

Hello everyone, we hope you are all safe and well. Make sure you stay in contact with us and let us know how you are doing. Ask your teacher or tutor for help if you need it.

We are in lockdown for a while longer but if each one of us does our part and stays at home, this will be over quicker. Make the most of this time and use it to just slow down and engage with family, friends and things you haven't had time to do. Try out a new hobby or skill or practise an old one.



In the news! - Even during a lockdown there are some incredible things happening to keep spirits up and bring people together.

Captain Tom Moore has raised a staggering £27 million for NHS charities with his 100th birthday walk and the total is still rising. He and Michael Ball have released the single 'You'll Never Walk Alone' with the NHS Voices of Care Choir which has topped the UK charts.
https://www.youtube.com/watch?v=LcouA_oWsnU

Clap for Carers each Thursday at 8 pm is getting bigger and better every week. Let us know what your house/road are doing to celebrate this.
Look out for Rainbows in windows – a sign of hope. Have you got one in your house? Send us a picture.

Please let us know of any volunteering that you have done so that we can celebrate our amazing students' kindness to others.

Try something new!

Sofa singers – a free, weekly online singing event that brings people together from across the world, using Zoom. You can register each week 24 hours before the event using Eventbrite. www.sofasingers.com

Learn to cook. Jamie Oliver doing 'Keep Cooking and Carry On' simple recipes from his kitchen. Homemade pizza - www.youtube.com/watch?v=qrfFB3dtcYE

FutureLearn do a huge range of free online courses
<https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>

E.g to **how to write a screen play** www.futurelearn.com/courses/screenwriting

Ever wanted to **write a song** but not known how?

<https://www.futurelearn.com/courses/songwriting>

Learn a new language – www.duolingo.com

Free online singing lessons www.singersadvice.com. Also helpful for those budding actors amongst you. Day 1 - www.youtube.com/watch?v=c2oECTIJTxl

Quote of the week - If you can stay positive in a negative situation, you win.

STAY SAFE EVERYONE



Anxiety UK are doing live webinars on Youtube to help you manage during this difficult time. The first one is 'How to be kind to yourself' and can be found on their Youtube page and on this link <https://www.youtube.com/watch?v=0tpX-Wi8>
Anxiety UK have extended their helpline hours to provide additional support in the evenings until 10pm and over the weekend between 10am - 8pm **Tel: 0344 775774**.
For more info go to www.anxietyuk.org.uk

