**24 April 2020**

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

Dear students, parents and carers

I hope you are all well and your family are healthy and safe. I want to thank you for your hard work last week, I know many of you found it very challenging and I am extremely proud of the resilience and determination you demonstrated. It has been a steep learning curve for us all, students and staff alike, and we are still adapting to this new way of learning. We are trying our best to find the correct balance between continuing your education and not overloading you with work.

As a school we recommend you spend around **three hours**completing schoolwork each day, and approximately **one hour on each subject**. We do not want you to become stressed or anxious about your work and remember you can only do what you can with the resources and abilities available to you.  Please take regular breaks when you are studying as this will significantly help your concentration levels. Consider creating a simple timetable so that you know which subjects you are going to focus on each day. Please remember that we are here to support you and ask your teacher if you are unsure how to complete the work that has been set.

Continue to stay as active as you possibly can as this will aid your physical and mental wellbeing. Try to spend time each day doing things you enjoy whether that is reading, drawing or simply listening to music. Talk to your friends, they are going through similar challenges to you and may be the best people to support you at this time. We all have our down times and a quick phone call to a friend could really lift their mood and brighten their day.

Keep checking your emails as we will be sending you information on tutor time sessions which will start this week.  These sessions will give you the opportunity to catch up with your form class and your tutor and provide you with some fun activities to do together.

Your mental wellbeing is vitally important and as a school we want to ensure we support you in any way we can during this incredibly difficult time.  We miss you and hope you find this week more manageable in terms of workload.

Look after yourselves, your family and your friends and stay safe.

Take care

Ms Warren
Student Progress Leader Year 9