



## WELCOME TO OUR HEAD & DEPUTY NEWSLETTER

We are Zofia & Joe, your Head Girl and Head Boy this year, and Faith and Chloe, your Deputy Head Girls.

We have written this newsletter to give you all some hints, tips and insight into home learning during this lockdown.

We hope you find it useful!

### TIPS FOR HOME LEARNING FROM CHLOE

When you are home schooling, make sure you have a routine and times to start and finish your work, so you are not having to deal with too much work and getting stressed all day. Through the day you have to make sure to have breaks. If you haven't managed to complete all your work at the end of the scheduled times, then don't stress (if you are struggling, contact your teacher). Make time in your routine for some physical exercise, this could include Joe on the TV in the mornings, skipping, football, dancing, any activity of your choice as these activities can be a fun time in your day and exercise is good for your body, mind and mood! Try and keep in regular contact with friends and family. This can lift your mood and if there is something worrying you then talk to someone about it, don't keep problems to yourself as this can make things seem worse than they are. If you tell someone, they may have a simple solution. Try and eat sensibly; eat your 5 a day when possible but don't forget to treat yourself once in a while too.

### A DAY IN THE LIFE OF FAITH IN LOCKDOWN

So, I thought I would share a little diary of my typical school day during lockdown:

8:30am- Wake up  
 9am- Eat breakfast with a cup of tea then brush my teeth and freshen up.  
 9:30am- Log onto my seesaw account to see what work I have been set for the day and get started.  
 11:30am- Have a little break and get a drink.  
 11:40am- Carry on with my work.  
 12:30pm- Eat lunch and relax for an hour with my iPad.  
 1:30pm- Finish off any work I need to and look at my SATs book.  
 3pm- School work all done time to help Dad prepare tea for later.  
 I find having little breaks in between each task helps and eating well helps me concentrate.

### HOME LEARNING EXPLAINED BY ZOFIA

*There are many ways you can do school work from home such as: Seesaw, Times Table Rockstars and for the Year 6s, SATs Companion. Personally my favourite method of learning is Seesaw, as you can do the work that is set directly from your teachers as if you were in school. Unfortunately, we can't go in to school yet, however, our online learning will teach us what we need to learn and our teachers are available to help if we need it. Keep Going Everyone!*

### JOE'S TOP TIP!

On YouTube there is somebody called 'The Body Coach' or 'Joe Wicks'. He does exercise for kids and he does it most days of the week. He also does challenges. The videos are about 20 minutes long and are great fun.

Get trying and stay active, like me!