



**Dear Students,**

As you begin your first week of remote learning, I wanted to send this letter to give you some advice and strategies for how we approach this time of uncertainty and challenge.

Some of you may be feeling confused or anxious about the decision to close schools, some of you may be feeling happy about the prospect of spending some more time at home, some of you be feeling worried about what that means for you and your learning; however you are feeling, that is perfectly understandable and completely normal. However, I wanted to reassure you that during this time of uncertainty and change, you are in your teachers' thoughts and prayers and we have not forgotten about you!

***Classwork at home***

As you know, we are setting you online work daily using ClassCharts and your teachers will be available to answer any questions or queries via email. Even though we may not be physically together, learning continues thanks to technology and I will be sending you a weekly letter, for as long as the period of school closures remain, offering you tips and strategies about your learning and ideas about how to make the most of the current situation so that we handle things as best we can. At St Benedict's, teachers, staff and students, we are a community and the Coronavirus cannot change that!

***Advice***

While thinking about this letter to you, the Prayer for Serenity came into my mind. "God grant me serenity to accept the things I cannot change, courage to change the things that I can, and the wisdom to know the difference." We cannot change the fact that the Coronavirus exists and has caused schools to close, but we can have power over the way that we respond to it. You are strongly advised to follow the government's advice by not socialising with others apart from those you live with and washing your hands frequently and thoroughly. The other thing we also have the power to control, is how we spend this time while school is closed in the most productive and beneficial way we can.

***Tip number 1:  
Get into a routine***

So, my first tip to you as you begin your first week of remote learning, is to establish a routine. Don't stay in bed all morning; it's ok to get up a little later than you would normally but set an alarm and get up at a reasonable time ready to begin the day and your learning.

Aim to complete as much of the online work set for you earlier in the day rather than later as putting it off may mean that you are less likely to give it the full attention it deserves.



Remember, this is not a holiday! Easter holidays don't start for two weeks and your learning remains a priority to us; that's why we are setting you work. By having a routine during weekdays, getting up at regular times and doing the work set, it will give you more structure to your days and help things feel as normal as possible. ***Do your work to the very best of your ability and take pride in what you are doing. As, Nelson Mandela said, 'Education is the most powerful weapon which you can use to change the world'.*** I know you all value your education and it's important to understand that just because you are not physically in school, your learning can still continue while you are home.

***Remember***

**If you have any difficulties accessing the work, email [classchartssupport@st-benedicts.org](mailto:classchartssupport@st-benedicts.org)**

**In order to help you establish a routine, we have published an online daily planner on the school website. [www.st-benedicts.org/homeplanner.pdf](http://www.st-benedicts.org/homeplanner.pdf)**



## Tip 2: Keep Fit!

My second tip is about physical exercise; not all of us are sporty (myself included!) but getting some form of regular exercise is important. Just because we have been told to avoid socialising with others, this doesn't mean that we need to be confined indoors and turn into couch potatoes! In fact, the government recommends that we get some form of exercise daily and being in the fresh air and spending time with nature can really help lift our spirits. It is perfectly safe to go for a walk provided we keep our distance from others.



Another great way of staying fit and healthy is by joining in with the free online PE lessons provided by Joe Wickes who is going to be running live Monday to Friday, from 9am every morning. What a great way to start the day! Even if you don't want to do this every day, perhaps you could schedule in two mornings a week to replace your normal PE lessons. As Joe says, 'Exercise can transform the way you feel and react and interact with everyone around you.' As well as the physical benefits, it also has benefits for the mind and can really help to lift your mood.

## Teachers are doing...

Every week, one of your teachers, or support staff member at St Benedict's will share what they have been doing (in addition to supporting your learning remotely) in order to make the best of the current situation for as long as it lasts. As this is the first week, I will share mine with you.

I have been taking nice long walks with my two seven-month old Spoodle puppies (see the photo!). Despite the fact that they are as mad as hatters and

end up taking me for a walk most of the time, being out in the fresh air and seeing them happy, is a definite mood changer! If you have dogs, perhaps you could walk them or go with your parents or carers as they walk them. Even if you don't have dogs, going for a walk and being in the fresh air is a great way to get you outdoors.



As well as your teachers sharing ways they have been passing the time during this period, I would love to hear from students themselves about what you have been doing. If we can share practical ideas for passing the time as productively as possible, it will help our whole school community.

**Let me know what you have been doing and your ideas for how we can make the most of the time while this situation continues by emailing me [eldridge.c@st-benedicts.org](mailto:eldridge.c@st-benedicts.org) I'd love to hear from you!**

## So, to recap:

- Create a schedule to help you structure your day and establish good routines and normal waking hours during weekdays.
- Ensure you complete all work to a good standard so that your learning is not affected.
- Try to undertake some form of regular exercise to help both your physical and mental health and wellbeing.

**Remember, all the staff at St Benedict's miss you and have you in their thoughts. We are looking forward to the day we can welcome you back to school but until then, stay happy, stay healthy and keep learning!**

**God bless you all,  
Mrs Eldridge  
Assistant Headteacher**