

Student Update: 20th April 2021

Step Two: A reminder

On April 12th, 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.



Assessment in 2021: How will your grade be decided?

If you are in Year 11, 12 or 13, most of your exams have been cancelled this year. Instead, teachers are going to decide your grades based on the work you have completed (and are still completing).

Although teachers cannot tell you the final grade you have been given, they can tell you what work the grade will be based on. This might include mock exams, classwork or additional questions provided by exam boards. For most people, the evidence will be the same, but there might some exceptions. If you are not sure what evidence has been used, ask your teachers.

Schools are working incredibly hard to ensure the process is fair. This can include other teachers reviewing your work to check the grades are correct and moderation (which is where work from different pupils is compared to see if the standard is the same for a grade). In some cases, exam boards will also look at a sample of work to check the grades are accurate. These steps are all designed to reassure you that your final grades reflect the work you have completed.

You can find out more about how teacher assessed grades are being decided and what will happen on results day can be found in the infographic below.

How GCSEs, AS and A levels will be awarded in summer 2021



Ofqual/21/6751/2

Working out your grade	Evidence	Results and appeals
 Graded by teacher judgement	 Mocks, tests and work already done can be used as evidence	 Results days AS and A level 10 August GCSE 12 August
 Not graded by an algorithm	 Non-exam assessment should continue	 If you're unhappy with your grade, you can appeal it. First step is to submit an appeal to your school or college.
 School and college assessments can continue	 Non-exam assessments can be used as evidence even if incomplete	<p>You can find out more details from your school, college or exam board, or by visiting the Ofqual website</p>  www.gov.uk/ofqual
 You'll only be assessed on what you've been taught	 Art & design grade based only on your portfolio	
 Your teacher will tell you what evidence is used to grade you	 Teachers can use question banks provided by exam boards if they want to	
 Private candidates to work with a school, college or exam centre to provide evidence for them to be graded	 Results will be based on completed and future work, so keep doing your best	



The Big Ask



The Children's Commissioner for England has launched a survey for children and young people. The survey is running from 19th April to 19th 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](#)

Mindfulness and relaxation

Sometimes, we can feel overwhelmed or our mind can feel very busy with thoughts. Here is a strategy that can help you find some calm in those hectic moments. You can do this activity sitting still or walking around.

First, take three slow, deep breaths.

Then, list five things you can see. *For example: an unusual cloud, a poster.*

Next, list four things you can feel. *For example: your school jumper, a cool breeze.*

After that, list three things you can hear. *For example: a passing car, a dog barking.*

Then, list two things you can smell. *For example: dinner cooking, freshly cut grass.*

Finally, list one thing you can taste. *For example: minty toothpaste, a sip of juice.*

Hopefully, working through this list can bring a moment of calm to your thinking. Once you have finished, return your breathing to normal and carry on with your day.



Looking ahead: Apprenticeships

Would you like to be paid as you train and work? Do you have a strong idea of what you might like to do for your career? If so, an apprenticeship might be for you.

What is an apprentice?

An apprentice is a paid employee who also studies or trains whilst they work. An apprentice receives the benefits of an employee, like holiday, but is also given at least 20% of their time to study. Many apprentices also attend a college or training centre and you can often work towards a certificate of qualification.

You must be 16 to start an apprenticeship and not in full-time education.

What can I be an apprentice in?

Almost anything! Apprenticeships are available in a wide range of employment, including catering, dentistry, hairdressing, construction and animal care.

You can see the types of apprenticeship available here: [Browse apprenticeships before you apply](#).

What else do I need to know?

An apprenticeship can last between one and six years, depending on the level and the role you choose. You can even follow an apprenticeship to degree level.

You don't have to pay for an apprenticeship and if you are a care-leaver, you may be able to receive a bursary.

Find out what it is like being an apprentice and how to find an apprenticeship here: [Become an apprentice \(apprenticeships.gov.uk\)](http://apprenticeships.gov.uk).