



With our school now operating online and the need for our community to contribute to social distancing we find ourselves in a new and unprecedented situation where the wellbeing of our families and our community at large faces challenges. Here at Cyfarthfa High School we are seeking to face these challenges, see through them, and discover the opportunities that lie therein.

It is with this in mind that we would like to encourage members of households to use our newfound time and differing demands to establish new positive routines within our homes. We would like to suggest that households consider eating breakfast together as a family, especially if no-one from our home is required to leave for work.

As mentioned above, our school will continue to run with staff and pupils engaged in online learning. Giving regular times to complete work in perhaps, 45 minute sessions, will help to make progress, see success, and aid with wellbeing and a positive mental attitude. Our daily routine can enable us to feel more in control, reduce our stress and improve our mood. Variety in our day will help our emotional wellbeing and help us to see this period of our lives through – it will come to pass.

Remember, it is important to stay in contact with each other including vulnerable people in our families and community. Technology is a real aid to assist our communication and so make time each day to speak to people on the telephone or in a video call rather than just by text messages.

Always aim to include some sort of exercise and fresh air into your daily routines; as we know, this is essential to healthy bodies and minds. Take a look at some of the ideas that have been suggested by Cyfarthfa's PE department on the school's *Twitter* feed.

We also have opportunities to learn new skills and talents by developing what could quickly become new hobbies. Perhaps, with the help of youtube, you could learn to play that guitar or keyboard that has been sitting in a bedroom since it was "played" a few times after that Christmas a few years back for example. A short time of daily practice and you will soon begin to see the success of progress.

An example of a daily routine may be:

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| 9am | Healthy family breakfast around the table – perhaps different members of the family can be responsible for setting the table; preparing the food/drinks; clearing the table; etc. |
| 10am | Academic time – log in to <i>Teams</i> to see what needs to be done today and work on a lesson. |
| 10:45am | Take a short break – make a drink. |
| 11am | Creative time/chore time – learn a new skill: drawing/playing an instrument/baking/etc; or of course, everyone can chip in with the daily chores – “ <i>Many hands make light work</i> ”. |
| 12pm | Academic time – continue with school work and submit what has been completed on <i>Teams</i> . |
| 12:45pm | Lunch – ensure that lunch is balanced ensuring that it includes starchy foods, protein, a dairy item, and a portion of fruit or vegetables. Perhaps different members of the family can share the tasks as with breakfast. |
| 2pm | Quiet time – take some time for yourselves. Read a book or a magazine about something that you enjoy: cars/dancing/football/fishing/makeup/sport/gaming/etc. |
| 2:45pm | Make that phone or video call to that friend or family member! |
| 3pm | Exercise – go for a walk, but remember to keep your 2 metre distance from neighbours you may see in the community. |
| 4pm | Academic time – finish off those things you didn’t manage to complete or view and plan what needs to be done tomorrow. |
| 4:30pm | Two members of the family to prepare a healthy, balanced meal to eat together at the table and others could clear away. |

Following the meal, the evening is free to do as we please. Some evenings could be spent together watching a film/playing a game/cards/etc. Perhaps some newfound hobbies have time here.

Don’t go to bed too late – remember, breakfast is at 9am!

