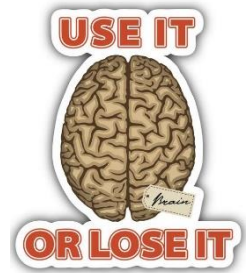




Hello Year 7, 8 and 9 ... It's newsletter time ... there is a **lot of uncertainty** at the moment and I just wanted a chance to address that ... In the immortal words of John Lennon ... **Everything will be okay in the end. If it's not okay, it's not the end.** SO ... 1) find out who John Lennon was ...!!!! 2) It's OK to think about what you're excited about for the future ... when things get back to normal ... **what are you looking forward to the most?**



SO ... between now and then ... there are a few things I think you need to spend some time on ... 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, however, 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.

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 at the start of last week ... BUTTTTTT... **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 book, or a film, or a great game to get lost in, or spend a few hours doing perfect nail art, painting something beautiful, doodling

### 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.

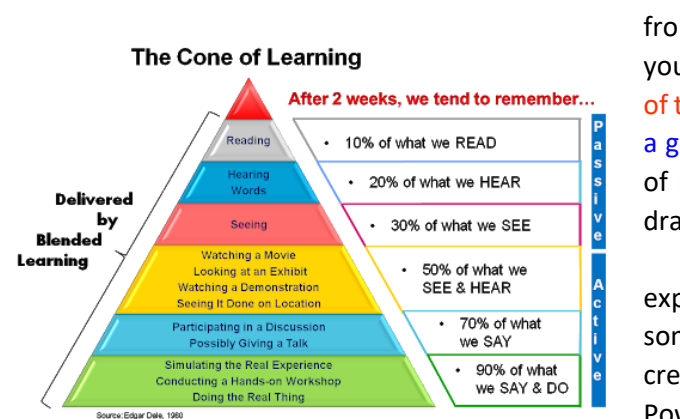
This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

### 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.

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 and occupied.** In such weird & frustrating times work is a good distraction



from the things that may be worrying you. Also, think about this: you have got the luxury of time to spend in **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 & colour diagrams, explain them to someone else, create a PowerPoint or a video you can send to Grandparents to broaden their minds too ... make up little songs or poems to make facts more memorable, or even little puzzles like this really cool one from Nottingham Trent Uni ... Emojis to spell out Nottingham names and places (some are better than others ... it includes sound effects).

## Nottingham emoji quiz

1. 🏠 🗑️ 🦉 **D**
2. 🐑 🦊 🌳
3. 🆕 🐕 🕒 🐝
4. 🙌 🙌 🙌
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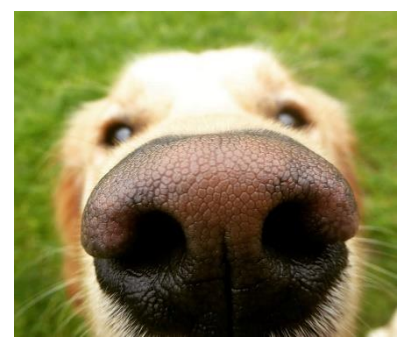
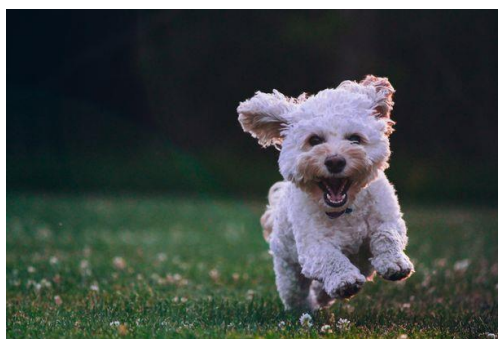
#NTUCommunity

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** ... These could be a clever way to remember difficult /important information ... so here's how to Haiku ... now try it with some hard school work ...

... Here's a destructive/convergent plate boundary Haiku

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

- ✓ Now; stay safe, stay home
- ✓ Look after yourselves and others
- ✓ Time will pass, you'll see!

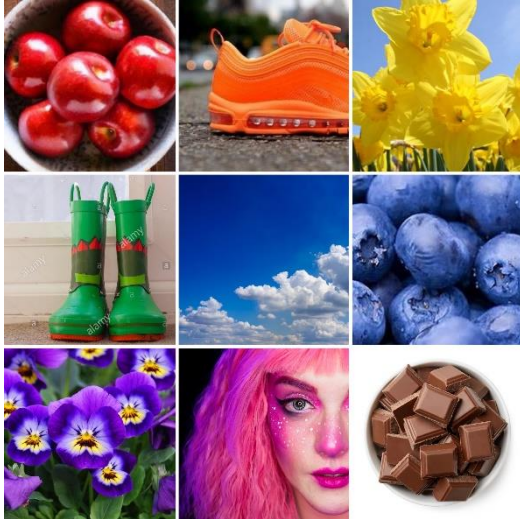
Feel free to send any Haikus and work or pet pics to me ... [photos@whptrust.org](mailto:photos@whptrust.org) and I'll Instagram & Facebook them

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 ...but 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)

