

Hello everyone,

I'm hoping this will be the final bulletin of a lockdown! Year 10 and 11 are returning to school on Friday and everyone returns on the 15^{th} of March.

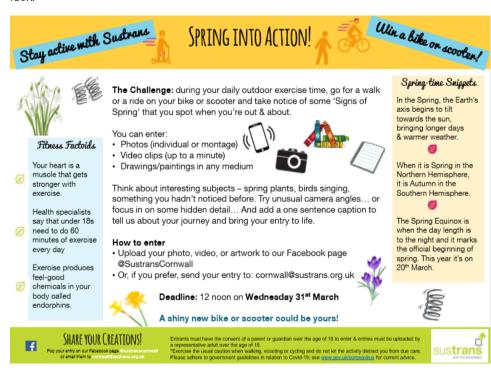
I'm very excited about returning to school but I do understand that many of you will be worrying about returning too. If you are worried about any aspect of our return please do make sure you talk about what it is that you are worrying about. There are lots of people who can support you!

Mrs Taylor

One of the very best ways to cope with feeling worried or anxious is to control your breathing. Practice the exercise below so that if things do feel a bit overwhelming you can calm you breathing and feel a little more in control:



The competition below is a great way of incorporating exercise, being outside and your creative talents (all good for your mental health) together with the opportunity of winning a bike or a scooter! All the details are below ... good luck!



Also attached to the email with this bulletin are:

- More information about where else you can find support if you are finding things difficult.
- Another opportunity to use your amazing creative talents. Headstart Youth are looking for artwork - all the information is on the document I have attached to the email. Please do let me know if you are going to contribute to this as I'd love to see your work!

