To my lovely year 10s,

This situation is “unprecedented” which means that in our lifetime, the world has never dealt with anything quite like it and hopefully it will never happen again. So take this time to do things that you don’t usually find the time to do. For example, can you improve your living environment? Rearrange your bedroom, help to clean the living room, make a space where you can focus on your school work in preparation for next year’s exams.

Can you learn a new skill?  Juggling is a good challenge, playing a musical instrument, magic tricks, baking a cake or even learning a new language. Many tutorials can be found on YouTube and take you through step by step on how to learn new things.

Exercise!!!  Something positive to emerge from this crisis has been the amount of information sharing with regards to exercise and it’s health benefits - social, mental and physical. Exercise is good for you and is important to keep you healthy and happy. Use this time to find an activity that you enjoy and that raises your heart rate for up to 20 minutes each day. When we return to school, we can benefit from some of the social benefits of exercise and taking part in activities with our friends and classmates.

For now, keep working academically using class charts (keep your brain active).  Exercise most days (keep your body fit and healthy). Read a book or two (knowledge is powerful). Do something kind every day (enrich your spiritual well-being). Stay at home and stay safe.

Mrs Dowd

Mrs S. Dowd