Hi to all my wonderful year 8's!

I hope you are safe and well. I know your form tutors have spoken to you this week and really enjoyed catching up with you.

I realise how difficult it is to keep motivated at this time, however on the run up to half term, I thought I'd share some things that have helped me keep to a routine and have some sense of normality.

1. Wake up at the same time on Monday to Friday - sounds extreme when you're not in school, however you will really appreciate your 'lie-ins' at the weekend. (I get out on my bike as soon as I get up, as I would if I was going to school).
2. Get good quality sleep - this is so important for your brains and as teenagers you are still growing (you do this during your sleep).
3. Keep your brain active. Log on to Classcharts - do some work (maybe start with your favourite subject).
4. Exercise - 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.
5. As Mrs Kelly said on her message this week: READ, READ, READ! Put down your phones for half an hour and pick up a book - it does wonders for your vocabulary, spelling, and is enjoyable.

5 little steps that will help you cope at this time.

Take care and look after each other.

See you soon

Miss Baker