



Student Update: 12th January 2021

National Lockdown

England is in a national lockdown. This means that you must stay at home and should only leave your home in exceptional circumstances.

Here are some of the situations where you are allowed to leave your home:

- You need to go to school because your parent or carer is a critical worker
- You need to go to school because your school has arranged for you attend in person
- You need to shop for basic essentials
- You need to attend a medical appointment
- You need to escape the risk of harm

You are not allowed to socialise with other people from outside your household.

If you have any questions about the rules, you can ask your teachers or find more information here: [National Lockdown Rules](#).

Exams Update

This year, GCSE, AS and A-level exams have been cancelled. But, you will still get a grade based on teacher assessment.

We don't know the details of how your grade will be awarded yet, but OFQUAL (the organisation in charge of exams), your exam boards and teachers are all working hard to work out the fairest way to award you a grade.

It is really important that you continue to try your best in all of your subjects. The work you will complete this year, including the work you are completing now, could help your teachers when it comes to awarding your grade.

Think of this as an opportunity to demonstrate the best of your ability. You can show the skills and knowledge you have been learning in a wider range of work than just an exam. The effort you put in now and for the rest of the year could have a real impact on your final grade.

As soon as we know more about how you will be assessed this year, we will update you via this bulletin. You should also talk to your teachers as they will be able to provide specific advice on each subject, once decisions have been made.



Make Your Mark: Domestic violence identified as an important topic for Luton youth

Domestic violence is the most important issue to the country's youth at the local level, a survey of young people in the UK revealed.

More than 400 youth in Luton between the ages of 11 to 18 participated in the Make Your Mark survey, a British Youth Council consultation, supported by the UK Parliament in collaboration with support from local authorities, schools, and the Department for Digital, Culture, Media & Sport. This year young people were able to vote for two issues, one issue they wanted the UK government or devolved administrations to prioritise and one issue they wanted local authorities to prioritise.

The [results of the survey](#) determine what the UK Youth Parliament will campaign on in 2021.

While the country's youth identified domestic violence as the most important issue to them at the local, Luton's youth marked it the third most important issue to them, followed by access to training and jobs and homelessness.

Lockdown has meant that many people have been trapped in homes that are dangerous for them. As a result, families, and especially young people, could have faced more violence in 2020.

In Luton, we recognise the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. Domestic abuse is unacceptable in any situation, no matter what stresses you are under. The groups below can provide support for victims of domestic violence:

[TOKKO Centre](#) supports young people aged 13 to 19 (up to 24 with disabilities) across the town and locally to advance in life, feel safe, and bring a reality to their imaginative ideas.

[The Hideout](#) is an online space to help children and young people understand domestic abuse, and how to take positive action if they are experiencing it.

[Childline](#) is a helpline for children until 18 0800 1111. It provides advice for young people on [domestic abuse](#) and [healthy and unhealthy relationships](#), as well as lots of other information and a safe place to talk via phone, email or online.

[NSPCC](#) provides support for [children witnessing domestic abuse](#) and [effects of domestic abuse](#).

You can learn more about Luton's domestic abuse services [here](#).



Getting help with your feelings

As you know, GCSE, AS and A-level exams have been cancelled. Some of you might feel disappointed that exams have been cancelled, especially if you have already been revising. Some of you might feel relieved as exams can make people nervous or worried. Or, you might not be worried about exams at all but are anxious now that we have entered a new lockdown.

Whatever you are feeling, remember there are lots of people you can talk to including your teachers, friends and organisations that help young people.

If you are feeling anxious, worried or would just like some more information on managing your feelings and emotions, you can get more information about support from the following organisations:

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

Staying Safe Online

If you are spending more time online because you are learning at home, it is important to stay safe.

Think U Know is a website that provides information for children, young people and parents on how to stay safe online. You can find it here: [Thinkuknow](#).

Remember, if you can also talk to your school about online safety and any worries that you might have.