

Endeavour House – Weekly Update

Week ending Friday 24th April 2020

Hello Endeavour!

I hope you have all had a lovely Easter and have made the most of what you could with the lovely weather. These are the early signs of summer and something positive to look forward to when normality returns. During this lockdown it has given me time to reflect on what I normally take for granted, sometimes I forget how lucky we are to live on the south coast. One thing is for certain, when we do eventually come out of lock down, I will not be going to be taking these things for granted again!

I saw on social media the other day we had a wounded seal come and bathe on a beach in Haying Island, thankfully the RSPCA have stated that he going to be fine and will make a full recovery. I also saw on social media there have been pods of dolphins swimming off Bournemouth pier! It is so exciting to see these animals enjoying our local waters.

We are now in week 5 of lockdown and no school. This has definitely knocked my routine and I found the first couple of weeks a bit strange. I have not been as productive as maybe I should have been. I have now made myself a timetable to make sure I am not wasting my time scrolling through social media or watching too much TV! My alarm goes off at 7.30am every morning to get myself set and ready for the day. I normally start the day with exercise and that is either a 5.5km run or a workout in my garage. One of my favourite sayings is 'win the morning, win the day' and this basically means getting off to a good start, which will help you make your day more productive. Have you been as productive as you could be? Are there changes you could make? I am not saying you have to copy me and do exercise and then lots of school work. You need to find the right balance between exercise, work, virtual socialising and your personal downtime.

Remember to keep up your acts of kindness during these difficult times; it's amazing to see all the acts of kindness going on in the world through the media and it's fantastic to see everyone pulling together. A small act by you can be a massive help to someone else. Let me know what you have done.

Your Tutors and House team are emailing you regularly - so please keep an eye out for these emails and send a little reply - let us know you are doing okay or just to say 'hi.' Thank you to those of you that have already emailed.

Stay safe,

Mr Campbell (campbellj@mayfield.portsmouth.sch.uk)

This is my cat,
Sonny who is
appreciating I
am home all the
time and
helping me with
my emails 😊

