Mr Booth’s Head of Year Message

Year 7, Week 12

Hi everyone,

Hope you are all doing your best out there! I know this can be tough and you may find some parts of life tricky and difficult at the moment. Hang in there, let’s keep being resilient and growing our determination and grit.

This is a test of character and getting through it is not always easy..... if you are feeling low at any point then that's fine. Don't try and fight it, just recognise it for what it is.... it's ok to feel angry/ sad/ frustrated. When you recognise this you can then say, OK I feel a bit frustrated but that's just a feeling, what else is there? What makes me a bit happier?

All this is part of what makes us human!

How can we design a better future?

This is a big question but is something I think you can have a stake in. I am thinking about something Mrs Cartledge has put in her news review about the government spending more money on projects to help the economy improve from the troubles it is having because of the virus. This is one way to try and repair the damage and develop things for the future. What else can you think of? How do you want your immediate future/ long-term future to be? Are there things you would like to change? How would you go about doing this?

Remember
1) Keep going with your work as best you can. Please let me know any problems.
2) Keep active, do a workout, go for a run, whatever it is!
3) Stay safe online

Remember though - feeling different and down is fine - there is also room in your mind to feel happy and more positive.

Thanks everyone
Mr Booth

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