



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



KEEPING FIT AND HEALTHY

Although we are unable to go about our lives as we normally would at the moment, and for good reason, there are still lots of things you can try that could help your well-being. Exercising at home can be simple and there are options such as:

- Completing the practical tasks set by your P.E teachers.
- Dancing to music.
- Going up and down stairs (Big Ben is 334 steps).
- Online exercise workouts that you can follow. *Well done to Boaz for getting a shout out from Joe Wicks!*
- Sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.



Some top tips for your healthy diet:

- Eating breakfast gets the day off to a good start.
- Instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day.
- Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits and sugary drinks.
- Drink plenty of water.
- Compare your diet to the [NHS's Eatwell plate](#) and guide and remember "Eat them, to defeat them!"



#stayhome #stayhealthy #staysafe

SPORT RELIEF MILE

We have been overwhelmed with the generosity of our students raising money for *Sport Relief* by taking part in the Sport Relief Mile. Well done to Thomas Allaway for the fastest run!

We raised over £600 before the school had to close and a few students went above and beyond in fundraising - Anaya Sheriff (DOR08) - £109.50, Jocelyn Williams (CAV08) - £60 and Thomas-John Lindsay (LEW05) £50. Thank you.

Lots of other students have also donated £10 or more - well done to everyone who took part and raised money for this great cause.

If you have any money still to donate, please as your parent/carer to pay the money you have raised online by clicking on the Sport Relief logo.



OUR CYBER-EASTER SERVICE

As we can't have our usual Easter Service as a whole school community at Coventry Cathedral, we are recording a cyber-Easter service that you will soon be able to watch on YouTube! More details next week!

DR XAND AND DR CHRIS

Dr Xand and Dr Chris are twin doctors- you may have seen them on TV before, especially if you've watched *Operation Ouch*.

They have a video on BBC Newsround in which they have answered lots of questions about the Coronavirus. As you know, Coronavirus is a new flu-like virus spreading around the world. The virus causes an illness called Covid-19.

The video was filmed before schools had to close but the answers may well help you, especially if you are confused about the virus. Click on the picture to see the video.



YOUR IDEAS!

In the last Weekly Bulletin, we asked you to share your 'working from home' and 'living with the lockdown' ideas. Thank you to those of you who sent in your ideas.

Evie Jones, CAV10, listens to [YoungMin You](#) on Spotify, whilst she's working.

Mawutor Adobor, CAV04, suggests keeping in contact with friends using [Discord](#) or [Zoom](#).

Asar Ali, WIL01, likes to read books and listen to the book reviews and watch clips on [YouTube](#).

Emilia Wolczyk, LEW03, suggests trying to work somewhere in the house where you are not distracted by your phone etc. Then your relaxing time will be away from your work area.



Autumn Macdonald, CAV03, suggests setting an alarm to ring like the school bells. Sit somewhere quiet to work (if you can) and have a colour-coded schedule.

Click on the button to send your ideas to us.

CLICK HERE

ITALY'S LOCKDOWN TIPS

The lockdown hasn't been particular easy but it has brought out the best in many of us.

Between coming up with fun indoor activities, cracking on with school work, and getting on with siblings and parents - lots of us have risen to the challenge of being indoors a lot more!

Spare a thought for the many Italians who have now been in lockdown for at least a month – they have sent a video to [BBC Newsround](#) to give us some advice on how to handle the lockdown when the days turn into weeks.

WEBSITES AND APPS

Although we might make suggestions about which websites and apps you *could* use, you **MUST** check with your parents/carers before you start to use them. They may not want you to, or they may want to check out the website for themselves first. You must only use websites and apps that your parents have approved.

NEEDING HELP?

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

LOCKDOWN TIMETABLE!

If you feel you need some inspiration and motivation, how about following this timetable? It is a timetable of classes where the teachers are celebrities! These are only suggested times, of course! You can do these 'lessons' at any time!

Do YOU have any suggestions for home learning? If so, click [here](#) - we would love to hear them!

9.00 a.m. [PE with Joe Wicks](#)

10.00 a.m. [Music with Mylene Klass](#)

11.00 a.m. [Science with Maddie Moate](#)

11.30 a.m. [Dance with Oti Mabuse](#)

RELAX AND HAVE LUNCH!!

1.00 p.m. [Maths with Carol Vorderman](#)

2.00 p.m. [History with Dan Snow](#)

3.00 p.m. [English with David Walliams](#)

5.30 p.m. [Learn to cook with Jamie Oliver](#)

THEN RELAX, CHILL, SLEEP!

