



Student Update: 2nd March 2021

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:

How GCSEs, AS and A levels will be awarded in summer 2021

ofqual

Working out your grade	Evidence	Results and appeals
 Graded by teacher judgement  Not graded by an algorithm  School and college assessments can continue  You'll only be assessed on what you've been taught  Your teacher will tell you what evidence is used to grade you  Private candidates to work with a school, college or exam centre to provide evidence for them to be graded	 Mocks, tests and work already done can be used as evidence  Non-exam assessment should continue  Non-exam assessments can be used as evidence even if incomplete  Art & design grade based only on your portfolio  Teachers can use question banks provided by exam boards if they want to  Results will be based on completed and future work, so keep doing your best	 Results days AS and A level 10 August GCSE 12 August  If you're unhappy with your grade, you can appeal it. First step is to submit an appeal to your school or college. <p>You can find out more details from your school, college or exam board, or by visiting the Ofqual website</p>  www.gov.uk/ofqual

How vocational and technical qualifications will be awarded in 2021

ofqual

Qualifications most similar to GCSEs and A levels	Qualifications not similar to GCSEs or A levels	Qualifications with occupational skills or proficiency assessments
e.g. BTECs and OCR Cambridge Technicals  Taken only in schools or colleges  Do not assess occupational skills	e.g. Functional skills and ESOL Skills for Life  Taken in schools, colleges or other places  Do not assess occupational skills	e.g. construction, plumbing and electrical qualifications  Taken in schools, colleges or other places  Assess occupational skills
Your results  Graded by teacher or lecturer judgement  Various sources of evidence used  Results no later than for GCSEs and A levels	Your results  Assessments should continue where possible  May be awarded using other evidence or judgements  Awarding organisations decide the evidence needed	Your results  Assessments can continue as normal where possible  Assessments may be delayed  Assessments can be adapted if needed

Visit www.gov.uk/ofqual or search 'Ofqual 2021 qualification explainer tool' for specific details (coming soon)

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](#)
- [CHUMS](#)