Dear Parent/Carers

This week’s Covid messages to students are aimed at preparing them for the upcoming half term break. In particular who to contact at the college, where else they can seek help if unsure of what to do and what to expect when they return after half term.

**Who do students inform if they have a positive Covid test during half term?**

The health inbox (health@nelsongroup.ac.uk) will be monitored over half term during working hours and therefore students **MUST**send emails to this address if they are sharing news of a positive Covid test result. You must not send to tutors as they will not be in college and may not have access to emails.

**Can students come to College if awaiting a Covid test result?**

No. In order to keep everyone in the college safe, you must not come to college if you or anyone else in your household has had a Covid test and is awaiting the results. You should self-isolate until the test results are known. Any students who ignore the college Covid safety expectations will face disciplinary action and may risk their place at college.

**What does self -isolation mean?**

Self-isolation means the young person should

* Not go to college, work or public places
* Not attend any other out of college activities or go around to a friend’s house
* Not use public transport or taxis
* Not go out to shop – order it online or ask a friend to bring it to your home
* Not have visitors in your home except for people providing essential care
* Not go out to exercise – exercise at home or in your garden, if you have one
* Inform GP practice or hospital or other healthcare setting that you are self-isolating if they must attend in person

**How long does self-isolation last?**

If a student has a confirmed positive case, they must not leave home for **10** days from the onset of symptoms **or**the date of test if they have no symptoms

If a student has been identified as a close contact of a confirmed case they must not leave home for **14** days from the date they last had contact with the case.

**Where can I find Information and support about Covid?**

College related frequently asked questions (FAQs) about Covid can be found on either of the college websites as below:

[https://www.nelson.ac.uk/news/coronavirus-advice/covid-faqs/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nelson.ac.uk%2Fnews%2Fcoronavirus-advice%2Fcovid-faqs%2F&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138645351%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=pDjRJ7LR4wwaaf4mdfVxIm3pszgOhGwHu%2BwmFVs6r%2BQ%3D&reserved=0)

<https://www.accross.ac.uk/news/coronavirus-advice/covid-faqs/>

For general advice follow:

[https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fcovid-19-stay-at-home-guidance&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138655303%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=rSQn7u2Nx1%2BqQxT7eU9pyYsG6h5hcHRzv9ZJ9S%2Bi0Gc%3D&reserved=0)

To book a test visit:

[https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fcoronavirus-covid-19%2Ftesting-and-tracing%2Fget-a-test-to-check-if-you-have-coronavirus%2F&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138655303%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=74ifkl0BW3Xy%2BBahnRAZu7RiLpJYT%2BswBMlTdNkZhCc%3D&reserved=0)

To seek support because you may be worried about Covid-19 and how it could affect your life. This may include having to spend a lot of time at home. Or you may have concerns about being around other people, seek support at:

[https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus%2Fcoronavirus-and-your-wellbeing%2F&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138665260%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=z3AKh8%2FnyaORzMp9FQ8IU0ojmuIvaEzW8VNe5axBKOM%3D&reserved=0)

Additionally, there are lots of useful tips and support available in the college Health and Wellbeing newsletter and moodle page:

[https://mymoodle.nelsongroup.ac.uk/course/view.php?id=1103](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmymoodle.nelsongroup.ac.uk%2Fcourse%2Fview.php%3Fid%3D1103&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138665260%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FXdBJurvEjTGHcVKJQnJCW9UjTKoPviQb7dOc4UFVFc%3D&reserved=0)

**Will anything be different at college when I return after half term?**

The safety of students and staff remains a priority. As such, the current Covid safety messages and expectations will remain. This includes:

* **Learning bubbles** – all students should remain within their designated learning bubble. You should not mix with other students outside your bubble, even during break periods
* **Face masks** – masks must be worn at all times while on site, unless exempt for health reasons
* **Social distancing**– all students and staff must keep 2m apart while on campus. Social distancing includes not hugging other students, shaking hands or any physical contact. You must not congregate in any public spaces
* **Hand sanitising stations** – hand sanitiser is available to all our staff and students, and must be used regularly while on site. This is in addition to the fact you must frequently wash your hands for at least 20 seconds
* **Enhanced** **cleaning** – frequent cleaning schedule across our campuses
* **A blended approach to timetabling**– to reduce the numbers in college, some of our lessons will be taught online. All these lessons will be delivered by our phenomenal teachers and have been quality assured to Nelson and Colne College Group’s high standards
* **Engaging with the NHS Test and Trace process** – managing confirmed cases within the setting and containing any outbreak by following local health protection team advice

However, in order to protect our environment as well as each other, and in an attempt to reduce the volume of litter both on the college premises and within the local community caused by discarded face masks, the College is changing the process for students who are not exempt and forget to bring a face mask. This means that replacement masks will now need to be requested from allocated areas in college.

These are:

**Accrington**

**Broad Oak**

Coffee Shop (ground floor)

Student Services (first floor)

**Hameldon**

Construction staffroom

**Cedar**

Reception

**Sport Centre**

Sports Office

**Nelson**

**Pendle**

Reception/Student Services

**Whitemoor**

Study Zone

Further Nelson locations to be communicated.

There will be additional bins provided for mask disposal and clearer signage.

**EXTRA CURRICULAR**

Please encourage students to engage in the new Extra Curricular timetable which is on MyDay. It’s been identified there has been an issue with MyDay on mobiles which isn’t pulling through all the updated information. The college marketing team are onto this now and trying to rectify so at the moment the new interactive timetable only shows on PCs/laptops. The link is below:

[https://www.flipsnack.com/E5E6FCAA9F7/extracurricular-interactive-timetable-autumn-2020/full-view.html](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.flipsnack.com%2FE5E6FCAA9F7%2Fextracurricular-interactive-timetable-autumn-2020%2Ffull-view.html&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138675244%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SeA%2B0ZU2MkMLO%2Bu10h2ikHRJFAlnGspyl%2B1JHB3Ubsc%3D&reserved=0)

Please encourage students to **book**onto the on-site sessions. They can’t just turn up as all sessions have a maximum capacity to allow for social distancing. A short video has been made to explain how to book.

[https://youtu.be/cag08-8GLNY](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fcag08-8GLNY&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138675244%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=E7ZZNYmE7VQejsTrP4diqqecqKaDkxxdjXxAoYU8hcI%3D&reserved=0)

Please encourage students to engage with the Extra C team on social media – You Tube and Instagram. Our weekly challenges are being posted on here and there are prizes for engagement and winners. This week's challenge is to be the fastest to complete a Rubix cube. Why not challenge your students to have a competition.

YouTube   [https://www.youtube.com/channel/UC6MgfLoZbixI1yCzMUMvbCA](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUC6MgfLoZbixI1yCzMUMvbCA&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138685180%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=yknT8X58WoF4ke0x%2Bn34RzEJhOoKEhlOfiShHMalbGc%3D&reserved=0) Nelson Group Extra C

Instagram            @NCC\_ExtraC and @ARC\_Extra C

**Reminder about the AoC Sport Survey (from last week)**

 **AoC Sport have created a student survey to gather insight into how Covid-19 has impacted students physical activity habits. They would like to know from students:**

* **How physical activity levels were affected during lockdown**
* **Their attitudes to returning to physical activity**
* **Barriers and motivations to taking part in physical activity**
* **What kind of activities they are interested in taking up**

**A text to students should be going out this week. It will also be on a tile on MyDay. Please encourage students to respond as it will help to shape our future Extra Curricular offer. It will take about 5-10 mins to complete. Link to survey is also here:**[**https://surveys.aocsport.co.uk/s/VJ8RT4/**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsurveys.aocsport.co.uk%2Fs%2FVJ8RT4%2F&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138685180%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6vT%2BEEqpVDADxfMvxBJTRmkCsS3m58ODIGRLIwYyFvY%3D&reserved=0)

**HEALTH AND WELLBEING**

Here is the Moodle link:

<https://mymoodle.nelsongroup.ac.uk/course/view.php?id=1103#section-1>

**Overview of bulletin**: In this edition of the Health and Wellbeing Bulletin, the content is based on students’ emotional wellbeing and resilience - the importance of understanding what it is and how to look after and build on it. They are also informed of the upcoming awareness dates, activities and events for the week/month; **Stoptober** and the **Association of Colleges Sport Survey** - all followed with details of how to get involved and where to find more information if needed.

**CAREERS**

**Level 3 year 2 – UCAS/Future Focus**

4 weeks to College UCAS deadline (20th November)

Support is available from the Careers team throughout half term for help with anything related to UCAS as well as non-university options. Student can email careers@nelsongroup.ac.uk or use the following MS form

[https://forms.office.com/Pages/ResponsePage.aspx?id=zoWB7AVPi0SCh0bAGFdm4lwAuCQwpBZAkUonxtR33eZUNzFTNE1PUjhFNFdROFRaWjhBOEQ5NlNUTC4u](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DzoWB7AVPi0SCh0bAGFdm4lwAuCQwpBZAkUonxtR33eZUNzFTNE1PUjhFNFdROFRaWjhBOEQ5NlNUTC4u&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138695132%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=wP%2FMr5DRnUeAXRZWYoueXMT3Fd5lBVU71bOGagN79d4%3D&reserved=0)

5 weeks to the deadline for Future Focus Part 1 activities (27th November) for those enrolling in the first half term.

Reminder tutors to complete the MS form for Future Focus enrolments

[https://forms.office.com/Pages/ResponsePage.aspx?id=zoWB7AVPi0SCh0bAGFdm4lwAuCQwpBZAkUonxtR33eZUQVA0SVI2NU5MVlRKMkQ5RFBXNDY2NU9ZSS4u](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DzoWB7AVPi0SCh0bAGFdm4lwAuCQwpBZAkUonxtR33eZUQVA0SVI2NU5MVlRKMkQ5RFBXNDY2NU9ZSS4u&data=04%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7C2f4d479b918940dbff3108d871b0b9f0%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637384351138705088%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qyrYES2%2FRJUFxnoZKTB00uUf7VTJhol%2BnV9WCi79EVw%3D&reserved=0)

Kind Regards



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  [www.nelson.ac.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nelson.ac.uk%2F&data=02%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Cb6cb6d7cfcdb4f0a735708d85bc0762e%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637360229455632014&sdata=pNLm3kosvRO2SVetwxUk0SVdzGZ%2BElfKOfP2lgOxQzg%3D&reserved=0)     [www.accross.ac.uk](http://www.accross.ac.uk)    [www.lal.ac.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nelson.ac.uk%2F&data=02%7C01%7CDonna.Madden%40NelsonGroup.ac.uk%7Cb6cb6d7cfcdb4f0a735708d85bc0762e%7Cec8185ce4f05448b828746c0185766e2%7C0%7C0%7C637360229455632014&sdata=pNLm3kosvRO2SVetwxUk0SVdzGZ%2BElfKOfP2lgOxQzg%3D&reserved=0)