



Guiseley School

Packing up

Dear Students,

Well here we are, the last week of school term, we made it! What I'm hoping you will all feel is a sense of relief. At last, one aspect of our lives now will have a sense of normality, it's the summer holidays, you're not at school, not in person, and not digitally either, you can LOG OFF! Sit back, take a deep breath and congratulate yourself on achieving home schooling for months on end, which was certainly NOT on the schedule for 2020! You have all done amazingly well and the school is very proud of you.



As we eventually return to normality, I'd like you to give yourself a moment to consider what you **don't** want to leave behind. I have seen hundreds of families from my kitchen window walking past over the last few months. Families of all ages, reluctant teenagers like yourselves dragged along whom end up enjoying it even if you never admit it! I've seen mothers and daughters out jogging together, fathers and sons walking the family dog and even siblings out together and actually enjoying each other's company. Whether it be activities like this, movie nights, family garden dinners etc. Don't let these go ...make the time to keep doing them.

I would also ask you to try not to worry about your return to school when the time comes. Please be reassured we as a school have everything prepared and we will be checking on all students' wellbeing when you return. All the staff at Guiseley School will support you and make the transition back to school as smooth as possible.

Attached with this email is our **self-help leaflet** with a range of websites we highly recommend for adolescents if you are feeling a bit overwhelmed. If at any time over the summer break you are worried about your mental health, please take a look. Most of these organisations have things in place as alternatives for during lockdown such as face-to-face counselling is now being done online. If you are feeling a bit unmotivated and a bit flat, that's understandable. This will pass. You will return to school, see your friends and become the person you were before this lockdown. **This is temporary**. Try to get outside, see your friends in appropriate ways and have fun as much as possible.

Have a wonderful Summer break, you all really deserve it!