Mr Booth’s Head of Year Message

Year 7, Week 3

Hi everyone,
"Am I being as active as I can at the moment?"

Me, my wife and two daughters all do the Joe Wicks workout at 9 each morning. It is a great way to keep active and increase positive energy. It really helps - remember to be as active as you can and keep up your fitness in different ways.

1. I hope you all enjoyed the Easter break and those of you who may have abstained from chocolate or similar in the build up to this were able to celebrate with Easter Eggs/ similar treats.

2. Many of you will be preparing for Ramadan this week which begins on Thursday. Whilst under different circumstances this year I hope this starts well and you can feel peace with your family.

3. School work is now continuing so please go to google classroom/ class charts to receive your tasks. E-mail your teachers if you are unsure. It is difficult to change to a different way of working and if anyone/ or your parents are unsure remember you can e-mail me at any point. Stay calm, don't worry about things wherever you can and do your best.

4. We are still unsure when we will be back in school as things are unpredictable. We will react as things change and let you know what is happening when we do.

5. Try to limit your screen time as it is really tempting at the moment. Remember to keep as active as you can (Joe Wicks?) and enjoy reading, playing games and learning new skills if you can.

6. Remember to stay safe when online. If you are online/ using social media more at the moment try to reduce this a bit but be careful, only communicate with friends and people you know.

7. Mrs Cartledge’s reviews are attached for you to look at.

Thanks,
Mr Booth