

Tuesday 5 May 2020

**"It is during our darkest moments that we must focus to see the light."** Aristotle

Dear Blackfen Students,

I am writing to you this week on Tuesday and Thursday as it is a bank holiday on Friday as it is the 75<sup>th</sup> anniversary of VE day. The bank holiday in early May is normally on a Monday. This year you won't need to "go to school" this Friday. For most of you this will mean not having to log on.

Over the last few weeks, I have written to you about the importance of water and air on the difficult journey we are on. This week, we must not underestimate the importance of light to help us grow, develop and continue on our journey. It is now 2 weeks since I updated you on the progress of my tomato seedlings. As you can see; through plenty of air, water and light (especially sunlight), they are turning into plants and looking quite healthy. Of course, the daily singing to them does help (it also helps me!) and they still have a long way to go before they are strong enough to flower and to fruit.

I have spoken in assembly before about how light is a symbol of hope. Over the last few months there have been many dark moments for us all. Many of you will have suffered from illness, anxiety and bereavement and this will undoubtedly continue over the coming months as we cope with the effects of Covid-19. We have also seen in the news how there is "light at the end of the tunnel" and it is important that, through dealing with our feelings, seeking support and talking about how we feel, we focus to see that light. For some of us, it will be far in the distance. Wherever the light at the end of the tunnel is for you, we must continue on our journey forward. And just remember, journey together as it is easier than journeying alone. We must have hope in our hearts.

So, let us all brighten up the darkness that is in our lives at the moment, by using light to spread hope. We must focus on the light ahead even if all around us is darkness.



With my best wishes to you and your family and friends at this time.

Matthew Brown