Hello Year 7’s!!!

We are all really missing you at school and we hope you and your family are staying and taking care. It’s just not the same not seeing you all every morning. We are always thinking about you can can’t wait to see you all soon.

I have spoken to your form tutors who were thrilled to speak with most of you the other week and they were really pleased to hear how busy and active some of you have been.

This has been a strange period that none of us have encountered previously. However, it is also essential that we maintain our motivation in everything we do for the coming weeks as it remains highly unlikely that we will see each other again before September.

Based on what many of us have been doing for the past few weeks I have come up with a 5 point plan to keep us mentally and physically healthy over the coming months!

1. Keep a routine! It is easy to stay up late and have a long lie in but that doesn’t help us physically or mentally. Our body needs a steady sleeping pattern and our mind needs a regular pattern to the day. For example: Get up and get ready, have breakfast, go for a walk, do your school work, have lunch, chat with my friends, play outside, have tea, read and go to bed.
2. Keep working! The very worst thing we could do whilst we are off is to allow our brain to switch off. Your teachers are setting incredible work, all the same topics you would be doing in school, and to keep up we need to be doing our best to complete it all. Find a time in the day that suits you to work whether it’s first thing or in the evening. Reading is also one of the best things you can do to keep your mind healthy.
3. Keep active! In a normal school week you have PE twice and move around from lesson to lesson as well as in and out of school as a minimum. It is important to stay physically active, especially when we can do so outside. Whether you’re doing your PE lessons repeatedly, following Joe Wicks or going for a walk every day it will be making a big difference for you and those around you.
4. Keep safe! Things are changing quickly but as the government says we must Stay Alert! You can now go and see some friends and family outside but you must keep 2 meters and maintain social distancing so we can ensure we are looking after each other. Some of your household may be returning to work or school so it’s extra important that we all continue to wash our hands regularly.
5. Keep smiling! It has been a difficult time for many of us in many different ways. What I love about our year group is that we are always smiling. Find that one thing each day that makes you smile, that one thing you are looking forward to, the one thing that makes you smile when you think back.

Keep a routine; Keep working; Keep active; Keep safe and most importantly Keep smiling!

We can’t wait to see you all soon and get back to doing all the things that make Kirkby High School great!

Take care all and I shall see you when the time is right!

Mr J. Carroll