**4 May 2020**

Dear students, parents and carers,

I hope you and your family had a restful weekend.

Welcome to week 3 of online learning. I hope you are now feeling more confident using Teams but still balancing work with rest. I am extremely proud of how well you have adapted to this way of learning and how hard you are all working. Let me remind you we would like you to spend **no more than three hours completing schoolwork each day** and approximately one hour on each subject.

Staff are here to support you so please post a message on your subject Team if you need any help or guidance from your teacher and we will get back to you when we can. If you have any general issues with Teams contact us at [info@wsfg.waltham.sch.uk](mailto:info@wsfg.waltham.sch.uk)

I hope you enjoyed your Tutor Time last week and the opportunity to reconnect with your Form Tutor and members of your form class. It was lovely to see the supportive messages you were sending each other and to hear about the things you are most excited to do after confinement. Tutor Time will be **only on Wednesday at 1:30 p.m. this week** as Friday is a Bank Holiday so please make sure you log in to the SPL-D DESBENOIT Team and then your Tutor Team and give your Form Tutor’s first post a 👍 thumbs up emoji.

Although I think that phone calls and ‘real’ conversations are the best ways to talk to those we care about I’m aware many of you will be using social media to communicate with friends and family. Please remember to be kind when using any form of social media and that your message may have a significant impact on someone and their mental wellbeing. We all have times when we find the current restrictions difficult to cope with, but please continue to follow the online communication guidelines and the expectations that we have always had as a school and be respectful to others.

Please spend time doing activities that make you feel happy and positive every day whether that be physical exercise, going for a walk, drawing, talking to friends, playing games with your family, watching a film or listening to music. **Don’t forget to challenge yourself too!**Take a look at the challenge and free courses ideas attached and make sure you read and complete your Accelerated Reading quizzes on Teams.

Self-care is incredibly important, not just for our physical health but also our **mental wellbeing**.

During the lockdown, it’s crucial that we establish good self-care practices. This not only ensures that we’re happy and healthy, but also helps **keep us motivated and productive**.

Finally, **my thoughts go to our Muslim community**who during this pandemic are spending Ramadan indoors. It must feel very strange with no prayers at the mosque, no family visits, no communal *iftars* and no volunteering on the ground in our community. But I hope you have adapted to our new situation and have found creative ways to honour Ramadan in self-isolation. I hope you all have a blessed Ramadan and you make the most of this special period.

Kind regards

Ms Desbenoit

Student Progress Leader Year 8 / Diversity Coordinator