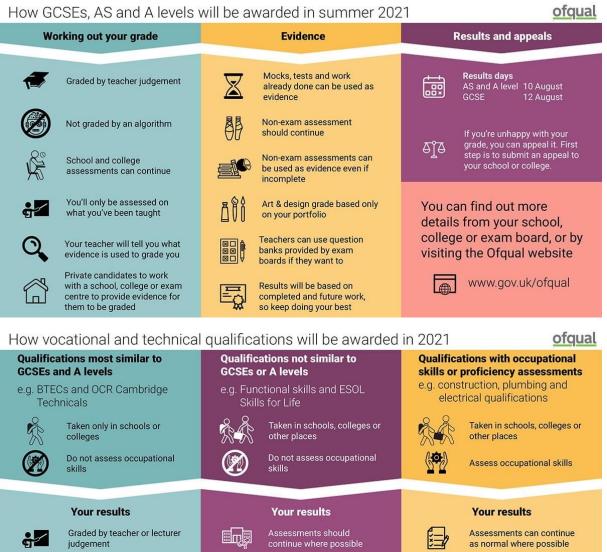
Exams 2021

Last week, OFQUAL (the group that oversees exams) announced the changes that will be made for 2021.

This year grades for GCSE, AS, A-levels and most vocational subjects will be decided by your teachers. This means teachers will look at what you have been taught, the work you have produced during the course and the work you are producing now and when you are back at school. This might include mock exams, coursework or new tasks, including optional questions that your exam boards will provide.

These infographics gives you more details:

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Over the next few weeks, your teachers will be able to share more information about each subject and how they will work out your grade. If you have any questions, you can ask your teachers or visit exam board webpages.





Mindfulness

Mindfulness encourages us to focus on the present moment and many people find it helps with anxious feelings. Why not try this mindfulness activity?

Find somewhere comfortable to sit where you won't be disturbed. You might find it helpful to close your eyes, if it is safe to do so. Settle into a comfortable position and focus on your breath flowing in and out.

When you are ready, shift your awareness to the sounds that you can hear around you. Try not to search for the sounds, let them come to you and fill your ears while simply hearing sounds near and far away.

If you find yourself making a judgement about the sound, acknowledge the thought then let it pass away. If you find yourself trying to label the sounds, try to focus on hearing the sound rather than deciding what it is.

Be aware that sounds come and go. Sometimes, there might be spaces between sounds. If your mind wanders or fixates on a particular sound, gently return your attention to the flow of sounds occurring in the present moment.

When you are finished, shift your attention back to your breathing and gradually open your eyes.

Remember, if you are feeling anxious, there are lots of places you can find support:

- Young Minds
- Kooth
- Every Mind Matters NHS
- <u>CHUMS</u>

