

Good morning everyone, welcome back to Term 5. It seems really strange typing that when so many of you are at home, preparing to start working on your different subjects, despite not being in school. We keep hearing phrases like “these are unprecedented times” and “in these unusual circumstances” and it is important you remember that everyone in school is being asked to do something they’ve never done before.... Including teachers! So, this week’s bulletin is all about helping yourself develop the skills of RESILIENCE and SELF-MOTIVATION but most importantly, SELF-AWARENESS of how you are feeling and coping and knowing what to do if you are finding things tough. Stay safe! Mrs Smith

Remembering how to work from home and keep motivated...

After the two weeks of the Easter holidays, it’s quite possible that working from home again is not going to be easy. This is fine! Use these hints and tips to help get back into it, remembering to follow your timetable, setting a timer for an hour each time and always switching off your social media notifications...

- 1) Treat remote learning the same as classroom learning: follow your timetable, set a timer for one hour per lesson and make sure you get regular breaks. It’s important to make sure you are getting up and being active, even if it is just a walk around the garden!
- 2) Keep in touch with teachers: if you are confused about a task, just ask! Staff are at the end of an email and will reply within 24 hours (unless they are poorly). If you need to leave a task and come back to it another time, do just that.
- 3) Take regular screen breaks: whilst remote learning might be an exciting experience to begin with, having prolonged periods of time on a screen isn’t always healthy. Remember to have regular breaks wherever possible and in your spare time, avoid your phones.
- 4) Try to find a quiet place where you can base yourself while working. It helps if you have somewhere to see as your “classroom” so you can have some time away from it. Having this space will also help you mentally prepare for work in the morning.
- 5) Make sure you build in regular treats to help motivate yourself. Chunk your work up so you’re not doing it all at once and book in a chat with a friend, time outside or with family. This will help you to see that there is more to life than just working 😊

Self-Awareness exercises:

Young people all over the UK are experiencing a lot of change right now, so it is absolutely natural if you begin to feel more agitated or unsettled. Here are some exercises you can do on your own or with someone in your family to help tune into your feelings and hopefully feel more calm. **It’s really important to remember to keep talking, either to family and friends or to someone at school. You can let us know how you feel via the well-being button on Class Charts too. We’re here to help!**

