

Dear Student, Parent or Carer

I hope you are well and that you are starting to get used to the rhythm of home-studying.

Lots of parents have told us that students are doing the Joe Wicks workouts at home first thing in the morning. That's great news and we're delighted that so many of you are taking the chance to improve your fitness. You can find the workouts called *PE with Joe*, here: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

As a result, we are going to change the start of the day for year 10 students. Every day, it will look like this:

- 09:00 PE with Joe (or a different workout, a walk, some yoga - some kind of fitness)
- 09:30 Daily registration
- 09:45 Lesson 1
- 10:20 Lesson 2, and so on.

You will see that lesson 1 is shorter. To make up the time lost, your teacher will set you some independent study after your lesson.

Some of you will feel reluctant to do some exercise. Obviously, we can't stand in your front room and make you work out, but we would strongly recommend that you aim for enough physical movement to make you warm and a little out of breath. Exercise is especially important to your mood and mental health.

“We all understand that exercise supports our physical health, however, during times of crisis such as this, it is the first activity we tend to ignore. **Being active can not only keep us healthy, it can also help us fight off infection.**”

“Exercise is also unique in that it can boost our mental health, and during this anxious time it's more important than ever to keep our minds clear and focused.” (<https://www.essa.org.au>)

Please make sure that you are ready to register at 09:30. It is so important that we keep in touch with you and help make sure that you continue to make good progress at this difficult time.

If you would like to send me any pictures of home working (or home working out!) I'd love to put them together and share them in our next newsletter. Please note I will only be able to accept pictures that come from parents rather than students so that I can make sure we have parental permission to share them. I'd love to see what you're up to!

Wishing you all a lovely day

Louise  
**Headteacher**