4th May 2020

Dear Pupils,

I hope this letter finds you and your families all well and that you are still managing to keep busy.

Your tutors have let me know how you are all getting on after they have called you which is really good to know. If they have not contacted you yet they are working to get to you all over the next few weeks. But don’t forget you can contact us through Year8@oakfieldacademy.org just get a parent to e mail in your questions and they will be passed on and replied to as soon as possible.

At times like this our mental well-being is important so here are a few things that might help. Remind yourself that this is a temporary period of isolation that is helping others and saving lives. Stay connected with friends and family via phone, email, social media and create plenty of distractions to keep you busy. But of course, when on line remember all the important things you have learnt about keeping yourselves safe. Make sure you do healthy activities that you enjoy and find relaxing. Focus on you – make a list of all of the things that you hope to achieve in the future. Routines are important so try to plan your day. Even if you have trouble sleeping, do not be tempted to use your phone/laptop in bed – allow your mind time to relax away from it. Try and get plenty of fresh air –but remember social distancing! Make sure you drink plenty of water. But most of all **stay positive** –we will get through this together.

I have been receiving examples of some brilliant work this week and not only DT so it is good to know that you are engaging well with the Little Lessons, BBC and Oak Academy work and also being inventive in what you are doing.

As for me I am keeping busy by cooking and baking – something I don’t often get time for. Also like you I am spending some time doing work for school every day and my house has never been so clean! We are ensuring that we are in daily contact with our children and grandchildren which is so important to do especially as they live in America and Australia.

If you would like to e-mail Mrs Applegate because you have worries or just to make contact, then please use her new e-mail address [support@oakfieldacademy.org](file:///%5C%5CDAT-01%5Csecriat%5CLOGO%20%26%20LETTERHEADS%5Csupport%40oakfieldacademy.org).

Please stay safe and well and make contact via the e-mail addresses you now have if you have questions. Also don’t forget to check out the weekly newsletter to see what others have been doing and get tips and ideas.

L Peat

Ms Peat

Head of Year 8

Year8@oakfieldacademy.org