

Message from the Head Teacher
Wednesday 1 April 2020

“The beautiful journey of today can only begin when we learn to let go of yesterday”

Dear Blackfen students

I don't know about you but it all felt very grim on Monday. Another week began, nothing had changed and the weather was grey. It is okay to feel like this but the important thing to remember is to try not to dwell on how you felt yesterday and try to focus on what you are doing today as we continue together on this journey.

A member of staff sent me some beautiful lyrics to a song, recently written,

“And the people stayed home

**And they read books, and listened, and rested, and exercised, and made art, and played games,
and learned new ways of being, and were still”.**

Learning new ways of being can be tough for all of us but we must ensure that we keep busy, we talk to each other and we maintain, as far as is possible, some variety in our lives to make us feel better about ourselves and life in general. This way we can focus on the present, think about the journey (future) and let go of the “grim” yesterday.

Take care of yourselves and let us know if there is anything else we can do to help you.

Matthew Brown