

Rise and shine: wk. bg. 30.3.20

Good morning Blackfen students,

It's Week A.

THE PIPS HAVE SOUNDED! GET UP! GET DRESSED! GET GOING!!

Last week, we considered taking the first few steps of a remarkable journey of change - *together*. Mr Brown's wise words to you on Friday said the same thing but in a different way: "*Together* the small steps of many people can have an astonishing impact".

I suspect that last week at home didn't feel particularly remarkable or astonishing: irritation, worry, boredom and frustration were probably combined with relief that Teams finally worked on your PC and the sheer triumph of getting one piece of work finished.

But you've still taken your first small step on this remarkable journey of change: this time, two weeks ago, you were stepping into school on Monday 16th March and it was Week A and you were heading into Lesson 1. Today, you start Week A, Lesson 1 of the home study timetable that you have designed. Well done, you! *Together*, with your family and in the space of 7 days, you have all taken one small step forward and the remarkable journey of change at Blackfen School has started.

We're doing it *together*, as the school community: students, parents, teachers and leaders. Mr Brown spent last week walking up and down the school corridors, looking for his students. The problem with Headteachers is that they don't function very well without their students. He's running the school for the most important people in the school (that's you) and you're nowhere in sight. As teachers, we're trying to teach lessons without students and plan lessons without meeting other teachers. It's all a bit weird. We're having to take the first small steps of change, too and it's no easier for us, as adults but we know that we're in it *together*. Your emails and messages of support are helping everyone to take the first small step of change, as best as we can. Thank you very much!

Have you put PE with Mr Joe Wicks into your timetable? The live workout takes place every week day, at 9am, on YouTube and lasts for 30 minutes, including a warm-up and a cool down. Take a look at Joe's feet as you do the stretches and exercises and you will see hundreds and hundreds of small, joined-up steps. Once those steps join up - Pow! Wow! - you have a routine and, in Joe's case, those steps have astonishing impact. I wonder how many hours he spent practising those steps, until he could show them to you?

You are going to join up a few more of your home study steps, this week and by Friday, you'll start to see the beginning of a routine. That's really important because the Easter holiday is coming up and you will need a different routine for your break. More on that, next week. For today and for the rest of this week, I want you to kick Week A into action (and include a PE session!). You need to sort out the Week A routine for 1) School study: Follow your timetabled lessons for each day; 2) Family support: Focus on those you live with and how you can help them best; 3) Chill time: Focus on you. Relax, rest and enjoy - knowing that you are joining up the first few steps of a remarkable journey and you're not doing it alone and very soon, your joined-up steps will start to have an astonishing impact.

Best wishes to you and your family this week.

Yours sincerely,
Miss F Minnis

Deputy Headteacher
On behalf of Blackfen School leaders and teachers