**4 May 2020**

**Message for year 9 students, parents and carers**

Dear year 9 students, parents and carers,

I hope you are all well and had a restful weekend?

Welcome to week three of online learning. I hope you are now feeling more confident using Teams and GCSEPod, but you are still ensuring you balance work with rest. I am extremely proud of how well you have adapted to this way of learning and how hard you are all working. Let me remind you we would like you to spend no more than three hours completing schoolwork each day and approximately one hour on each subject.

It remains vitally important that you do not worry about your work or get anxious about your assignments. Staff are here to support you so please post a message on your subject Team if you need any help or guidance from your teacher and we will get back to you when we can. If you have any general issues with Teams or GCSEPod please contact us at info@wsfg.waltham.sch.uk

I hope you enjoyed your Tutor Time last week and the opportunity to reconnect with your Form Tutor and members of your form class. It was lovely to see the supportive messages you were sending each other and to hear about the things you are most excited to do after confinement. Tutor Time will be this **Wednesday at 1:30 p.m.** so please make sure you log in to the SPL-R WARREN Team and then your Tutor Team and give your Form Tutor’s first post a 👍thumbs up emoji.  There will be no Tutor Time this Friday as that day is a Bank Holiday.

Although I think that phone calls and ‘real’ conversations are the best ways to talk to those we care about I’m aware many of you will be using social media to communicate with friends and family. Please remember to be kind when using any form of social media and that your message may have a significant impact on someone and their mental wellbeing. We all have times when we find the current restrictions difficult to cope with but please continue to follow the online communication guidelines and expectations we have always had as a school and be respectful to others.

Please spend time doing activities that make you feel happy and positive every day whether that be physical exercise, going for a walk, drawing, talking to friends, playing games with your family, watching a film or listening to music.  These are the things that keep us that keep us going and make our lives feel slightly more ‘normal’. I am attaching a document Ms Robinson sent me with links to some challenge ideas that you may wish to try over the next couple of weeks if you have the time.

I hope you all have a good week. Please take care of yourselves and your family and I hope to see you soon.

Ms Warren

Student Progress Leader Year 9