

Dear Pine,

I hope you are all well and safe. This is a very difficult time for the world but remember we need to stay at home with our families to keep healthy. I bet you are being really sensible because you were at school. I'm really proud of you. I've made a daily timetable for my home, for when I'm not at school- work job, house job, break, work job, house job, break etc.

As I'm sure you are aware, you are allowed to go outside, once a day with the people you live with, to do some exercise. I have been walking every day and following Joe Wicks' PE lessons. It's also important to share how you are feeling, so I hope you are sharing what's on your mind- remember the adults might not have all the answers.

Don't forget to give yourselves some time to relax and be still/peaceful. Last term we had been training our bodies to be still, using cosmic yoga (youtube), and placing a soft object on our chests to just focus on our breathing. If you can, I would continue to do this and put on some calming music quietly.

Here is your second home learning pack with lots of ideas for you to choose from, with guidance for your parents. I hope you enjoy it. You can send me one email within the two weeks of something that you would like you share, if you would like.

Remember to have learning breaks, time to talk, time to calm and time to help around your home.

Stay safe and wash your hands,

Miss Dell