Hi year 11,

I hope you are safe and well. Hopefully, you have received your phone call from your form tutor this week, they have really enjoyed catching up with you.

I cannot imagine how you must be feeling right now, especially as you should now be sitting your GCSE exams and showing us all how hard you have worked over the past five years. Please do not be upset by this as it is totally out of your control! Let us look forward to what lies ahead. Your future, your career, your life beyond Kirkby High School.

It is so, so important that you keep yourself motivated at this time, here is my top five tips.

1. Routine -Wake up at the same time on Monday to Friday. Get yourself into a good sleeping pattern, this is so important for your brains and as teenagers you are still growing (you do this during your sleep).
2. Keep your brain active. Log on to Classcharts - do some work. Especially maths & English….you will need these subjects forever!
3. Exercise – This is so important for your physical and mental health. This week's assembly is all about taking your exercise outside as there are so many benefits of exercising in nature - give it a go but remember to keep 2 meters away from anyone else.
4. Careers/colleges – Have you applied for college? If you are sorted with your college/apprenticeship place, have you been accessing your new college’s websites? I know they are sharing important information so you can start studying now an get organised. If you need support email Ms Doyle our careers advisor – Carol.Doyle@careerconnect.org.uk
5. Work – Most of you are now 16…have you considered getting yourself a part time job? Have you created a CV?

If you need anything please get in touch with school.

Take care and stay safe.

See you soon

Miss Morrin