



Hello Year 10 and 11 ... I just wanted to start off by saying that things are hard at the moment but **life will get better** ... and even ... back to normal ... this is a lovely song that I want you all to listen to really carefully because **it is 'all right'** and **the sun will come out** for us all again and **smiles will return to everyone's faces**, we just need to hang in there during this Corona 'winter' ... like the quote says ... 'It might be stormy now, but it can't rain forever' ... there are two versions of this song ... **I LOVE Nina Simone** ... but there's a version by the Beatles too ... learn it, sing it LOUD and share it ... **believe it!**



<https://www.youtube.com/watch?v=1rCgM07uzq4>  
<https://www.youtube.com/watch?v=mc1ta1UMGeo>

As the Easter holidays start and there are two weeks ahead of you where you can take a deep breath and **have a bit of a break from schoolwork.**

For some of you this is going to be great and may even be the first proper break you've had since September ... while for others, not getting those regular emails about work will be quite stressful because **you need some structure to your time.** Actually, we all need structure in our lives ... it's a very human thing, so I am encouraging you to think about making sure you have a routine in your life ... even in the 'holidays' SO ... SLEEP ... loads of studies tell us that sleep has an impact



on your wellbeing. **You have to sleep enough and at the right times** and you need to right environment to sleep in and a routine to tell your brain that it's time to start to switch off. Even when you're older you need a consistent 'bedtime' (little ones REALLY need this) and you need to get up and get

your day going at a good time too ... don't drift into sleeping until midday and going to bed at 02:00 in the morning ... it's not good for your body or mental wellbeing ... On that point ... remember to **look after your mental well being too** ... **stay in touch** with **each other** ... stay in touch with school if you need to **talk to someone you know**, email your head of year, or me and we can help. Also, if you want to get some **online advice** if you're struggling with the stress and strangeness of this situation, a great website is [www.kooth.com](http://www.kooth.com) That said, your mental wellbeing can be influenced by a combination of simple things like **talking about how you feel**, sleeping well, exercising, **having a routine** and the space around you.

To sleep better and wake up feeling more rested, follow this advice:

- 1** Eat your meals around the same time every day. Dinner should always be two to three hours before bedtime.
- 2** Limit naps to 30 minutes or less, and nap between 1 and 3 p.m. for the most benefit.
- 3** Stay active—any activity is good. Try to move for 20 to 30 minutes most days, at least five to six hours before bedtime.
- 4** Limit your caffeine intake and avoid it after 12 p.m. Avoid stimulants (such as decongestants and nicotine) as well.
- 5** Try to go to bed at the same time every night and get up at about the same time every morning—even on weekends.

So ... now for a bit of fun ... Anyone who knows me, knows I like a tidy space ... Mr Stash's classroom drives me mad 😊

... SO, a good thing to do is **tidy the space you are in** ... if it's a mess it will be difficult to relax in it ... SO have a go at getting it sorted. (Read this even if your room is tidy) There is a woman called Marie Kondo who has made a fortune showing people how to tidy up using the **ancient Konmari method** ... **Google it** ... she says →→→ Once you've cracked it, you could do the whole house! If on the other hand tidying is your idea of hell and you just need 20 minutes of quiet time ... not talking or looking at a screen ... these are **simple and fun ideas** ... Or have a look at some of the chain reactions that

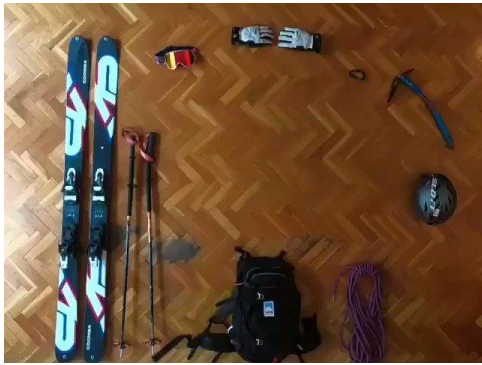
- Collect things together in **categories** ... clothes, books, toys, cosmetics etc.
- Go through each category and look at what you've got ... when did you use it last? **Does it make you happy?** If it's a 'no' then **recycle** it. If it's a 'yes' then **keep it.**
- For clothes, check out Mari Kondo's '**folding**' advice ... **it's good for a giggle** ...



are on YouTube ... if you just want to spend a few hours making a mess ... My final piece of advice is to **look for simple little joys that lift your spirits**, be it tidy or messy, just **be safe** at home. x Miss C.



<https://twitter.com/mrefinch/status/1246838053315981313?s=21> This is good for a giggle ... can you do one???



## [Ed Finch on Twitter](#)

"This made me laugh so much. Thanks to @cameraZoe for sharing.  
<https://t.co/7MVKpfCZnx>"

twitter.com



How to play Here Comes The Sun on a keyboard ...

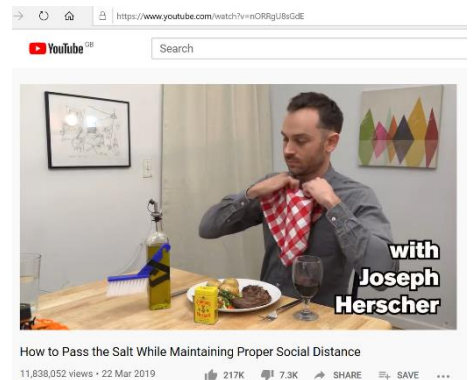
<https://www.youtube.com/watch?v=0voHyU27R9c>

Or even google the guitar or ukulele chords ...

<https://www.youtube.com/watch?v=nORRgU8sGdE>

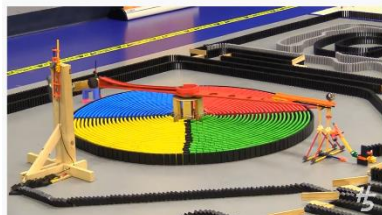


It must have taken hours to plan and set up ... but it's brilliant and really clever ... here's another fun one too ... you could even look on YouTube for Domino Runs and Marble Runs ... AMAZING



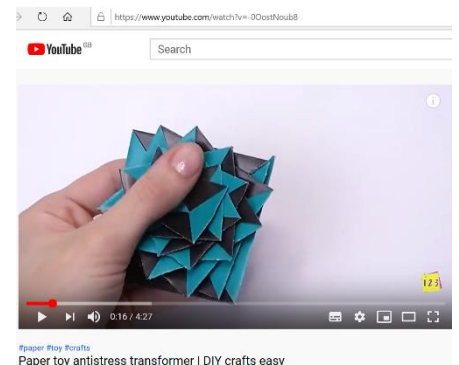
<https://www.youtube.com/watch?v=Av07Qiqms0A>

<https://www.youtube.com/watch?v=Q0jeohWnmAQ>



But if you need to do something with your hands ... try some really clever origami ...

<https://www.youtube.com/watch?v=-0OostNoub8> ... or if you've got patience try



[https://www.youtube.com/watch?v=LgZuAaUxlBk&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=LgZuAaUxlBk&feature=emb_rel_end)

or if you've got younger siblings... try this one <https://tiphero.com/make-a-paper-monster-to-keep-you-company-while-you-read/amp>

OR if you want something a bit more intellectual to do ... Galleries around the world are closed but have launched a project encouraging people to re-produce some of the Art World's great masterpieces while they're in isolation... <https://www.sadanduseless.com/recreated-art/>



And finally, if you're as upset by the cancellation of the Eurovision Song Contest as I am ... here's Russia's magnificent entry (thanks to Mr Heery) ... and some good basic Spanish revision ... spot the mistake ...

[https://www.youtube.com/watch?v=L\\_dWVTCdDQ4](https://www.youtube.com/watch?v=L_dWVTCdDQ4)