

## Student Bulletin: 1<sup>st</sup> December 2020

### Covid-19 Information

From Wednesday 2<sup>nd</sup> December, Luton will move into Tier 2 restrictions. This means Luton is on High Alert and it is very important that you follow the national guidelines on what to do.

You should still attend school and must follow the rules that have been put in place to keep you safe. Remember to wear a face covering in corridors and other parts of the school where it is hard to keep your distance.

Outside of school, you must not meet up with anyone you do not live with indoors. This includes meeting in your house. You must not go inside friends' or relatives' houses. You are not allowed to go to a café or restaurant with people you do not live with.

If you go to a place of worship, you are not allowed to socialise with people from outside your home. Remember, you still need to follow social distancing rules.

You can attend an organised sporting activity, but remember to follow the rules that have been put in place to keep you safe.

You can only meet in groups of up to 6 people outdoors. You are included in the 6!

If you have questions about the rules, ask your school. You can also find out more on the government website [here](#).

### Wellbeing

2020 has been a challenging year for many people. Some people have felt lonely at times; others have felt anxious or unhappy. If you are feeling unsettled, anxious or lonely, then you might find the NHS Every Mind Matters website helpful.

It provides advice for young people on all sorts of topics from sleep to social media. It also has links to other websites that can help provide support. There is even a page for parents.

You can find out more on their website: [Every Mind Matters NHS](#)

### Careers

Are you thinking about your next steps after Year 11? Here is a calendar that can help you plan for future study or training.



Career Planning\_  
Calendar for Year 11

## Revision Tips

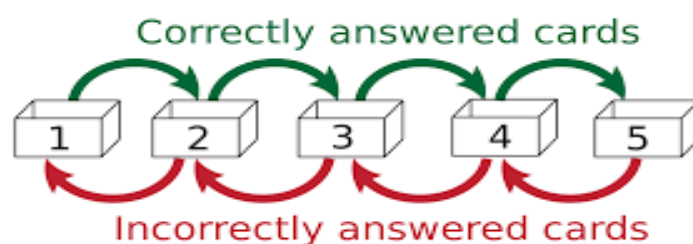
The school holiday is a great time to start thinking about revision. One of the most effective methods of revision is self-quizzing. You can use a version of the Leitner method to help you with this.

You will need some flashcards (which you can make from any sturdy paper) and either one large box or three or four smaller boxes. If you are using a large box, you will need to divide it into three or four sections.

Once you have your box or boxes, you can make your question cards. The aim is to keep the question short and to the point. Write the answer to the question on the back of the card. You can use questions from past exam papers if you want.

Put all the cards in your first box. Quiz yourself. If you get the answer right, it can move into box 2. If you get the answer wrong, the question stays in box 1. Work through all the questions, moving them back if you get them right.

Here is a diagram that shows you what to do. This one has five boxes, but it works in the same way with three or four boxes:



You should test yourself on the questions in box 1 every day if you can. You should test yourself on the questions in box 2 every two or three days. You should test yourself on the questions in box 3 every 5 or 6 days. Remember to move a question back if you get it right and forward if you get it wrong.

Remember, 'little and often' can be a helpful approach for revision!

### Help for Year 13 students who had to defer

Do you have any older sibling who wanted to go to university this year but had to defer their place?

There are lots of schemes to help with training and employment skills available for people who had to defer. Opportunities include The Prince's Trust Team programme and tutoring. There are also training seminars and workshops.

More information can be found here: [Support for students who had to defer](#)