Alcester Academy WEEKLY BULLETIN

17th December 2020

Dear Parents and Carers,

Wow! What a week to end on! We've had such an energetic end of term. I want to convey my thanks to the whole school for such a lovely feel to the end of term after a grim year for many of the children. The staff pulled out all of the stops in these final few days in order to create smiles, laughter and memories with the activities on offer. I'm so grateful to everyone.

Miss Buckthorp has worked for weeks on these plans with Mr Millen right behind her sorting out the logistics of timetabling it all. Each student had a favourite activity. *Rodney the Reindeer* proved very popular I must say, with the staff very tempted to have a go themselves! Jamie Knight, free style footballer joined us for the day. Jamie is ranked 9th in the world in his field. Students caved, climbed, danced, skated, learnt graffiti art and created poetry. They watched a live stream from the West End, a nationally streamed panto and a year 9 Panto as well. Year 10 and 11s rambled, our year 7s created cards for their Kindness project and the year 8s studied the science behind party poppers. We had Christmas dinner,

Christmas Bingo, Christmas Quizzes and Christmas Jumper Day too! Today we have celebration assemblies. End of term certificates have been handed out, albeit in a very different way, by tutors rather than SLT for subject areas, attendance and epraise points to name just a few of the categories. Phew! All in all, it was a very alternative but enjoyable few days at school that we hope was received well by all. Please see some of the highlights below with other news from this much shorter week:

Food vouchers

Thank you to Alcester Community Resilience Group and Alcester Minster Churches for providing food vouchers to our vulnerable families at this time. We are very grateful for this level of support after such a difficult year for many of our students at home. We also appreciate Ali Mainey's co-ordination of this for us (Community Development Worker and former parent). Many hours have been spent on this.

Term Dates

AUTUMN TERM 2020

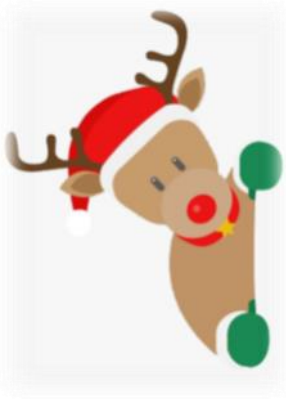
Autumn Term ends	**Thursday 17th December 2020 at 3.25pm**

SPRING TERM 2021

School closed	*Monday 4th January 2021 – Teacher training day*
Spring Term begins	Tuesday 5th January 2021
Half Term	Monday 15th – Friday 19th February 2021
Back to school	Monday 22nd February 2021
Spring Term ends (Easter)	Thursday 1st April 2021

Congratulations Issy in year 11

Very well done to Issy in year 11 for making and selling her Christmas decorations in order to buy items for Arden Food Bank. You'd think with mocks on, year 11s would have enough to think about. This gesture is appreciated even more therefore. Thank you Issy!



Student Enrichment Activities

This week's activities

Year 8s *The Cube*

Miss Elliot set up some exceptional challenges for the students to rotate around. No cash prize however! Just some sweets!

Rodney the Reindeer!

This was our student stress buster! I was very dubious about having a reindeer in school this week but Rodney turned out to be the most popular activity. Our record year 7 student rode for 71 seconds without a fall.

Year 8 Climbing Tower and Caving

We were delighted that year 8s got the have a go at this after the success of the activity during year 7 induction in September. The weather was cold but otherwise perfect for the students to climb and cave.

The science behind party poppers

Students worked with Miss Taylor and Mr Parker on the science required to make a popper 'pop'. The lab floor was well camouflaged for a while with the streamers!

Free Style Football – Jamie Knight Ranked 9th in the World!

In other areas of the school, Jamie Knight performed his showcase display and then taught as many students as wanted to, the tricks and flicks of free style footballing. He even did a demo on the playground at lunchtime for a year group who hadn't got to see him. Amazing!

Christmas Cards

Year 7 Christmas Cards to go with their *Kindness* projects for the local community. See Miss Bayliss' write up later in the bulletin.

Christmas dinner days

Christmas dinner days – thank you to our amazing catering staff for doing these:

Other highlights of the week:

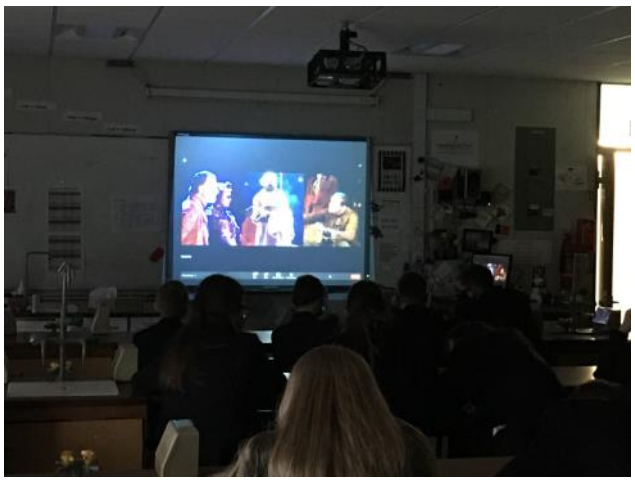
Mr Hollis in his jazzed up visor ho ho ho!

A small selection of the donations from 'Sponsor a Snowflake' going to local care homes and Alcester Town Christmas lunch. Thank you. Last total was £567.

Thanks to Mrs Hall – Midday Supervisor for bringing money in for one year group – well, chocolate money that is. Such a lovely gesture for every student!

A Christmas Carol

Year 7 and 8 watching a live version of *'A Christmas Carol'* streamed from the West End. Pop corn and all in the interval!

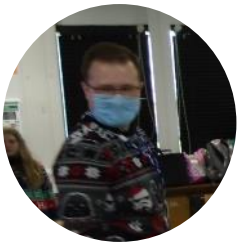


Year 11 Skating trip to Warwick Castle

Finally, after patience whilst doing their mock examinations, the year 11s had their turn to show their skills on the rink at Warwick Castle. Thankfully the rain stayed off too!

Christmas History

Mr Rowberry organised a WW2 trench enactment. The students were looking at how difficult it was for our soldiers to get out of the trenches. The students really enjoyed these sessions.



Graffiti Stars

Thanks to Graffiti Stars for coming in to complete workshops with our year 9, 10 and 11 artists.
The students enjoyed this such a lot.
Great work was produced.

Christmas Crafting

Year 7 and 8 students did *Christmas Crafting* making crackers and snow globes to name just a few things. Such lovely work.

Crackers at Alcester Academy!

Jamie Knight - Freestyle Footballer

Tuesday saw the Academy welcome Jamie Knight to deliver some fantastic Freestyle Football sessions to our students. Jamie is ranked 9th in the world in Freestyle Football and has worked with such football luminaries as David Beckham, Roberto Carlos, Lionel Messi and Rio Ferdinand to name but a few.

Over the course of the day and, with varying degrees of success, our students were introduced to a range of different freestyle skills such as the "rocket launcher", the "neck stall", the "blind heel" and the universally known "around the world". As usual the students met these challenges head-on and showed fabulous determination and skill across the full range of skills, one student even managing a successful headstand with the ball wedged behind his neck....breath-taking!

Many thanks to Jamie for giving up his time to come to visit us and well done to all participating students, you were a credit to the Academy as ever.

Mr Powell

Year 7- 9 Dance workshop with Strong Feet Dance

Miss Michelle worked really hard to complete the 'Run, Run Reindeer' routine with what seemed like hundreds of students on Wednesday. It was so lovely to watch as well as keeping everyone jolly fit!! Thanks to Michelle Barber for giving up her time.

Light up Christmas Cards

Science led an superb session with their light up Christmas cards. The students were extremely proud of themselves! So they should be too! Go Miss Burgess!

Year 10 and 11 Ramble

Mr Hollis and Mrs Evason led the year 10 and 11 Christmas wellbeing ramble with Mrs Jones. Thanks to Mrs Harrison for coming along too. It wasn't the most conducive of conditions, with torrential rain at times, but good fun all the same!

Christmas Virtual Bingo

Some festive fun from SLT calling the Christmas Virtual Bingo from the LSU Grotto.

Well done Charlie in year 11 for winning the blue tooth headphones.

I was modelling my look on Roy Wood! (very badly!)

Science light up cards with years 7 & 8

Carol singing outside Alcester Academy

Year 8 G&T Performing Arts Group sang 'carolsonthedoorstep' outside Alcester Academy as part of a countywide initiative. Thank you to the Performing Arts team for pulling the virtual and real end of term events together this week.

Spoz, a former poet laureate, ran a poetry workshop

Year 9 with the Poet Spoz! Honestly he is far friendlier than this virtual picture shows. A great time was had by all making poetry about chocolate.

Year 11 Performing Arts

After rehearsing in school during Monday's training day, our year 11 Performing Artists recorded their final pieces this week. Pictured here, Dan and Tom performing a piece from *The Greatest Showman*. Well done to all!

The beginning of this week saw the BTech Performing Arts students of year 11 perform their final audition pieces for their end of component 2. I was lucky enough to participate and watch a variety of performances ranging from Shakespeare's 'Romeo and Juliet 'to 'Beetlejuice the Musical'. As being a part of my year group for the past four years, it was such a privilege to witness how much each student has grown and thrived in confidence. On behalf of the student leadership team and the current year 11 PA students, I would like to thank Mr Hall, Miss Sacco, Mr Badham and Miss Michelle from Strong Feet Dance Academy for all of their support.
by Louisa Harrison—Head Girl

Save the Children
CHRISTMAS JUMPER DAY

Thank you!

Thank you to the many parents who have sent in staff treats for the end of term. I can assure you that these are well received (but not necessary) and I thank you on behalf of the staff. We are very grateful also for school fund donations to support the end of term activities and monies towards *Save The Children* or our local 'snowflake' project.

Christmas Jumper Day today for Save the Children £554 raised at the point of publishing the bulletin. Thank you all!

Coronavirus news

Parents must inform me at head@alcesteracademy.org.uk if there is a confirmed case of Covid on, or before Wednesday 23rd December. After this point, we are not obliged to trace close contacts as a school and we don't need to be made aware of cases contracted until 4th January. Please let us know on Monday 4th January 2021 if your child tests positive after 23rd December. The usual prompt level of school communication and responses to parents after 23rd December will cease for a while whilst we all take time to have a break. I ask for your understanding with this. Mrs Hodges, Attendance Officer and admin@alcesteracademy will not reply to emails over the Christmas period.

Self-isolation. Don't forget that the self-isolation period has now changed to 10 days from 14 days. Please refer to the separate communication sent earlier this week to you.
https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/

Help sites for you over the Christmas period:

https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/

https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Safeguarding over the holiday period:
In the case of a safeguarding emergency over the Christmas period, please contact karenbuckthorp@alcesteracademy.org.uk

Details of critical staff contacts are also on the home page of the website if you require these.

Final words....

And finally for 2020

I have no words to summarise my gratitude to the whole school community for supporting us throughout this very challenging year at school. I am indebted to each and every staff member for the part that they played in supporting the summer lockdown; this included our fast learning curve using IT, and the exceptional curriculum provision put in place for the students. I extend this to the students' return then. Every staff member has tried to make our students feel safe and secure each day since our September return despite often having their own anxieties and worries behind the scenes. In particular I always show my gratitude to Mrs Woodman and Miss Buckthorp as SLT for their unconditional support.

I thank the governing body for their trust and faith in our direction of travel and the amazing support in place. You as parents too. Without your on-going support and positive messages, many of us would have found the last year much harder. I have relayed these to the staff regularly since March and this alliance has helped to make us stronger and want to do even more for the students.

Finally, I want to say that we are all in awe of our students; every single one of them. Each day, they remind us why we all want to dedicate our work to making their future better. They help us smile during difficult days, they show resilience in the most difficult of circumstances, they surprise us all of the time but mostly, we all feel proud to be associated with Alcester Academy because of them. To this end, I send our sincere thanks to them for showing such tenacity in a difficult year.

I sincerely hope that 2021 brings us improved optimism and hope. On behalf of staff and governors, I convey our best wishes and thoughts to you for a restful and relaxing break over Christmas. We look forward to seeing all of the students back on Tuesday 5th January 2021 for a new, amazing year ahead.

With kind regards

Sarah Mellors
Very Proud Headteacher

In brief

Arden Food Bank

Arden Food Bank (Alcester) - Christmas & New Year opening hours
We are not open Christmas Day 2020 or New Year's Day 2021 but we are open
on Thursday 24th & Thursday 31st December 2020 (2pm to 3.30pm).

Our Studley centre will be open on Tuesdays as normal.

Janet Corrin
Arden Food Bank (Alcester)

epraise news

EPraise

It's very close still at the top of the charts for epraise as we head towards the end of term.

Congratulations to the Top Three Students:

1st - Issy—Year 9
2nd - Kaitlyn—Year 9
3rd - Harvey—Year 7

Topping the charts in other years:

Luke - Year 8
Dan - Year 10
Archie - Year 11 - NEW

Top Tutor Groups:

1st	**7HT**
2nd	**7TY**
3rd	**9WA**

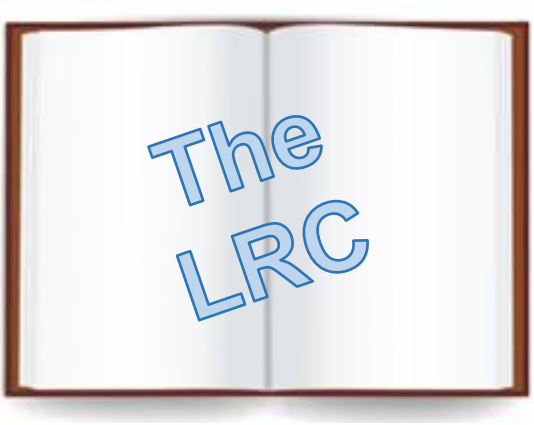
Top Subject and Staff:

Science are leading as the subject giving out most points with Mr Arris top of the staff leader board followed by Mr Bastock then Miss Heitmuller.

Congratulations to everyone!

LRC News

Christmas book ideas, a reminder of things you can access at home and other news…



The Miracle on Ebenezer Street – Catherine Doyle. 10+
George is visiting the Christmas fair with his Nana when he discovers a strange little shop selling magical items. Marley's Christmas Curiosities - strictly for children, and no adults allowed - is packed with carol-singing birds, jolly-making jam and belligerent bath bombs. Yet, right at the back of the shop, George finds a snow globe that contains a memory from his own life - when his mum was still alive. That night, George and his Christmas-hating dad are taken on an adventure - with the help of the snow globe - to Christmas past, present and future. Will George's dad finally understand what life would look like with no Christmas? And can the whole family begin to feel joy again?

Lost Christmas – David Logan 11+
Goose wants all his family to be together on Christmas Eve - but then his dad, who is a fireman, is called out on duty. In his frustration Goose hides dad's car keys, hoping he won't go. This simple action leads to tragedy for Goose and others too. A year later, and Goose is lost. He is an orphan: his parents are dead, the rest of his family is coming apart at the seams and he's increasingly involved in carrying out petty theft. All he has left is his dog Mutt - and then he goes missing too. But then Anthony appears - a man who knows nothing about himself but sees and feels the secret pain of all those who shake his hand. How does he know so much? Can he help Goose and the others he meets ease the pain and recover what they've lost?

All I want for Christmas – Beth Garrod. 12+
Holly adores Christmas, but this year it isn't looking too great - she's just caught her ex kissing someone else under the mistletoe, her sister won't be home for Christmas Day, and her Mum is selling their house to move in with her boyfriend. So when Holly discovers an American girl on Instagram offering to swap countries for the holidays, she jumps at the chance. But will Holly get more than she bargained for in the USA? And will influencer Elle discover there's more to life than getting new followers?

Winterkill – Kate A Boorman. 13+
Emmeline lives in a walled settlement where they must all obey the three virtues: Bravery, Honesty and Discovery. Anyone who goes against the community is considered a Wayward and is banished outside the walls to face the freezing winter and the terrifying malmaci who inhabit the woods. When Emmeline discovers she is to be married to the community leader, a man she distrusts and fears, she feels more trapped than ever. She has to decide between living in claustrophobic security or trusting her dreams and the whispers in the woods that are calling her outside into the unknown.

The Winter Place – Alexander Yates. 14+
Tess and Axel are enchanted and bewildered by the sudden appearance of a bear in their garden. This stunning event falls on the same day as a dark tragedy turns their home life upside down. Forced to relocate to Finland with grandparents they've never met, Tess is determined to find a way back to their home. While Axel - struggling with a failing body and battling ever-stronger hallucinations - has a different journey in mind. Adamant that a bear and mysterious stranger are connected to his family's story, he sets out into the snow and ice. As mysterious and changeable as the landscape around them, Tess and Axel's story is part family drama, part folklore fantasy. It's certainly original.

LRC News

Here are some reminders of what you can access while you are at home over the Christmas break

Some English sets in years 7, 8, 9 and 10 can access Accelerated Reader quizzing at home. Make sure you are using Google Chrome and this link/URL to access the system linked to Alcester Academy: https://ukhosted26.renlearn.co.uk/1893467/ (just doing a Google search will not link you to the school system).
Then type in your username as you usually would and the password - abc

Years 7 to 10 can access myON eReading through any mainstream web browser using the URL: https://www.myon.co.uk/login/index.html
Log in by entering your myON username (the same as your school network username) and the password Fredfred1

Years 8 and 9 can access their library accounts to search the catalogue and reserve books - they can also write book reviews! It can be accessed through any mainstream web browser by using the URL: https://apps.libresoft.co.uk/9374240-hmlpg8jkqb72jyx911bd-aa
Then log in by entering your library account number – which should have been given to you by Mrs Hands or their English teacher. The passwords is - Academy1

Get free access to eBooks and eAudiobooks, with Warwickshire Libraries using your library membership! If you need to join you can do so online - https://www.warwickshire.gov.uk/jointhelibrary and then use their online 'Borrow Box' - https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=6404

W9BA 2020

Warwickshire Schools Library Service were delighted this week to announce the winner of the *Year 9 Book Award 2020* as voted by students across Warwickshire:
That Asian Kid by Savita Kalhan.

SLS said "We hope your students enjoyed taking part in the Award this year, we know it was tricky for some of you so thank you for all your support and efforts. Thank you to your students for their wonderful competition entries."

The student winners are as follows:

Competition 1: Lucy from Exhall Grange

Competition 2: Nathan from Exhall Grange

Competition 3: Isabelle from Alcester Academy (Poster)

Competition 4: Group entry from Isabel, Grace, Emaya, Amy and Scarlett) from Kingsley School. (Video)

We loved seeing all their entries, prizes and certificates will be sent out as soon as possible at the beginning of next term.

Remember… reading is the key to success!

Mrs Hands

MFL News

Congratulations to all of our Xmas card prize winners. Prizes and certificates have been handed out this week. Good luck to the 10 best entries which are currently being judged at Aston University.

Mrs Weatherley
Head of MFL

E-Safety Message

Title: 'A parent's guide to being social online this December'
Outline: 'Whether trying out new games, sharing family pics, or live streaming lunch this December we will probably be spending more time online playing and socialising. Use this guide from www.thinkuknow.co.uk to support your child to be safer online this season'
Link:
https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/

Mr Anderson

The Department of Philosophy, Theology & Ethics

'Tis the Season of Goodwill

"Wherever there is a human being, there is the opportunity for a kindness" Seneca

Last year, The Kindness Club chose two areas where they felt that a sprinkling of kindness was required. The student members of this club came up with these ideas entirely on their own, and we are very proud of what they have achieved for some of our more vulnerable members of society.

Presents for the Elderly

Last year we donated a mountain of presents to a home for the elderly in Evesham. Having many gifts left over, we decided to repeat the initiative this year and we requested donations from year 7 students to add to the pile! I am delighted to say we have collected over 100 presents. These have been wrapped and decorated with beautiful, hand-made cards by our year 7s and were delivered to The Cedars Nursing Home on Wednesday 16th December. I am sure there will be lots of grateful recipients on Christmas morning, many who might not have friends and family to give them gifts and cards.

Warm clothes for the Homeless

In addition, the students also wanted to do something to help those unfortunate people who find themselves living on the streets this winter. Last January and February we collected hundreds of hats, gloves, scarfs and blankets, and I'm delighted to say that we will be delivering these to Digbeth Homeless Shelter during the week before Christmas. We can't solve homelessness, or change the terrible circumstances many people find themselves in this winter, but we can go some way to making sure they stay warmer this winter. It is also heartening to see that our students are concerned about this issue, and I very much hope that they will be part of the generation that eventually helps eradicate homelessness for good.

Thank you students, parents and carers for your kindness and generosity! If you wish to help these causes further:

Help Needed!

Please keep any unwanted gifts, scarfs, gloves and hats for January's collection @ Alcester Academy

https://england.shelter.org.uk/
https://www.crisis.org.uk/
https://www.ageuk.org.uk/

Shelter

Crisis Together we will end homelessness

Help the Aged
THE TIME TO CARE IS NOW

The Year 7 and 8 Advent Calendar Competition

Thanks to years 7 and 8 (and any unwitting parents and carers who were badgered into supporting this too) for some incredible Advent calendar creations.
Our annual competition always results in some beautiful entries, but this year the competition has moved up to another level. Here are some of the entries received.

I will be announcing winners in the New Year.
Well done all!

Happy Hanukkha

To our Jewish friends we would like to wish you a very happy Hanukkah. Hanukka started on December 10th and ends on Friday 18th December. Best wishes to you all.

Bea shares why Hanukkah is important to her and her family:

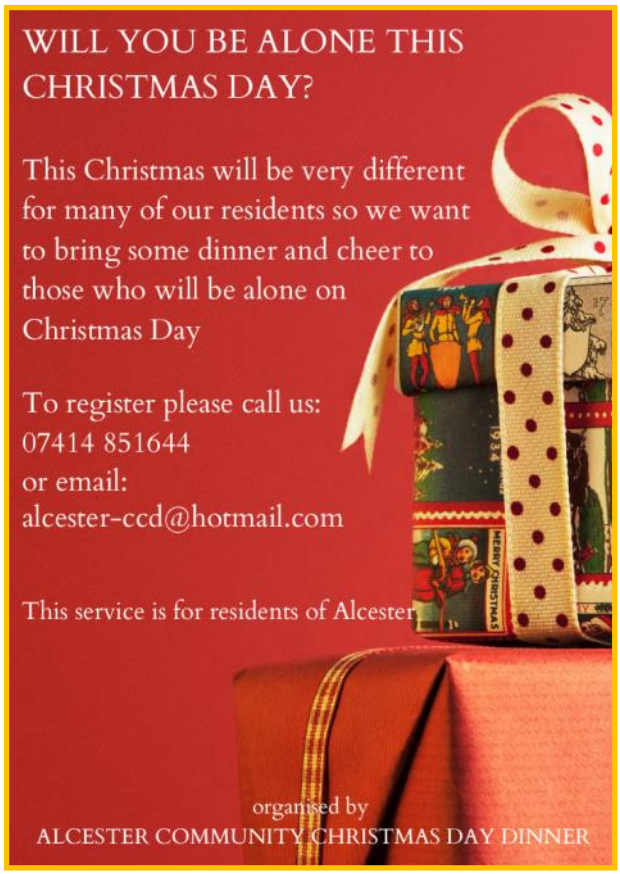
Hanukkah is very important to me, as every year it gives me eight days with my family, gathered around the menorah and lighting the candles. We can also play dreidel, listen to Hanukkah songs and, of course, open presents! My favourite part, however, is lighting the candles, as we place the menorah in front of our fish tank (and every year the fish swim to the front and watch curiously as we light the candles, and they watch until they go out), resulting in many funny pictures of fish staring out at the candles. So, the reason Hanukkah is important to me is because I can spend time with my family (and pets), and I can make memories to last a lifetime.

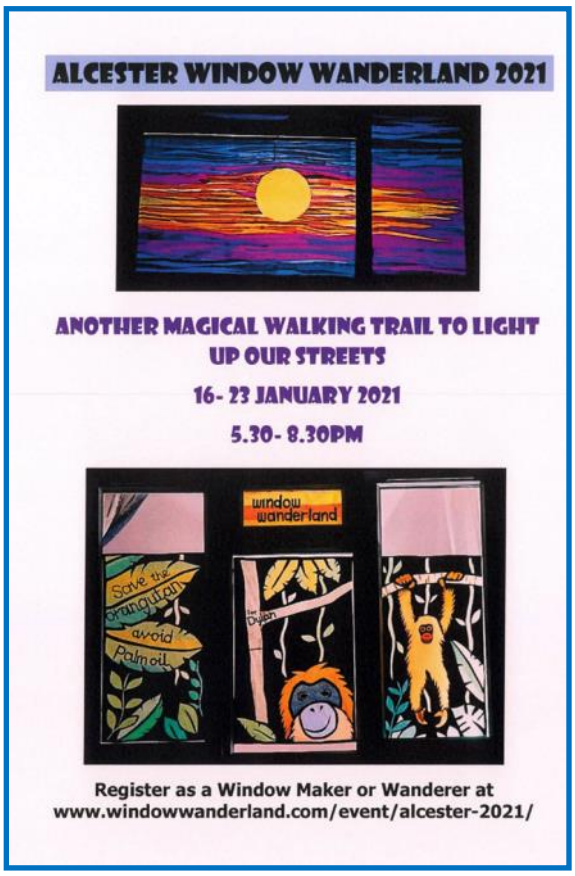
The Christmas Story

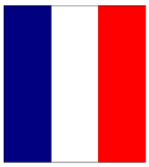
Amongst the glitter and festivities, it's easy to forget the real meaning of Christmas…

Luke 2

2 Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the
house and line of David. 5 He went there to register with Mary, who
was pledged to be married to him and was expecting a child. 6 While
they were there, the time came for the baby to be born, 7 and she gave birth to her firstborn, a son.
She wrapped him in cloths and placed him in a manger, because there was no guest room available
for them.
8 And there were shepherds living out in the fields nearby, keeping watch over their flocks at night.
9 An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were
terrified. 10 But the angel said to them, "Do not be afraid. I bring you good news that will cause great
joy for all the people. 11 Today in the town of David a Savior has been born to you; he is the Messiah,
the Lord. 12 This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."
13 Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,
14 "Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests."
15 When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go
to Bethlehem and see this thing that has happened, which the Lord has told us about."
16 So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger.
17 When they had seen him, they spread the word concerning what had been told them about this
child, 18 and all who heard it were amazed at what the shepherds said to them. 19 But Mary treasured
up all these things and pondered them in her heart. 20 The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told.
21 On the eighth day, when it was time to circumcise the child, he was named Jesus, the name the
angel had given him before he was conceived.







MFL Words of the Week

Happy Christmas and a happy New Year. Best wishes to you all and we hope that next year brings you everything that you wish for.

French: Joyeux Noël et Bonne Année!
Nous vous offrons nos plus beaux voeux. Que cette nouvelle année 2021 vous apporte ce qu'il y a du meilleur!

German: Frohe Weihnachten und ein frohes neues Jahr!
Wir hoffen, dass all Ihre Wünsche in Erfüllung gehen!

Early Help and Targeted Support

As Christmas fast approaches and we reach the end of what has been a very challenging year, the WCC Early Help and Targeted Support team wanted to share some recorded parenting presentations.

Top tips for co-parenting at Christmas
Game plan for teenagers
Christmas with children aged 5 - 11 years
Internet safety advice at Christmas
Top Tips for parents & carers of children with SEND at Christmas

The Family Support Line - 01926 412412 will continue to operate during the festive period offering advice, support and guidance for parents, carers and professionals.

Monday 21 December - 9.00 a.m. - 4.00 p.m.
Tuesday 22 December - 9.00 a.m. - 4.00 p.m.
Wednesday 23 December - 9.00 a.m. - 4.00 p.m.
Thursday 24 December - 9.00 a.m. - 4.00 p.m.
Christmas Day - closed
Boxing Day - closed
Monday 28 December - closed
Tuesday 29 December - closed
Wednesday 30 December - 9.00 a.m. - 4.00 p.m.
Thursday 31 December - 9.00 a.m. - 4.00 p.m.
Friday 1 January - closed
Monday 4 January - 9.00 a.m. - 4.00 p.m.

School Attendance — up to 16.12.20

Year 7	Year 8	Year 9	Year 10	Year 11	Whole School
96.5%	94.2%	94.9%	92.6%	93.6%	94.4%

This week's top tutors per year group — well done!

7BW - 100%, 8BL - 100%, 9SC - 98.7%, 10RO - 97.0% and 11BR - 97.8%

HM Government
NHS
TIER 3
VERY HIGH ALERT
FROM 2 DEC
MEETING FRIENDS AND FAMILY
No mixing of households indoors, or most outdoor places, apart from support bubbles. Maximum of six in some outdoor public spaces (e.g. parks, public gardens).
BARS, PUBS AND RESTAURANTS
Hospitality is closed, with the exception of sales by takeaway, drive-through or delivery.
RETAIL
Open.
WORK AND BUSINESS
Everyone who can work from home should do so.
EDUCATION
Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.
INDOOR LEISURE
Open. Group activities and classes should not take place.
ACCOMMODATION
Closed (with limited exceptions)
PERSONAL CARE
Open.
OVERNIGHT STAYS
We advise against overnight stays other than with household or support bubble.
WEDDINGS AND FUNERALS
15 guests for weddings, civil partnerships and wakes; 30 for funerals. Wedding receptions not permitted.
ENTERTAINMENT
Indoor venues closed.
PLACES OF WORSHIP
Open, but cannot interact with anyone outside household or support bubble.
TRAVELLING
Avoid travelling outside your area, other than where necessary such as for work or education. Further exemptions apply. Reduce the number of journeys where possible. Plan ahead and avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble.
EXERCISE
Classes and organised adult sport can take place outdoors, but people should avoid higher-risk contact activity. Group exercise activities and sports indoors should not take place, unless with your household or bubble. Organised activities for elite athletes, under-18s and disabled people can continue.
RESIDENTIAL CARE
COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).
LARGE EVENTS
Events should not take place. Drive-in events permitted.
Find out what support you can get
For example, if you're out of work, need to get food, or want to take care of your mental health.
gov.uk/coronavirus
If you have any coronavirus symptoms:
A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste
Get a test and stay at home
For more information and detailed guidance visit:
gov.uk/coronavirus
HANDS
FACE
SPACE