Hi to all you amazing children

I just wanted to send you a small message to say that I am missing you all so much. I hope that you are all well and staying safe. I have no doubt that you are all doing the best you can at home in your work, helping your parents and doing all your chores.

I am keeping busy at home too. I am still sitting here planning all your lessons ready for when you come back. However at the same time I am still taking a break. I am using the Joe Wicks PE workout every day at 9am to make sure that I am getting my exercise daily. If you haven't tried it you really should. It is so much fun while keeping your body and mind healthy. Why not add it to your daily routine? Why not exercise with your family?

Please make sure that you do get some fresh air in the garden daily and that you keep smiling. We all need to stay positive and that we use this time to not only complete our homework but learn new life skills. You could learn to : cook your favourite meals, sew, ride your bike, speak a new language or something else you have always wanted to do. This is the time to take advantage and do something that is creative, inspiring and allows you develop a new skill

Stay safe, Keep Smiling and Keep Exercising

Miss P Dhillon