

Dear parents and carers,

Hello from ***The Parents Guide to***. We hope you've had a lovely Bank Holiday and had chance to get outside and perhaps even meet up with someone you haven't seen in a while. Longer, lighter evenings are always a welcome treat this time of year - helping to extend the hours we can enjoy outdoors.

Whilst there have been some changes to lockdown in parts of the UK, much has stayed the same, so we'll be looking at reminders of how to protect you and your family's wellbeing as frustration takes its toll. We've summarized the government's current proposals for re-opening schools next month and how vocational and technical qualifications will be assessed so that results can be issued in August.

CHANGES TO LOCKDOWN

Some people have been confused by the changes to Lockdown and are no longer sure what they are/are not allowed to do. Here's a quick summary of what you can do in England - no significant changes are expected until mid-June. Rules for other parts of the UK vary, so check locally as some restrictions are being lifted in Scotland and Wales this week.

1. You can go out to exercise or get fresh air as often as you want and can sunbathe/picnic in open spaces. You can drive anywhere to take exercise, but be careful if crossing borders, as rules are not the same for all countries.
2. You can use outdoor sports facilities (tennis, golf, basketball) with your household (or one other person so long as you maintain social distancing).
3. You can go out for fresh air and exercise with as many people within your own household and you can meet one other person outside your household, so long as you maintain social distancing and only meet outdoors.
4. You cannot meet family and friends in their own homes.
5. You cannot exercise in an indoor sports space.
6. You cannot use an outdoor gym or playground.
7. You should still stay at home as much as possible.
8. People that cannot work from home are being encouraged to return to work so long as their employers can meet safe working conditions. Employees who should return to work but feel uncomfortable doing so should speak about it with their employers or seek help via [ACAS](#) if they feel their employer is being unfair.

SCHOOLS

As of 1 June there will be a phased re-opening of schools, providing the government's five key tests have been met (NHS must be able to cope, sustained and consistent fall in daily death rates, appropriate decrease in rate of infection, enough tests and PPE to use, confidence adjustments won't trigger a second peak). Children attending school will not need to wear face coverings.

1. Children of key workers are encouraged to attend schools as before.
2. From June 1, primary schools will start to open for Reception, Year 1 and Year 6. The government's ambition is for all junior school years to be able to attend school for about one month prior to the summer holidays

3. From June 15, secondary schools and colleges will begin to provide some face to face contact with those due to take examinations next year (current Year 10 and Year 12) alongside their online learning.

For *most* secondary school pupils, there will be no return to school in June. If you'd like tips on helping your children study and stay healthy at home, download our free guide, [The Parents' Guide to coping with school closures](#).

MENTAL WELLBEING

Ongoing restrictions and limitations can be frustrating, especially for teens. Keeping mentally well is as important as staying physically fit, so check your children are taking steps to protect their mental health.

The [NHS recommends five steps to mental wellbeing](#):

1. **Connect with other people:** facetime, letters, email and phone calls are all very important during lockdown;
2. **Being physically active:** releases feel-good hormones, builds self-esteem, and helps set and achieve goals and challenges;
3. **Learn:** At all ages, learning new skills boosts self-confidence, builds a sense of purpose and helps connect with others – this doesn't have to be qualifications, it's any new skill that's enjoyable;
4. **Giving to others:** Acts of kindness (small or large) reward the giver as well as the receiver, creating positive feelings and a sense of self-worth;
5. **Mindfulness** – Paying attention to the moment (rather than thinking about what's happened in the past or what might happen in the future) help us appreciate things that are happening right now that we may otherwise not notice or take for granted. There's lot of information online about Mindfulness and your and your family might be interested in this short 2.5 minutes [Mindful breathing exercise](#).

AWARDING EXAMINATION RESULTS

We've given information on how academic grades will be awarded this summer without examinations – if you missed it, [check out our blog](#). Now the government have issued guidance on how vocational qualifications will be awarded. The aim is the same – to ensure that students who would have taken vocational and technical courses can gain qualifications this year (whether at 16 or 18) and still move on to the next level of their lives. [See our summary here](#).

We'll be back in touch on Monday 8 June, when we should know more about how school re-opening will take place ahead of the academic year end. If you have any questions in the meantime, or areas you'd like more information about in our newsletters or blogs, please get in touch and send us an email at info@theparentsguideto.co.uk so we can help where we can.

If you were forwarded this email and want to subscribe to keep up to date on what's new, [click here](#).

In the meantime, have a great week and ...

**Stay safe and connected,
Vanessa and Darius**