

Dear Students,

These have been very challenging times and I would like to compliment you for the way in which you have taken part in online learning. Well done to all students who have engaged very positively with their teachers and your schoolwork since the school closure on 12th March. I commend you for doing your best in these challenging circumstances and working positively with your teachers who are guiding and advising you to support your education.

I know that many of you are struggling with sharing devices with siblings, anxiety around exams and that some of you are caring for younger siblings. I also know that you have been struggling with not being able to get out and about and meet up with your friends and extended family. I just wanted to let you know that you have been doing a fantastic job when it comes to taking part in Edmodo topics and returning work to your teachers. I know that this is a very difficult time for you, and I would like to say a huge Well Done!

As you face into the Easter holidays now, you may find that you have even more time on your hands. It is very important during this time to take care of your physical health and wellbeing. On that note I would offer the following advice: Stay active and connected. Take some exercise – with no PE or school sport you'll have to manage your own physical fitness! Go for a walk, a run or a cycle following the government guidelines. Stay informed and follow the advice of the HSE on the best ways to avoid spreading the virus. Don't listen to stories and rumours.

With that in mind, I have attached some resources that you might find helpful with this and there are some activities there that are bound to suit all of you. While we may be confined to our homes, this is the perfect time to try something new or to get around to doing something that you have been putting off for awhile.

I would also ask you all to think of your parents/guardians and family during this time- this is also a difficult time for them, and if there is anything that you can help them with, I'm sure that it would mean a lot to them. Be kind and look out for each other. Check in with friends and people in your class and chat about things other than Covid-19.

Remember, the most important thing that you can do during this current crisis is to Stay Home and Stay Safe. Above all else, stay positive and calm. We will get through this, unusual as it is.

Enjoy the Easter break as much as you can – stay safe and well.