



NEGLECT NOT THE GIFT THAT IS IN THEE

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To Year 7

As we are now entering our second week of Social Distancing I thought I would send you an email to check in with you.

I hope you are all well and are not going too crazy being cooped up indoors! It is of course very important that you continue to follow the government guidelines to keep yourselves healthy (no unnecessary trips, 20 secondhand washing, keep two metres apart etc.). But it is also very important to keep yourself mentally healthy too.

Therefore, I have a few recommendations for you, to help to ensure that you are all following a healthy routine and not just staying in your pyjamas all day watching TikTok and Netflix nonstop!

Do's:

- Do try to get some exercise each day.
- Do try to eat healthily whenever possible.
- Do try to help your parents/siblings wherever you can.
- Do be kind and supportive to your families (this can be a stressful time).
- Do try to do some of your schoolwork each day.
- Do try to keep in contact with each other (don't wait for someone to contact you first).
- Do let us know if you need any help/support/advice/guidance.

Dont's:

- Don't stay in bed all day.
- Don't forget to do your schoolwork.
- Don't forget your friends and classmates (everyone gets lonely, but some people are also shy and won't want to reach out)
- Don't let the days all drift (try to do something productive each day).
- Don't be mean! (Try to be nice to your family).
- Don't be lazy, normally you would be doing 6 or 7 hours work a day so you should be doing something each day, to ensure that you don't fall behind.
- Don't be afraid to ask for help (whether it's about schoolwork or something else).

Hopefully by now you will have completed some of your work-from-home packs from English, Maths, DT or Humanities. Don't worry if you haven't completed everything, you can work through them at your own pace. But do try to complete as much as you can, as you will have some new work set for you after the Easter Holidays.

After the Easter vacation some of your subject teachers will start to teach you or set you work online using Teams. I know you are all familiar with Teams so this should be easy for you, but if you do have any problems, please contact the school to let us know so we can help you.





To collect your work, you will need to log onto the class Team of your subject teacher, at the time when your lesson would normally be on. Your teachers will use the Chat feature to set your work. Remember the chat is for your work, not for socialising with your friends! Your teacher will then set you instructions and they may ask you to open other Apps such as Nearpod, Kahoot! or Quizlet.

You may be asked to submit work through assignments or some other App. It's very important that you try to stick to deadlines where you can, so that you don't fall behind the rest of your year group. Your teachers will be regularly checking that you are completing your work and they will be contacting your parents if they find you are not completing or submitting your work.

It is very unlikely that all your teachers will be sitting by their computers during lesson time, but they will try to respond to questions (just don't expect an immediate answer).

It's vital that you keep yourselves busy during what could turn out to be a prolonged lockdown, so do keep in touch with the school and each other.

Take care and stay healthy!

Mr Morrow
Student Progress Leader Year 7