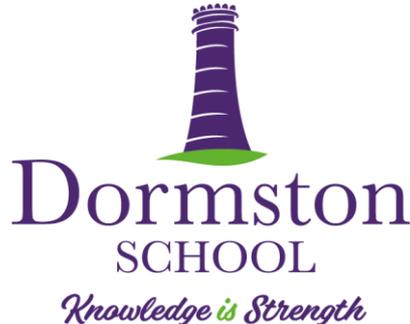


Our Ref: IBN/KON

23 March 2020



ALL YEAR 8 STUDENTS

Dear Student

I just wanted to write to you all to make sure that you are all keeping well and working hard.

Use this time wisely

It must be very strange being at home when you would normally be at school and many of you must be feeling a little unnerved and uncertain about the coming weeks. This is a massive change to your normal routine but your education is very important and whilst this may seem like a novelty at first, it is important that you stay focussed and on track with your studies. The Dormston expectations are that you are following your normal timetable as much as possible and take responsibility for your own learning by contacting teachers if and when needed (via email). This reflects our core values – Effort, Knowledge, Respect, Responsibility and Resilience.

As you know, Mental Health is very important for everyone so we advise as far as possible you stick to the routine of getting up at your normal time and trying to continue the best you can with the lessons you have been set. It is also important that you remain active and do some exercise daily. There are lots of activities that you can do whilst at home (either with your family or on your own). Look out for ideas on social media for this. We will be sharing more hints and tips about your home learning with you over coming weeks along with some fun activities and we may even be launching some exciting competitions.

Play your part in helping others

Your parents are working hard to keep life as normal as possible for you and it is really important that you support them and co-operate with them as much as possible. Each and every one of us has a role to play in the current COVID-19 situation. That may be as simple as being helpful and knuckling down to your studies.

It is really important that while you are off you always follow the government guidelines regarding social distancing. We all have a part to play in halting this terrible virus and making sure we keep our family and friends safe. I know it must be really difficult not having the normal contact you would normally have on a day to day basis, but to ensure we have a safe future I would like you to stay indoors rather than going out into the local community and socialising with your friends. You may think that everybody you come into contact with looks healthy but you do not know if they are already carrying the virus and I am sure the last thing you would want is to pick the virus up yourself and carry it back to your own homes. All of our emergency services, our National Health workers and other key workers will now be working very long hours to ensure we are looked after. Let's make their jobs as easy as we can by observing government guidelines.

We will be keeping in touch with you over the coming weeks so please do keep checking your emails regularly. We will hopefully also be sending you messages from your teachers to keep you motivated and on track.

The staff at Dormston School are working hard whilst you are not here, planning and preparing for your return to school. I would like to remind you that your Form Tutor, Head of House and Deputy Head of House and I are all available via email.

If you need somebody else to talk to please go on our website under Safeguarding > Wellbeing where you will find lots of information. Remember your welfare is important to us and we will continue to support you in any way we can.

The school is very quiet without you all bustling around the place and we miss you all. Keep working hard, remember to use your time wisely, and most importantly stay safe.

Yours sincerely

C Barrett

**Miss Barrett
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