



## Student Update: 4<sup>th</sup> May 2021

### Step Two: A reminder

On April 12<sup>th</sup>, some restrictions were lifted in England. The main differences are that shops have re-opened along with outdoor attractions, libraries and community centres. You can visit an indoor leisure activity, like a gym, on your own or in your household group.

Whilst you can meet outside, you must remember to follow the rule of six or only meet in two households. You cannot meet indoors. We still need to follow social distancing measures and wear face coverings inside most places.

Remember the motto: Hands. Face. Space. Fresh Air.

### Help Stop the Spread with At Home Testing

You've probably seen in the news that the number of people with Covid-19 is reducing. This is great news, but the virus hasn't gone away. Thankfully, there are some quick and easy things we can do to help keep our community safe, such as maintaining social distancing, wearing masks when required and washing our hands often.

Another way we can help reduce the spread of the virus is to take a rapid test, which is sometimes called an LFD (lateral flow device). Since you have returned to school, many of you will have been completing these tests twice a week. Taking a rapid test helps find out who might have the virus even though they don't have symptoms.

As teenagers have very busy lives, it can sometimes be a challenge to find time to take a rapid test. But, if you can fit it into your routine, twice a week, you could help keep yourself, friends and family even safer.

It only takes a few minutes to complete the rapid test and you can carry on with your routine whilst you are waiting for the result. If you have used up all your tests, just ask your school for some more.

If you are completing the test, don't forget to report your results to the NHS and your school. It's important to report negative results as well as positive results. Your parent or carer can complete the online form here: [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result).

So, remember to take a test and report your results to help keep our community safe!



## The Big Ask: A reminder



The Children's Commissioner for England has launched a survey for children and young people. The survey is running from 19<sup>th</sup> April to 19<sup>th</sup> May.

It is an opportunity to share what matters to you. There are questions on what life is like, the future and any issues you think are affecting you.

Anyone aged 4 – 17 can complete the survey so you can encourage others to complete it too, if you think they would like to share their views. There is also a separate survey for people aged 18+.

The survey is anonymous and you can miss out any questions you do not want to answer.

This is a very exciting opportunity to tell the people in charge of the local area and country what matters to you.

Find out more via this link: [The Big Ask | Children's Commissioner for England](#)  
[Children's Commissioner for England](#)

## Foyle Young Poets Prize

Do you enjoy writing poetry? If so, you may be interested in this prestigious competition.

The Foyle Young Poets of the Year Award 2021 is now open for entries.

Anyone aged 11 – 17 can take part and you have until 31<sup>st</sup> July to submit your entry. Your poem must be written in English, but you can include phrases in your mother tongue or another language. You can also enter in braille or BSL.

Everyone who enters will receive an e-certificate. Prizes for the winners include books, mentoring and the chance to participate in creative writing workshops. Winners will also have their work published in an anthology.

The competition is free and you can enter as many times as you like. Find out more [here](#).



## Cyber First: Free Online Courses!

Do you have a passion for computing and technology? Do you want to find out more about the fascinating world of cyber security? If so, read on to find out more about some amazing free online courses.

Cyber First is a programme of free, online courses inspired and led by the National Centre for Cyber Security. It is designed to develop and empower you as you explore the skills needed in cyber security. You'll experience a range of practical, team-building activities as you build your knowledge about systems and software.

There are three levels of course available:

- Cyber First Defenders for pupils currently in Year 10
- Cyber First Futures for pupils currently in Year 11
- Cyber First Advanced for pupils currently in Year 12

The 5 day courses are free and there are lots of different start dates available (including some for girls only). The courses are incredibly popular and places are allocated on a first come, first served basis.

You can find out more at the NCSC website: [CyberFirst courses NCSC](#) .

Alternatively, visit the course website directly: [CyberFirst Courses | Smallpeice Trust](#)

## Mindfulness Activity

If you are feeling overwhelmed, stressed or anxious, breathing techniques can help bring a moment of calm. Why not try this technique, suggested by a leading children's hospital?

Find somewhere quiet to sit. Spread one hand out like a star. You are going to use the index finger of your other hand to trace the outline of the 'star'.

First, take a deep breath and move your index finger from the base to the top of the thumb on your 'star' hand. Then, exhale as you move your index finger from the top of the thumb to where it joins your hand. Inhale again as you trace from the bottom to the top of the index finger on your 'star' hand. Breathe out as you move down between your first and second fingers. Repeat until you have traced all the fingers on your 'star' hand. Return your breathing to normal.

Remember, if you are feeling anxious, worried or just want advice, there are many organisations you can contact:

- [Young Minds](#)
- [Kooth](#)
- [Every Mind Matters NHS](#)
- [CHUMS](#)