



## Student Update: 13<sup>th</sup> July 2021

### Update: Moving to Stage 4

On Monday 19<sup>th</sup> July, England will move to Stage 4 of the roadmap out of lockdown. This means there will be changes to what we can do.

The main changes you will notice are that social distancing rules will be updated in most places. You may find that many shops and restaurants won't ask you to wear a face covering as rules on social distancing change. It is still recommended that you wear a face covering in busy places or where social distancing is difficult.

It is important to remember that the pandemic is not over and we still need to think carefully about how we can protect ourselves and others from Covid-19. This is especially important if you live with or visit people who are vulnerable.

You should still try and meet outside where you can or meet where there is lots of fresh air. It's helpful to limit the number of people you mix with. Using an LFD test twice a week can also help prevent the spread of the virus.

You must still follow the rules around self-isolation if you have symptoms of Covid-19, test positive for Covid-19 or are asked to isolate by the NHS Test and Trace service.

You can find more information on the guidance here: [Coronavirus: how to stay safe and help prevent the spread from 19 July](#)

### Returning to school in September

When you return to school in September, you may notice that things are a little different. Each school will have their own rules and guidelines so check with your teachers what you can and cannot do.

Here are some of the things you might notice in September:

- Class and year group 'bubbles' will not be needed
- Assemblies, clubs and group activities can restart
- More educational visits can take place
- The time you are asked to arrive or leave school may have changed

The guidance about when you have to self-isolate if you have come into contact with someone with Covid-19 will be different. Your school will explain the changes.

Your school will also invite you to take two LFD tests when you return to school and you are encouraged to continue testing twice a week throughout September.

Remember, your school will explain what you need to do and if you are unsure, check with your teachers or on your school website.



## Exams in 2022 – Your views

If you are taking your GCSEs, AS, A-levels next year, then you might want to share your views on what exams should look like.

OFQUAL (the group who make the rules about exams and qualifications) have launched a consultation about exams in 2022 and they would like to hear from students, parents and teachers.

Before you complete the consultation, it is important to read the information about the possible changes. You will also need to check you are happy with how your responses will be used.

Here is a summary of the main areas of the consultation:

- Should exam boards offer a choice of topics in GCSE English literature, history, ancient history and choice of content in GCSE geography?
- Should there be changes to the rules around practical activities in science subjects and assessment in art and design?
- Should exam boards provide advance information on the focus of exams for some subjects at GCSE, AS and A level?
- Should students be allowed to use support materials (for example, a formulae sheet) in GCSE mathematics, physics and combined science exams?

You can find out more information here: [Proposed changes to the assessment of GCSEs, AS and A levels in 2022](#). The consultation ends on 1<sup>st</sup> August.

If you want to give your views on vocational qualifications, you can do so via this consultation: [Arrangements for the assessment and awarding of vocational, technical and other general qualifications: 2021 to 2022](#). This consultation closes on 26<sup>th</sup> July.

## Young Minds - Racism and mental health

Being treated differently or unfairly because of our race, skin colour or ethnicity can negatively affect our mental health.

Racism can happen anywhere. It can happen at school, at work, or at home; it can happen online or outside; it can even happen within families and relationships. Sometimes racist abuse is obvious - verbal abuse about the way someone looks, stereotypes about how someone might behave, or physical violence and bullying, for example. Sometimes racism is part of the structures and systems that we live in. And sometimes racism is 'subtle' and difficult for other people to notice.

Here's some information on how to get help if you've experienced racism.

<https://youngminds.org.uk/find-help/looking-after-yourself/racism-and-mental-health/>

## Reminder: Virtual Work Experience Opportunity

There's still time to sign up for the Willmott Dixon virtual work experience for management careers. This will take place on 26<sup>th</sup> – 30<sup>th</sup> July and is aimed at students aged 14-19 years. Find out more here:



Future leaders  
wanted 26-30th July \

You can find a link to the application in the flyer and you will need the consent of a parent, guardian or carer to participate.

## Summer reading challenge

If you enjoy reading, then you might enjoy this summer reading challenge, which is adapted from a popular reading website.

How many of these reading challenges can you complete?

- Read to someone over a video or phone call
- Read a book you have read before
- Read a book by someone who has the same initials as you
- Read a book outside or on a journey
- Read a book by an author you've not read before
- Read a prize-winning book
- Read a book of poetry
- Read a book that was turned into a film
- Read a book with a one word title
- Read a book recommended to you by a friend
- Read a graphic novel or comic
- Read a biography or autobiography of someone you admire
- Read a non-fiction book on a topic that interests you
- Listen to an audio book
- Read a book published the year you were born



## Taking care of our wellbeing over the summer

During the summer, you will hopefully have some time to relax, enjoy the good weather and see friends or family. But, you may still have times when you feel that you need some support for your feelings.

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](#)
- [Childline](#)

Don't forget, you can also speak to a trusted adult if you have any concerns, worries or just want to get some advice.