**27 April 2020**

**Message for Year 8 Students, Parents and Carers**

Dear students, parents and carers,

I hope you and your family managed to enjoy some sunshine this weekend.

Last week may have seemed daunting and stressful for some of you but please be reassured that our intention is certainly not to cause any undue anxiety at this uncertain time. We know you are all doing the best you can in these difficult circumstances.

I promise you that we are trying to pitch it right for our staff, parents and students' well-being.

Hopefully this week will be easier as we have clarified that students should 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.

There will also be new Tutor sessions from this week, starting on Wednesday. These sessions will give students the opportunity to catch up with their form classes and their tutors as a registration, and to provide them with some fun activities to do together.

Remember that if there are any issues with accessing Teams, please send a clear and detailed email to Info@wsfg.waltham.sch.uk and we will get back to you. We will also send you a FAQ document which hopefully will answer most queries about Teams and Online Learning.

Kind regards

Ms Desbenoit

Student Progress Leader Year 8 / Diversity Coordinator