

Hello all,

I hope you are all keeping well under the current circumstances.

We will try to make the best of this situation and not allow the Covid-19 to bring us down :)

Stay positive; look after yourselves and your loved ones; get some fresh air (it's not good to be cooped up at home all day) but remember to follow the guidelines that our Prime Minister has given us.

Make sure you follow the daily timetable for some productive work in each subject to keep that brain of yours engaged - otherwise you will all be completely dazed by the time you get back to school! And it will impact your learning in the long term.

Remember to practice good hygiene every day. Here are a few simple steps to prevent spread of illness:

Wash hands multiple times a day for at least 20 seconds (singing Happy Birthday twice slowly takes about 20 seconds).

Cover your mouth with a tissue when you sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of your elbow. Do not share food or drinks.



Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way. It is also so important that you eat a balanced diet, get enough sleep, and exercise regularly; this will help you develop a strong immune system to fight off illness.

On a happier note, I will share a riddle every week and the following week I will reveal the answer. Let's see who can work this out!

Riddle: Where can you find cities, towns, shops, and streets but no people?
(Don't be cheeky and use Google! I will find out. 😊)

I'll be back next week to reveal the answer. Until then, I am thinking of you all. Stay safe, keep smiling and never lose hope. We will get through this TOGETHER! Remember, we learn through curiosity, joy, affection, and thought.

Speak to you soon,

Miss Ramzan.

» you are «
BRAVER
than you believe
STRONGER
than you seem
SMARTER
than you think
AND LOVED
more than you know