



Hello Year 7, 8 and 9 ... 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



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.

your day going at a good time too ... don't drift into sleeping until 10:00 and going to bed at 12:00 at night ... 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** ... talk to your family about what you're worried about, or stay in touch with school if you need to **talk to someone**, email your head of year, or your form tutor 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 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.

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

So ... now for a bit of fun ... If you just need 20 minutes of quiet time ... not talking or looking at a screen or schoolwork ... It is the holidays after all ... here are loads of **simple & fun ideas**, starting with an amazing idea from our own Mr Brett

<https://www.adambrettphotography.co.uk/post/toyphotography>



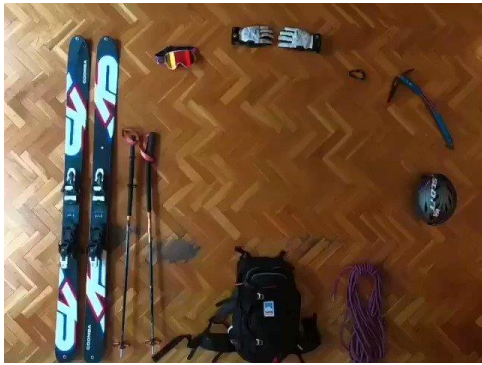
[Toy Photography for kids](https://www.adambrettphotography.co.uk/post/toyphotography)

Struggling to keep the kids entertained during lockdown? Feel like you're slowly going mad? Why not introduce them to toy photography and give them a project to sink their teeth into! Once they get the hang of the basics, there's so much they can do that will keep them entertained for hours. This blog is designed to in

www.adambrettphotography.co.uk

My final piece of advice is to **look for the simple small joys that lift your spirits** and **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

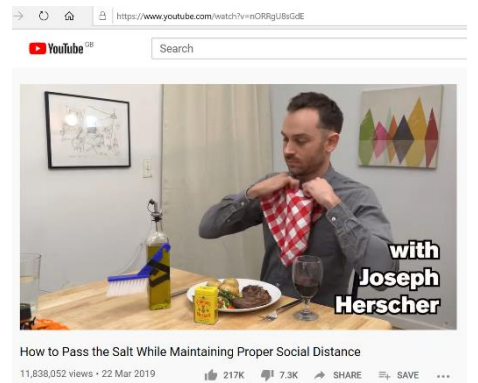


How to play Here Comes The Sun on a keyboard ...

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

Or even google the guitar or ukulele chords ...

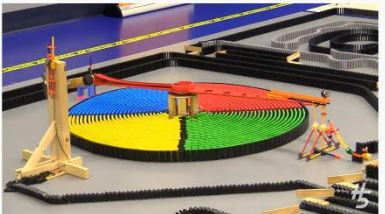
<https://www.youtube.com/watch?v=nORRgU8sGdE>



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

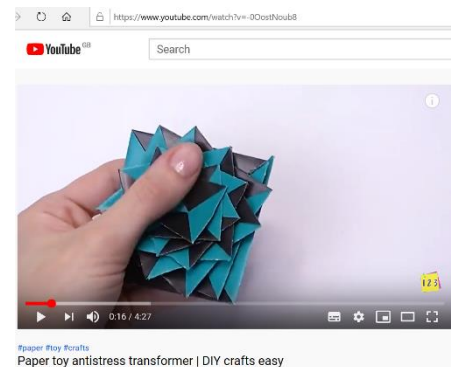
<https://www.youtube.com/watch?v=Av07Qiqms0A>

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



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

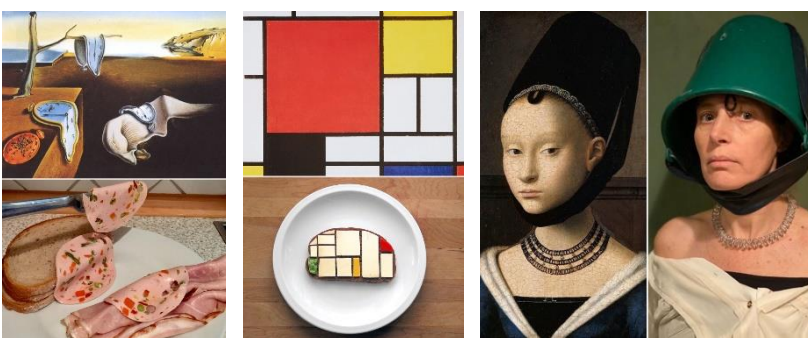
<https://www.youtube.com/watch?v=-0OostNoub8> ... or if you've got patience try



https://www.youtube.com/watch?v=LgZuAaUxlBk&feature=emb_rel_end

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/>



Or just have a doodle like these ... →

