**24 April 2020**

**To all of Year 10**

**Message for Year 10 Students, Parents and Carers:**

Dear 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 would like to say how fantastically you are adapting to the new way of learning. We are all on a steep learning curve, getting our heads around this new normal. If you are having issues with the online platform, please let me know by emailing info@wsfg.waltham.sch.uk. I know that Mr Shackson has sent out some more tips on how to use the Team app on your mobile phones.

As you know we are expecting you to upload your work for each subject by 3:30 p.m. on Friday in Assignments so we can see 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 and parents will also be contacted so they are aware if you are falling behind. We would also appreciate parents letting us know if their daughter is unwell and cannot complete work or cannot complete work for any other reason so that we know all students are safe. Students can e-mail me or their tutor if they are not managing the work expectations - we really want to know most of all that you are keeping safe. We realise that the workload this week has been difficult for some of you to manage and teachers are also looking to adjust this to ensure that it is manageable. Do e-mail your teacher, tutor or me if you are struggling with the work.

We are all living through times that we have never seen and need to take time to relax and enjoy family time. This can only be achieved through a good work/life balance.

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. You can do this via the chat feature in Teams. To make the workload and pressure less, we have made the decision to cancel the Year 10 Mock Exams.

So as to keep in touch with school on a regular basis, we will be having tutor time, via Teams, twice a week, starting week commencing 27th April. **Tutor time will be on Wednesday and Friday at 1:30 p.m. for 10 minutes. THIS IS NOT OPTIONAL FOR STUDENTS.**

Ms Philippou will be contacting you next week about work experience and careers advice.

It is very important you take care of your physical and mental health at this time.  Here are some ideas that can help with this:

* PE with Joe Wicks (or any of the activities your PE teachers have suggested)
* Meditation there are loads of free apps and sessions on YouTube.
* 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/FaceTime/Skype/WhatsApp to friends and relatives to support each other

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

* Paint or draw (I'm enjoying colouring in the sunshine)
* Make something out of things you would usually throw away
* Bake
* Read a book
* Keep a diary, write a story/poem
* Play cards with your family
* Clear out your bedroom and make a charity box to donate when we return to school
* Do some crosswords or word/number games
* Play board games with your family. If you don't have any, you can make lots or adapt them. Google “how to make board games at home”.
* Do a jigsaw

It is really important that you make yourself a routine that works for you. This will help you stay focused on work and really enjoy the fun time.

**Things to remember**

1. Year 10 Mock Exams are cancelled
2. Spend 3 Hours a day on schoolwork - no more than that
3. **Tutor time Wednesday and Friday 1:30 p.m. MUST BE ATTENDED BY ALL STUDENTS**
4. Take time to relax
5. Do daily exercise

This is a time when we are being asked to stay our distance from each other, but we are all here for each other. We are just communicating in a new way.

Stay safe and look after those you care about and for those celebrating Ramadan in these challenging times, Ramadan Mubarak.

Mrs Careless-Pye

Student Progress Leader Year 10