

**Year 8 Mid-Term Break – 15th – 19th Feb**

Dear parents. May we take this opportunity to thank and congratulate you for the perseverance and patience you have shown whilst supporting your children as they engage in remote learning. We appreciate that this has been challenging for you in many ways and we commend you for your great work.

Hello students. We congratulate you for the great work you have been completing online, your teachers have been keeping us updated with your progress and we are delighted with you! Please keep this up, you will reap great rewards!

If you have not been engaging online, this is the time to refresh, reset and start again on the 22nd February, it is never too late to start working and learning!

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| * Parents and students, take some time to relax and unwind this week – you certainly deserve it!
* Why not try some of the wellbeing activities attached in the programme below
* Students – if you have fallen behind with your work, take some time to catch up with important tasks you might have missed – especially LO tasks
* **Students should be ready to commence online learning again on Monday 22nd February**
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**Please find below some suggested Apps for mindfulness activities you may find useful for relaxing and unwinding**

***Free App.- Headspace.*** There is a great introduction to mindfulness course here! Find more information at:<https://www.headspace.com/>or download it from your App. Store.

***Headspace show on Netflix***- 20minute episodes that introduce and explain different kinds of meditation and guide you through meditations.

***Free App.- The Breathing App***. This supports you to slow your breathing down by counting, or by using sound- you just breathe in time to the count or the sound. Remember to make your breathing slower and longer. Find information at:<https://eddiestern.com/the-breathing-app/>or download it from your App. Store.

**Take good care parents and students – enjoy your break and we will ‘see’ you online on the 22nd February**



 **Mrs Keenan and Mrs Smyth**