11 May 2020

Dear students, parents and carers

I hope you and your family had a pleasant Bank Holiday weekend.

Welcome to week 4 of online learning. Well done for your continuing effort and patience. **I am so proud of how resilient, adaptable and independent you are.**Please remember to work at the best of your abilities with the resources available to you. We still recommend you spend approximately three hours a day on schoolwork with one hour on each subject. It is easier to do a bit each day rather than cram it all at the end of the week. To help you manage your time better, **here is a suggested timetable you could follow**. You can of course change the times and the subjects you do each day:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **10:00 - 11:00 a.m.** | **11:30 a.m. -  12:30 a.m.** | **1:30 p.m.** | **1:45 - 2:45 p.m.** |
| Monday | English | DT |  | Art |
| Tuesday | Maths | Humanities |  | Food |
| Wednesday | Computing | Languages | **Tutor Time** | Drama |
| Thursday | Science | Music |  | Catch up time |
| Friday | Humanities | PE | **Tutor Time** | Catch up time |

If you have subject specific questions or need any help with your assignments, please use the Team chat to ask your teacher. If you have any general school issues or you are having problems with Teams, please contact us at [info@wsfg.waltham.sch.uk](mailto:info@wsfg.waltham.sch.uk)  We want you to feel supported and we will do whatever we can to help you at this difficult time.

I hope you all enjoyed Tutor Time again last week. This week it will be on Wednesday and Friday again. **Please encourage any of your friends who forgot about it to join in this week as it is very important that everyone stays connected and we know you are safe.**

Finally, and most importantly, I want you to **look after your physical and mental wellbeing.**Try to **maintain a routine and set an alarm** (especially difficult during Ramadan) so you get up and start your day. Try to get changed to signal to yourself that it’s no longer sleep time and make sure you go for a walk in the fresh air every day to get out of the house as well as releasing endorphins. **Set yourselves achievable goals to accomplish each day** (read 3 chapters of my book, bake a chocolate cake, complete my science assignment, do a 15-minute workout, etc.) to give you a sense of achievement and success and to benefit your body and brain.

Remember to keep safe and to stay connected to the people you love.

Kind regards

Ms Desbenoit

Student Progress Leader Year 8 / Diversity Coordinator