



This Weekly Bulletin is YOUR bulletin! This is a way we can help each other to cope with being away from school and being at home for long periods of time. We can still help each other, no matter how far away we are from one another!

## USEFUL LINKS



### HOW TO BOSS BEING STUCK AT HOME!!

Most schools are closed. Parks are out of action for a while. You're getting yourself set to hang around at home...for a while. So what's the best way to keep clear of the coronavirus outbreak at home, while keeping your studies, mind, exercise and rest time on point?

[CLICK HERE](#)

This website has some fantastic tips on how you can boss your time while stuck at home! It includes everything from staying active, to looking after your mental health and relaxing in front of a good box set- it's all in there.

#staysafe

#stayhome

### DR WHO SAYS "EVERYTHING WILL BE OK"

Jodie Whittaker has sent a message as Doctor Who telling everyone that, "things will be alright, even if they look uncertain".

The 13th Doctor also urged fans to tell jokes- "especially bad ones" - and to be kind while looking out for friends and neighbours.

[CLICK HERE](#)



And the actor reminded fans how they could help to tackle coronavirus, saying: "Listen to science, listen to doctors, they've got your back."

### KEEPING FIT AND HEALTHY!!

It's important to stay fit and healthy, even though we have to follow the government guidelines to stay indoors most of the time.

How about taking part in Joe Wicks's daily workout? You can do this on your own or with members of your household. Joe does an online workout every day- a virtual PE lesson!

Why not let us know how YOU are keeping fit and healthy?! How about you send us a photo?

Email [bcstudents@bluecoatschool.com](mailto:bcstudents@bluecoatschool.com)

[JOE WICKS - DAILY PE LESSON](#)

[CLICK HERE](#)



#relax

#enjoy learning

### IMPORTANCE OF ROUTINE

It is important to try to get yourself in a routine- just like you would on a school day- just without the bells!

You will find it easier to get through the coming days and weeks if you can set yourself a timetable and try, where you can, to stick to it.



What you must remember to do though is RELAX!! It is difficult for everyone - you, your parents, siblings, teachers, relatives and friends. None of us are used to working and living like we are having to at the moment. We know we have to, to help the government and the NHS to deal with coronavirus, but you need to look after yourself too, and a routine will help you.

In next week's edition of the Weekly Bulletin, we'll give you an example of a good way to structure your day.

### YOUR IDEAS!



We would love to hear about how you are managing your time and what exciting and new ways you are learning from home. We will share the best of the ideas with other students.

If you have good apps, YouTube channels, websites or ideas you think other students would be interested in, why not email us by clicking on the orange button to the right ->

[CLICK HERE](#)

Do you have any ideas for other ways of learning? Perhaps you have learned how to play a new instrument, learned a new language, started an art project, cooked something tasty? Have you got a book you can recommend? Have you made something useful or produced a lovely painting or drawing?

#new hobby

#stay healthy

### STAYING SAFE ONLINE

It is important now, more than ever, that you stay safe online. You are all using the internet more now than ever before and therefore you need to be extra careful when accessing different sites.

For some good advice about staying safe online, click on the link.

[CLICK HERE](#)

### TOP TIPS!

- Set a timetable- it should be a mixture of online and offline work - and don't forget to build in rest breaks!
- You can't do everything in one day so pace yourselves - teachers will understand - just try your best and keep in a good routine mixing work and social time.
- Stay in touch with people e.g. send an email, phone, message - encourage one another.

#stayfit

If you are finding things difficult email your teachers and ask them for help. You will find their email address on Class Charts in the Announcements section