



The Student View: Life in Lockdown and Returning to School

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Year 12 Student

Q1. How did you feel about lockdown initially?

I initially thought that lockdown would be a great opportunity to get lots of revision done in time for our exams in May, but then exams were cancelled and our time off school went from 3 weeks to 3 months. At first, I hated the idea of not having anything to work towards and did practically no school work. I think I was just trying to come to terms with exams not happening and everyone was quite confused about what was going to happen.

Aside from school worries, I was starting to feel quite nervous about the pandemic because for us to go into lockdown means it's quite serious. Before we went into lockdown, I didn't think much of the virus so the situation we got to made clear that there was a serious problem.

Q2. How do you feel about lockdown now?

I feel much better about everything now. I felt better about lockdown quite quickly when teachers at school started to set work and I went back to a structure. I also spoke to my friends quite a lot about what they were thinking in terms of exams being cancelled. They reassured me and I also realised quite quickly that everyone is experiencing very similar changes. Lockdown now has eased dramatically from 3 months ago so life feels a little more normal. I went back to school for two days last week and that was nice in terms of seeing people that represent my normal life. There were changes that we had to get used to but it's the same in the majority of places we go so it isn't too bad.

I also started to hear about many people who had recovered from the virus so I realised that in the midst of so much sudden sadness, there were positive endings.

Q3. What is one thing you've been really thankful for during this time?

I've been very grateful for my family. I think I would've found it much harder to come to terms with the changes if my family didn't reassure me or if I was on my own. They've made the experience less boring. Also, this lockdown gave us the opportunity to put aside our usual busy days to just be together.

Q4. How have you found your return to school? Are you happy to be back?

Yes, I am happy to be back. The return was quite unusual. Waking up quite early was something I personally hadn't done in a while. I liked the feeling of normality. I felt that I could talk freely about any concerns or questions I had because emails just don't give the same feeling of interaction.

Q5. What is one thing you've learnt during lockdown?

During lockdown, I've learnt to look into different things that I wouldn't usually think of doing. Some things may include learning a new language or developing a new hobby. In general, just being more open to more fun activities.

Q6. What advice would you give to new Year 7s who are nervous about coming up to Bishop Vaughan?

Don't be nervous! My biggest piece of advice is to be yourself and make some new friends. Make sure you talk to your classmates and to your tutor. It's definitely completely normal to feel anxious about coming up to secondary - we all experience it! Just make sure that your feelings of anxiousness don't stop you from being the best person you can be and from meeting new people. Some of the friends I made on the first day of year 7 are my closest friends now. Remember that almost everyone is feeling the same way as you, you're all in the same boat!

Lots of the children in the years above know you're new so they're more than happy to help if you're lost or if you need anything. Don't be afraid to ask us for anything.

BVS News



Another Bishop Vaughan Success Story

Yet again Bishop Vaughan school has produced a football star in the making - previous student Bradley Gibbings, aged 19, has signed a contract with Swansea City AFC, having received one of the first professional deals to six members of the club's academy. Congratulations Bradley!

Checking in, Catching Up and Preparing

Pupils across the country have been returning to school in a 'blended learning' approach, with some remaining at home for safety or personal precautionary reasons. Despite being a very difficult and unprecedented time, pupils have made excellent efforts to follow rules, regulations and government guidelines and are embracing these changes in a commendable way. The enormous efforts, support and care taken by all members of staff similarly cannot go unnoticed as they have made every effort to ensure a safe, secure and inviting environment and experience for us to return to.



Virtual Camino/Pilgrimage



The charity team have organised a "virtual Camino" and are calling all pupils, staff & the wider BVS community to come & join us! We are setting ourselves the challenge of covering the distance from Bishop Vaughan School to Santiago (1,157miles in total). To get involved simply grab your trainers, track your distance during your daily exercise & send a photo / video / text of the distances completed to @bvs_charity or mainwaringf6@hwbcymru.net. We're using the hashtag #LetsGoCamino

All distances can then be added to the distance countdown.

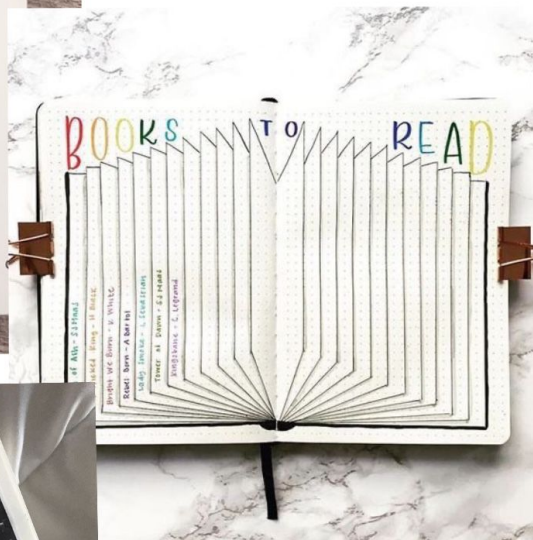
Pupils have selected two charities, very close to our hearts at BVS: The Michael Cura Foundation & YoungMinds. This gives us the chance to do something worthwhile & make a difference, while having a little fun. We're looking forward to seeing all of the photos, distances and familiar faces as we "camino together". Sponsorship can be made via this link: <https://www.gofundme.com/f/bvsvirtual-camino>

- Miss Mainwaring

Getting Organised: A Bullet Journal



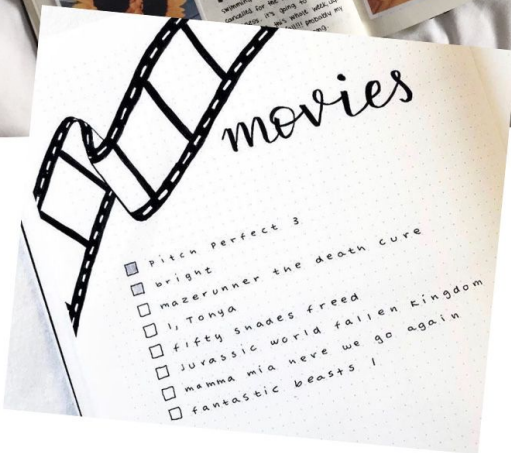
Often, it's easy to feel as though we don't hold the reins in our own lives and it can quickly become overwhelming and seemingly unmanageable. As well as this, following the pre-set structure of a planner may not be something that you find easy to do because it doesn't fit your requirements. What if all you needed was an empty notebook, stationery and your own imagination to create something you look forward to using?



- Required items:
- An empty notebook/ dotted journal
 - Stationery of your choosing!



Using the images dotted around this page or photos found online for inspiration, create a planner completely tailored to you by exercising your creative talents and thinking about what sort of things matter most to you. This could be logging your achievements to reflect on later, diary writing, an exercise and activity log, books to read, a bucket list for the summer - the possibilities are endless. This way, you're creating a book that reflects who you are as a person and what your interests are, inevitably meaning you've created something that you're much more likely to use and cherish!





Positive Quotes and Affirmations Board

You make mistakes!
mistakes DON'T make you.

Maxwell Maltz

Sometimes we can't stop ourselves from falling, but we can push ourselves to get up and try again.

You can't calm the storm - so stop trying. What you can do is calm yourself. The Storm will pass.
- Timber Hunkeler

Always 😊
BE POSITIVE!

SMALL STEPS EVERY DAY

keep looking where the Light pours in.

What is done with love is done well.
Van Gogh



The ocean does not apologize for its depth and the mountains do not seek forgiveness for the space they take and so, neither shall I.

Becca Lee

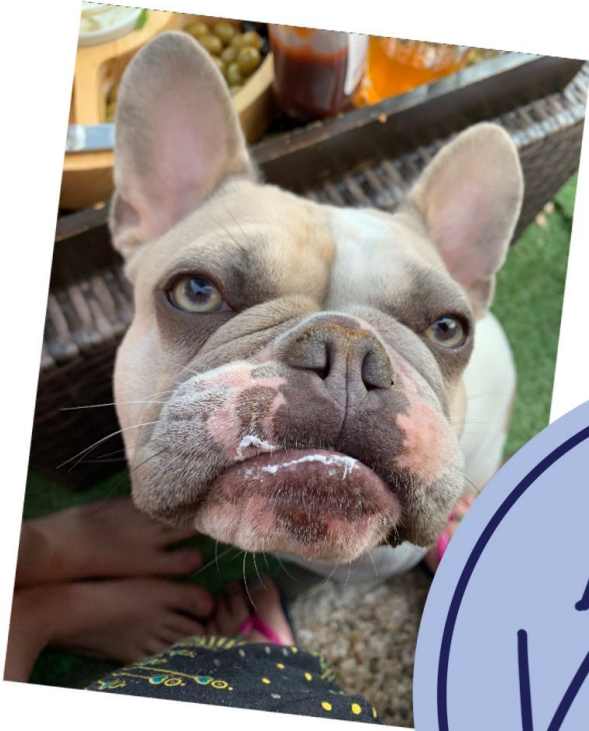
You'll be amazed at what you attract after you start believing in what you deserve.

"Be as you wish to seem."

Socrates
469 BC - 399 BC

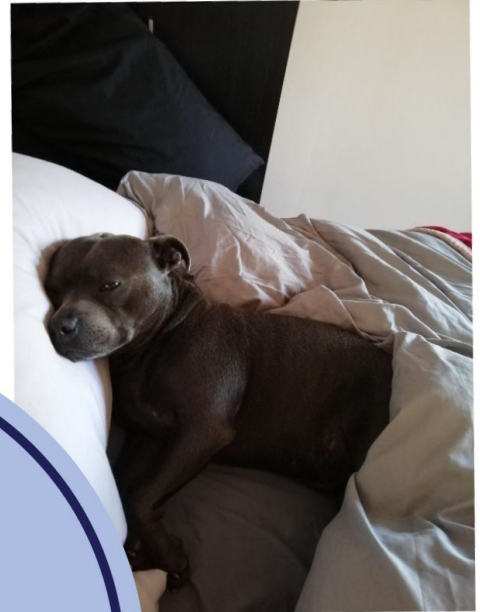
THE HAPPIEST people don't HAVE the best of everything, they MAKE the BEST of everything

The Pet Post



Elle

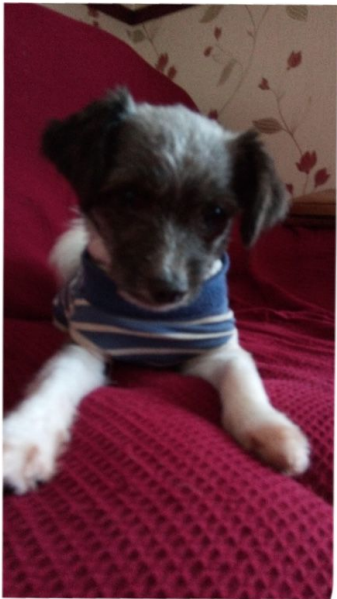
- Maya Brooks



Stan

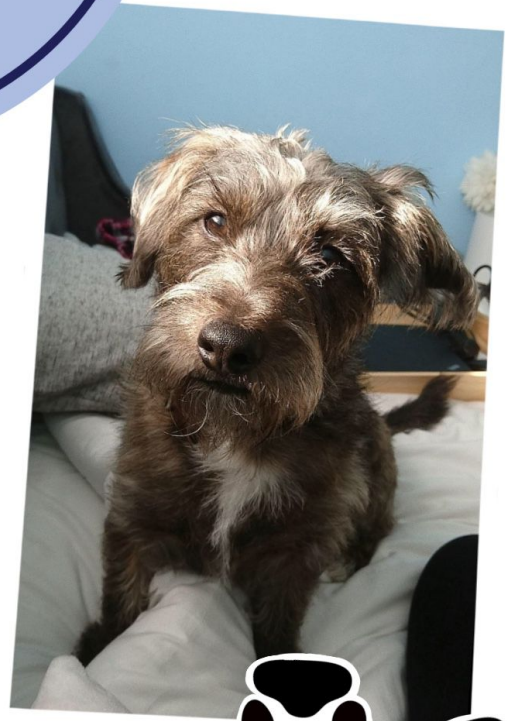
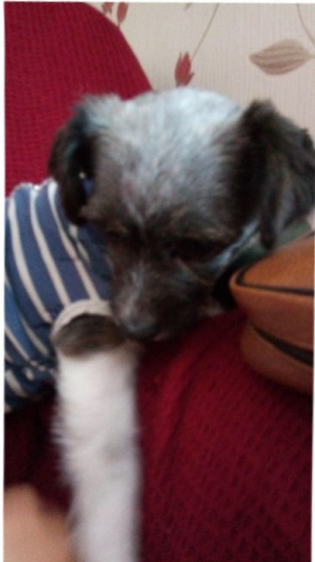
- Mr McKay

*Bishop
Vaughan
Pets*



Dolly

- Elizabeth Carver



Max

- Emily P-R