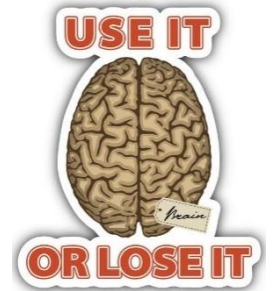




Hello Year 10 ... you get **your own** newsletter this time ... there is a **lot of uncertainty** at the moment and I just wanted a chance to address that ... In the immortal words of John Lennon ... **Everything will be okay in the end. If it's not okay, it's not the end.** SO ... 1) find out who John Lennon was ...!!!! 2) **Keep an eye on the future.**

SO ... between now and then ... there are a few things I think you need to spend some time on ... I don't mean gaming or Netflix ... I

know a lot of **you are working really hard** to **keep your brain busy** ... it really is true that you need to use it, or you'll lose it, so ... **get on with the work** your teachers are sending you, because this time next year you will be getting ready to sit your GCSE exams and you don't want to spend the whole of next year trying to catch up on what you've 'missed' SO ... stay on it ... balance out the work you do by sticking to the timetable I sent you with breaks and relaxation and things that make you feel happy or calm or something!



### Plan your day

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

### Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding movement to your day and find some that work best for you. Even at home, there will be lots of ways to exercise and keep your body moving.

### Improve your sleep

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible.

Wind down before bed by avoiding using screens for an hour before bedtime.

### Reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.

Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

### Connect with others

Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat.

This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

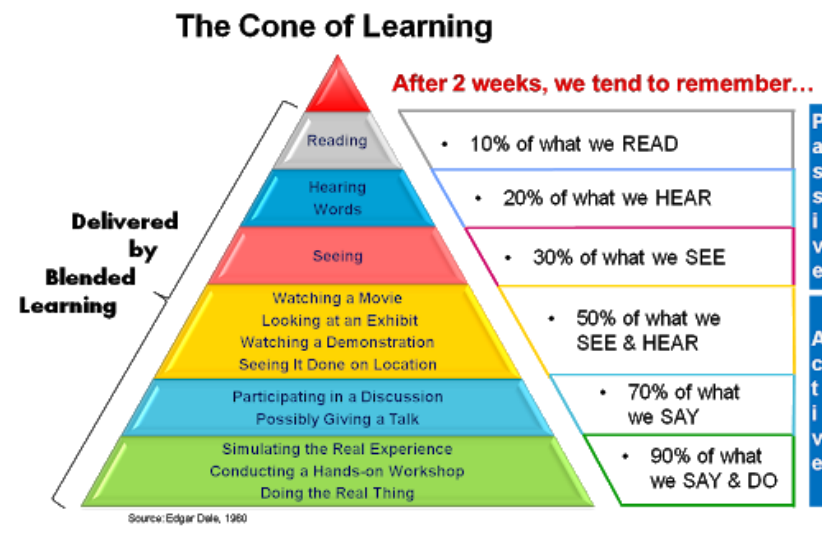
### Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps.

While you're not in the school **routine**, make sure you do create your own routine ... it is so important ... use the **timetable** I sent last week ... That said ... **it's OK if there are days when you don't** ... Because this is such a strange situation there are going to be times when the last thing you want to do is school work because you've got your mind on other things – that's fine, be kind to yourself and allow yourself to have some time off, pick a good box set, or a great game or book to get

lost in, or spend a few hours doing perfect nail art, painting something beautiful, doodling what's on your mind, or just trying to take that perfect photo of your pet. Just **do something to make you feel good ... and then do some work to keep your brain active.** In such uncertain and frustrating times work is a good distraction from the things that may be



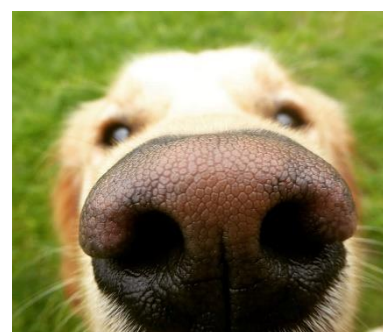
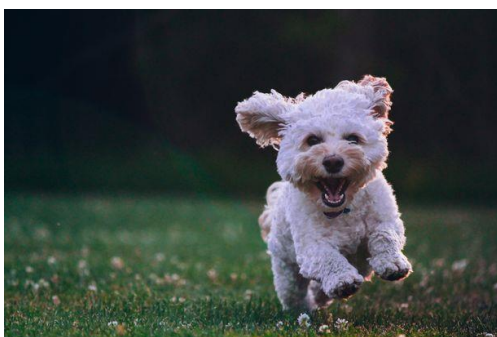
worrying you but also, think about this, how many of you remember how much 'fun' Years 7-9 were ... that's because the work you did then **was learning for the sake of the knowledge you gained** ... so just **ENJOY finding out, having a go and broadening your mind!** And think of a variety of ways of remembering things ... now you've got the time to do it ... draw and colour pictograms, explain them to someone else, make up little songs or poems about them to make them memorable ... and ...

Stay HOME and Stay Safe X Miss Cooper.

**Nail Art step by step tips** ... here's a couple of ideas ... try changing the colours to make yours brighter and younger!



**Perfecting your pet pictures** ... (send pictures to [photos@whptrust.org](mailto:photos@whptrust.org) if you want them on Insta!)  
<https://dogtime.com/lifestyle/parties/1874-how-to-take-pictures-of-your-dog>



Think about where you are in relation to your pet ... above, eye level, below ... how can you get their attention ... what's in the background ... how many photos are you taking (the more the better). Other pets can also be used ...

A HAIKU HOW-TO

Five syllables in the first line

Seven syllables in the second line

Five syllables in the last line

**Haiku your way to an amazing revision technique** ... I just watched a great film from New Zealand ... *The Hunt for the Wilderpeople* ... in it the kid who is the main character is taught to write haiku poems to get over his anger issues ... but it made me think that it could also be a clever way to remember difficult /important information ... so here's how to Haiku ... now try it with some hard school work ... could be fun ... thousands of years worth of Japanese poets can't be completely wrong ... Here's a destructive/convergent plate boundary Haiku

- ↗ Subducted under
- ↗ Oceanic is melted
- ↗ Lava finds weakness

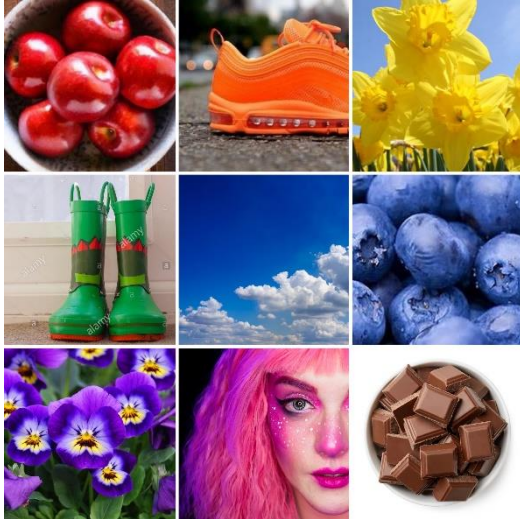
Stay safe, stay home for now and look after yourselves and the people who live with you!

And have a go at this too ...

The BC RAINBOW challenge ...

OK so Rainbows are in windows all across the country for children to see as they do their ONE daily walk / exercise ... It would be great if we could fill the BC Instagram and Facebook page with your photography rainbows SO ... here is the challenge ...

1) You need to take 9 photos which are predominantly different colours ... see?



- ✓ Red
- ✓ Orange
- ✓ Yellow
- ✓ Green
- ✓ Blue
- ✓ Indigo (dark blue ... like jeans)
- ✓ Violet (bluey purple)
- ✓ Pink
- ✓ Brown



2) Pick ONE style of photography to use so your photos go together (better than mine)

- ✓ Close ups / Macro
- ✓ Portraits ... changing clothes / make up each time ...bot ONLY IF the person in them agrees to being put on social media
- ✓ Images of nature ... what can you find in your garden?
- ✓ Including a frame in each photo around your coloured item
- ✓ Using a glass ball or a curved glass or something to look through
- ✓ Edit your photos in a FREE editing App like Prisma, Pixlr, or VSCO (check with adults at home about using on line editing apps – you might have something better on your computer or tablet if you're using one), to make the image the right rainbow colour for your collage ...

3) NO ... silly texts / messages / doggy ears & daft filters from snapchat ... this is about good quality photos ...

4) Using either FOTOR (if you can get on it) or an App like 'Layout' ... or in Pixlr if you use that one to create a collage like my one with a really simple frame ...

5) Send your photos to me at [photos@whptrust.org](mailto:photos@whptrust.org)

