21 April 2020

**Dear Year 9 Students, Parents and Carers**

I hope you and your family are well and successfully managing the new online way of learning that we started this week.

I want to say how impressed I have been so far with the way you have adapted to online learning.  This is a steep learning curve for all of us, staff included, and it may take some time to strike the correct balance between work and rest.  We are keen you all have time to relax each day and don't want to add extra stress and worry to an already difficult situation.

As you know we are expecting you to upload your work for each subject by 3:30 p.m. each Friday in Assignments so we know you have completed it. Staff will contact you if you have not completed your work as we do not want you to fall behind in your learning. If there are any issues with accessing Teams or GCSEPod, please send an email to info@wsfg.waltham.sch.uk and we will get back to you.

Please try not to get stressed and anxious about schoolwork, do the best you can with the resources and abilities you have. Your teachers are here to support you so please ask if you need any help or guidance with the work that is set for you.

It is very important you take care of your physical and mental health at this time.  I have mentioned some of these in previous emails but here are a few daily ideas you may want to consider:

* PE with Joe Wicks (or any of the activities your PE teachers have suggested)
* Approximately 3 hours of schoolwork throughout the day
* Get some fresh air - the weather is beautiful at the moment so please try to enjoy it
* Read a book or watch a movie
* Talk to friends and relatives on the phone to support each other

Then here are some other ideas and projects you could try:

* Paint or draw
* Keep a diary
* Play cards with your family
* Try some relaxation or yoga videos
* Clear out your bedroom and make a charity box you can donate when we return to school
* Do some crosswords or word/number games
* Play board games with your family

It is really important that you try to create your own daily routine that combines work with fun.  Keep in touch with your friends and relatives so you can help each other through the tough days as we all have them!

Remember we are all in this together and we are here to support you.

Take care

Ms Warren

Student Progress Leader Year 9