Dear students

The weather continues to be good and the temptation to venture outside is high, but remember to follow government guidelines. However, the rain will return soon (according to the forecast), which means that we will all need to think about how we occupy ourselves inside. The obvious distraction is technology but there are other things you can do aside from being glued to the Xbox, social media or Netflix. Why not try some traditional past times such as jigsaws, board games or playing cards with the family. This is how we all used to get by before the era of a technologically dependent society. Baking and cooking is a great way of spending an afternoon. For those that have been exercising more, especially those following the Joe Wicks programme, it is important that what you are doing is sustainable for when the lockdown is lifted. We all know that exercise has many unbeatable benefits for health and isn’t just a means of passing the time. A good attitude to health is for life not just for lockdown. Stay safe.

Mr Parapia and Mr Bridge

April 27th 2020

Hayfever season

As a hayfever sufferer I dread the summer months as it can be an ordeal sneezing and wheezing. If you suffer from hayfever make sure you get the correct advice. I found these tips online from the NHS website. Some I haven’t tried myself yet.

Put Vaseline around your nostrils to trap pollen – NEVER TRIED THAT!

Wear wraparound sunglasses to stop pollen getting into your eyes

Shower and change your clothes to wash pollen off

Stay indoors whenever possible

Keep windows and doors shut as much as possible

Vacuum regularly and dust with a damp cloth

Buy a pollen filter for the air vents in your car

3 BGS DOs

Belong
Support friends and family by contacting them through responsible use of social media

Grow
Exercise when you can but stick to guidelines

Succeed
We have clapped for the NHS but don’t forget to give thanks to others too.

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