

Dear Year 10,

I hope you are all keeping well. This email will be a way to keep in touch as well as giving you tips and information. I really hope you are all looking after yourselves during this challenging time and have been able to access all of the work your teachers have set you. In normal times, today would have been the last day of term and therefore the start of our Easter holidays. Your teachers will not be setting you work over the Easter holidays but will begin again in a couple of weeks. They may however, send you a list of optional activities that you can complete, should you choose to, during this time.

Below are some websites and guidance that you may wish to use over the coming weeks. If there is anything that people have found is really useful and think that others could benefit please forward to me and I can share it.

**Need to talk to somebody here are some online helplines:**

[Kooth | Home](#)

[Childline | Childline](#)

[YoungMinds - children and young people's mental health charity](#)

**Mindfulness**

As a school we are part of MISP and you can access the mindfulness practices and use them whenever you wish - Beditation might be particularly useful at the moment.

<https://dotbe.org>

and the password is Fofboc

Headspace is also an app that you might find helpful [www.headspace.com/](http://www.headspace.com/)

You may also find some of these helpful

<https://www.calm.com>

<https://www.headspace.com> ( 10 free intro sessions)

<https://www.smilingmind.com.au/>

<https://insighttimer.com/>

<https://www.stopbreathethink.com/>

<https://www.meditationstudioapp.com/>

<https://www.10percenthappier.com/>

**Breathr:** Dr. Vo helped to develop this mindfulness app for youth with the Kelty Mental Health Resource Centre (British Columbia, Canada). Free for Apple and Android mobile devices!

**Stop, Breathe, and Think:** Web and mobile app for youth, with meditations for mindfulness and compassion.

**Calm.com:** Free website and mobile app with guided meditation and relaxation exercises.

**Insight Timer:** Free mobile app with virtual “bells” to time and support your meditations, and access to lots of guided meditations by many different meditation teachers (including Dr. Vo).

**Plum Village: Zen Meditation.** Free app for iOS, loaded with beautiful meditations and teachings in the Plum Village / Thich Nhat Hanh tradition.

### **Exercise**

Joe Wicks (Body Coach) PE lesson every day at 9.00 live on youtube- [www.youtube.com/watch?time\\_continue=2&v=K6r99N3kXME&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=K6r99N3kXME&feature=emb_logo)

There are also lots of Yoga and Pilates videos

### **Keeping a routine**

Ensure that you have a routine at home as much as possible this will help you to gain a sense of purpose and normality. I have created a weekly planner which you can copy and make your own. Feel free to change the timings to suit you and duplicate for each week.

[https://docs.google.com/document/d/1PBoM\\_LX5EExn7OQ3v3iV8pAgOSxN2mho24BEEcB86uw/edit?usp=sharing](https://docs.google.com/document/d/1PBoM_LX5EExn7OQ3v3iV8pAgOSxN2mho24BEEcB86uw/edit?usp=sharing)

### **News**

It is really important that you are careful with the news that you read/listen to at this time and perhaps limit yourself to how often you are reading the news throughout the day. Also ensure that you are reading news from a verifiable source.

[www.bbc.co.uk/](http://www.bbc.co.uk/)

[www.theguardian.com/uk](http://www.theguardian.com/uk)

### **What I learnt today**

As part of the House System, Mrs Campbell has set up a competition for you to enter called #whatilearnttoday. The idea is that students send in any pictures or descriptions of anything new they have learnt whilst at home. We will then add these to the school Twitter page and the best ones will get House points. Please see the poster attached for more information. I look forward to seeing all of your new skills on show.

Make sure you are taking care of yourselves and each other and keep in touch.

Kind regards

Miss Redgewell