Mr Booth’s Head of Year Message

Year 8, Week 7

Hi everyone,

I hope you are ok.

It was great to send a few emails to people who have been doing very good work recently for their teachers. Let’s see if some different people can get on this week’s list as I am sure there are loads of you who are trying really hard to get your work done. Keep going!

You may have been outside a bit more recently with the guidelines changing. Remember to still keep 2 metres from other people- even if you see someone you know. This isn’t natural to do but it’s something we need to continue doing. I heard on the news the other day that the difference between 1 and 2 metres could be 30 times less likely to pass on or catch the virus. Also remember many people may not know they have the virus as they may be asymptomatic (not displaying any of the symptoms such as cough......). Keep being careful for yourselves, friends and family.

Please read through the two powerpoints attached. It is Mental Health Awareness week which raises some big questions for us. We need to look after our own mental health and remember that this can be difficult. If you have been emotional recently feeling sadness, frustration, anger or similar emotions remember that they are just emotions. Try to recognise them as this and don’t let them take over. It is fine and normal to be sad and angry etc. We don’t have to let it take over and dominate though......if you would like some help ideas please let me know

How will my kindness help someone else this week?

Helping others is also a great way to understand how we can support each other and contribute to everyone feeling better....

Things to remember:
1. Routine (where you can) for school work can be a good idea
2. Keep sending things back for your teachers to look at and mark
3. Ask any questions if you are unsure and tell us if we can help
4. Stay active where you can
5. Stay safe when online and using social media

Stay safe Year 8 and enjoy the weather today if you can....

Mr Booth