



Student Bulletin: 2nd February 2021

Update on School Re-opening

Last week, it was announced that the earliest date that schools will be able to re-open fully will be the 8th March.

It is understandable that you might feel frustrated or anxious about this. Many of you will enjoy remote learning but might still be missing the social elements of school, including seeing your friends or taking part in clubs.

Your teachers will continue to provide remote learning for you and are thinking very carefully about how to support you when you return to in-school lessons.

If you are worried, remember there are many different ways you can get support and you can always discuss your worries with your teachers or member of staff.

Here are some organisations that can provide support:

- [Young Minds](#)
- [Kooth](#)
- [Childline](#)
- [The Mix](#)

CHUMS

CHUMS is a charity supporting children and young people with their mental health and emotional wellbeing.

They are running a series of workshops to support young people. The workshops are on a range of topic including bereavement, anxiety and self-esteem. The CHUMS website also has information on mindfulness, anxiety and other issues that may be affecting your mental wellbeing.

You can find out more about the support offered by CHUMS [here](#).



Children's Mental Health Week

This week (1st – 7th February) is Children's Mental Health Week. This year's theme is Express Yourself. Place2Be, an organisation that supports children and young people with mental health and wellbeing, have suggested some activities. Here are two for you to try:

- Make an inside-outside box: Find a box. If you don't have a box, you can draw one on paper. Decorate the outside of the box with images and words that represent the qualities you show to the world. Then, decorate the inside of the box with images and words that represent the inner qualities, interests and passions that are hidden to most people. Reflect on why we all do this and what stops us sharing all of ourselves with others.
- If you have access to a camera, why not try a 7-day photo challenge. Take one photo a day that captures an aspect of your personality, interests, hopes and aspirations. You shouldn't need to leave your home for this. If you don't have access to a camera, you could draw images for each day or write a few words.

Why not come up with your own activity on the theme of Express Yourself? You could try writing a song, creating a dance or design an outfit that reflects who you are and what you want to be.

What are your next steps?

Now is a great time to be thinking about your next steps. Post-16 colleges and providers across the town have a wide range of information available about the fantastic courses they offer. If you already know what you want to study, why not start your application?

If you don't know what you want to study, explore some of the courses and options available to you using the links below.

- [Find your course at Central Bedfordshire College](#)
- [Courses | Barnfield College](#)
- [TSLT Sixth Form](#)
- [Luton Sixth Form College](#)
- [Newman 6th](#)