### **Message for Year 8 Students, Parents and Carers – 20 April 2020**

Dear students, parents and carers

I hope you and your family managed to get some rest over the Easter holidays.

I have received some messages from students (and parents / carers!) asking for more work, but also for advice and support in these difficult times.

First and foremost, I wanted to say to you all that you are doing a wonderful job and we are so grateful for your support and patience. **We are all doing the best we can**.

As you know, from now on there will be **no live subject teaching for any year group**. However, every Monday morning teachers will post the work for the week ahead and students will need to complete it in their own time by Friday. Make sure you upload your work (photo, word document, PowerPoint etc.) in assignments, so that we know you have done it. I will be contacting you if you haven’t. If there are any issues with accessing Teams, please send an email to info@wsfg.waltham.sch.uk and we will get back to you.

Please do not get stressed and anxious about school work, do the best you can, to the best of your resources and abilities. **I need you all to look after your mental and physical health**.

Here are some daily ideas that I have already shared with some parents / carers:

* Joe Wicks PE in the morning
* 3 / 4 hours of school work throughout the day
* Bake / cook one thing a day
* Get some fresh air
* Read your book / listen to an audio book
* Watch a good movie / documentary or series
* Talk to friends / relatives on social media / phone

Then here are some more ideas and projects for the week:

* Paint / draw
* Play cards (Top Trumps / Pokémon, etc.)
* Make your own deck of Top Trumps cards (my son made a fab MMA set!)
* Grow plants / herbs in the kitchen / on the windowsill / in the garden
* Clear out your bedroom and sort out a charity box for later
* Build an imaginative structure with Lego
* Do some crosswords / Sudoku
* Learn how to knit and make a scarf
* Play board games with the family
* Practise your Spanish / French online

All of the above are an essential part of learning and necessary for your full development.

I hope this helps. **Remember to share your calm, your strength and your laughter with each other.**

Kind regards

#### Ms Desbenoit

#### SPL Year 8 / Diversity Coordinator