



ASTLEY COMMUNITY HIGH SCHOOL

One of the Seaton Valley Federation of Schools

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Executive Headteacher: John Barnes

Head of School: Graham Scott

24 March 2020

Message from Mr Gilhooley

1. Not being able to attend school or see their friends can be very stressful for students, a guide for teenagers produced by UNICEF has been added to the school website to help them to look after their mental health during COVID19.
2. To help keep students active during this period Joe Wicks is posting daily workouts which students and their families can do from home. To take part simply visit YouTube and type in Joe Wicks PE or visit his YouTube channel at <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> the workouts are posted daily at 9am and are a great start to the day.

