Dear students

I hope you all had a nice holiday. We are lucky that the weather has been good but it also calls for discipline, as there might be the temptation to meet up with friends. Well done to all those who followed the government guidelines during this challenging time. Social media will help connect with friends and family but remember to use it responsibly. Of course do not forget the importance of exercise and you are permitted to leave the house for this reason. I have spoken to a few parents who say that some students have started running and I know that some will have taken part in the Joe Wicks workouts. If you are starting to think about taking up running then there are some tips on this page for both you and your families. It is not often that Lent and Ramadan fall so close together and both these religious observances often require discipline and self-management. These are two important skills for everyone at the moment.

Mr Parapia and Mr Brown

---

Mr Parapia is a qualified running coach and outside of school coaches runners. Here are some of his tips to students and families.

- Ensure you have the correct footwear.
- Choose your route in advance and inform someone. Circular routes are best so you are never far from home.
- Set realistic targets depending on your fitness. It could be run for 5 mins then walk for 5 mins and each week reduce the walking and increase the running.
- Don’t think in terms of distance but time on your feet.
- Do not claim the pavement, respect other walkers and stop to let them past.

---

**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.

Access work through:
- EMAIL
- CLASSCHARTS
- GOOGLE CLASSROOM