

Here we are,
in March 2020

The Coronavirus disease
(COVID-19) has taken over.




Reflections

1: You are *AWESOME*

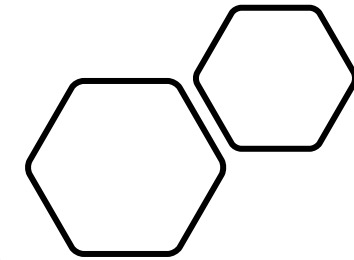


**At the moment,
there's a lot that's
going on that doesn't
feel great.**



We would rather that we were not in this situation, did not have to sit 2 metres apart and could instead, get back to our normal lives.





It might be difficult for you because your parents are involved in fighting the virus or providing services so that the rest of us can continue to buy food, access important provision or still get deliveries when we can't get to the shops.

**We don't know when this
will stop or what else will
change, but we do know
this...**

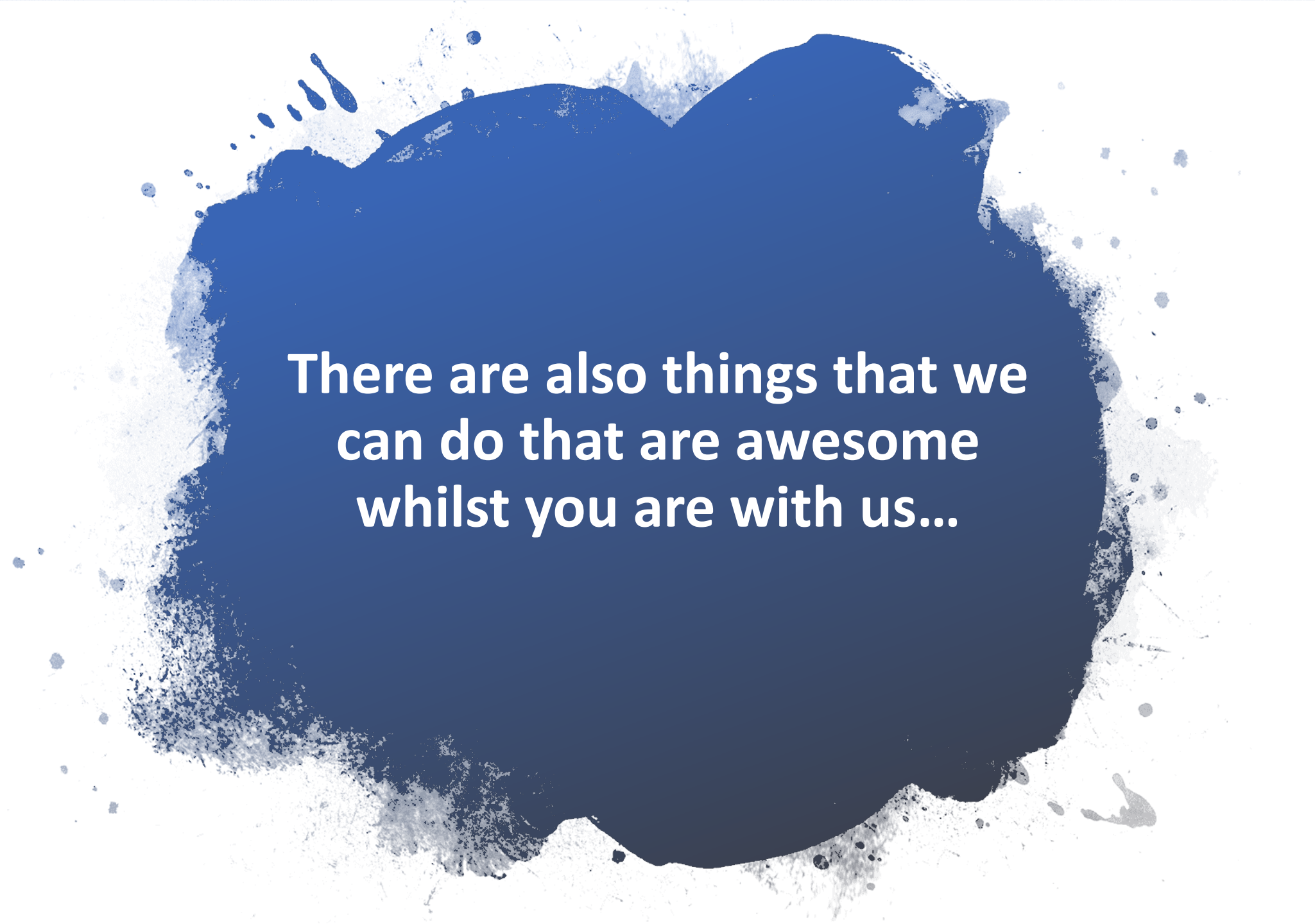
...you are awesome.



You are awesome because...

- You are in school with a smile on your face.
- You are enabling your parents to do really crucial work for the rest of the country.
- Despite it all, you are going to make the most of this and get through it the best you can.



A dark, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, ink-like edge with some smaller splatters around it.

**There are also things that we
can do that are awesome
whilst you are with us...**

You can...

**make new friends across
year groups**

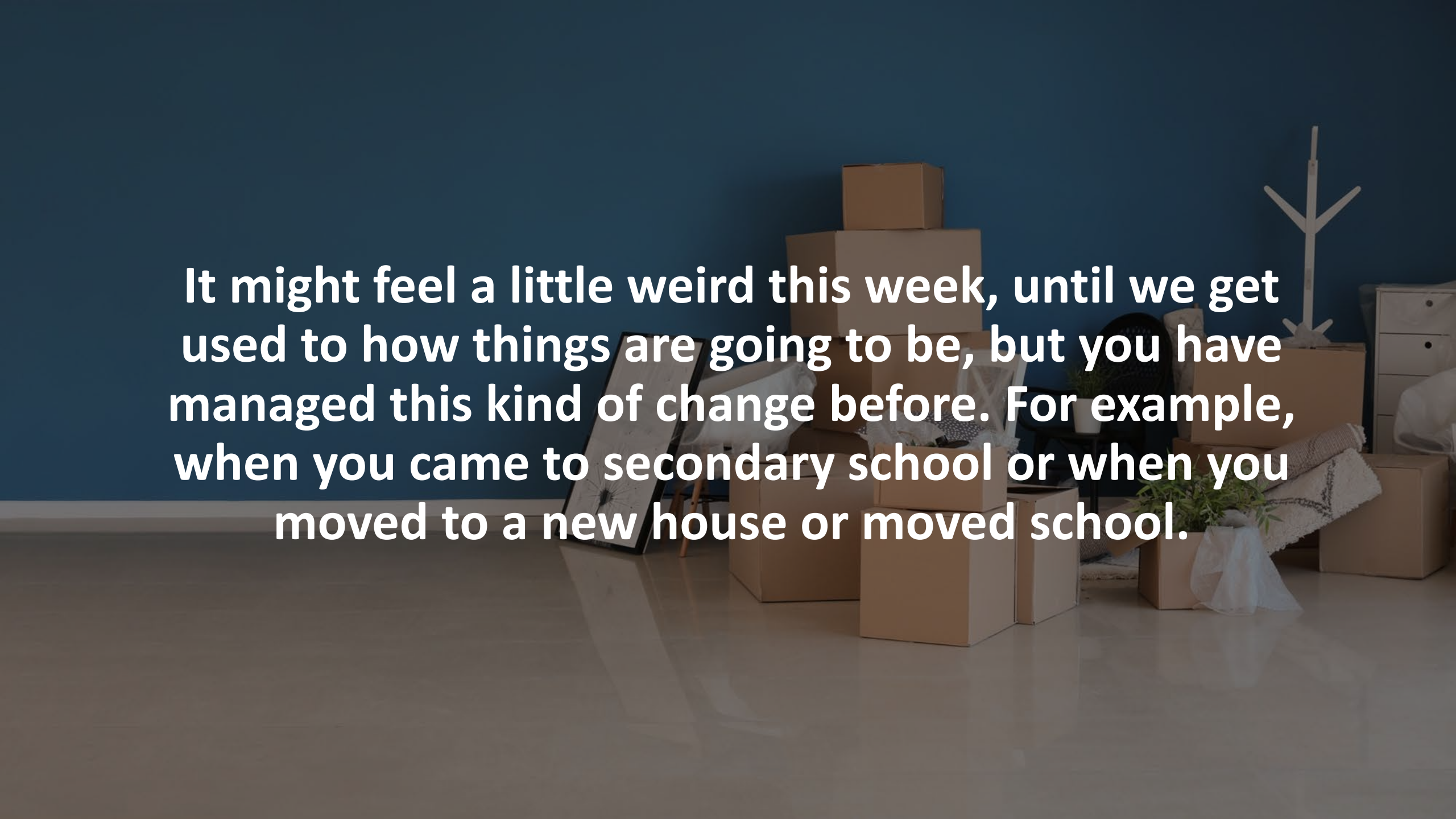
**learn new skills and
knowledge**

**do things that interest
YOU, like projects**

**help show the community
how kind you can be -
sending cards and letters to
people who are not able to
mingle with other people**

**make these weeks count
– use them to tell a story**

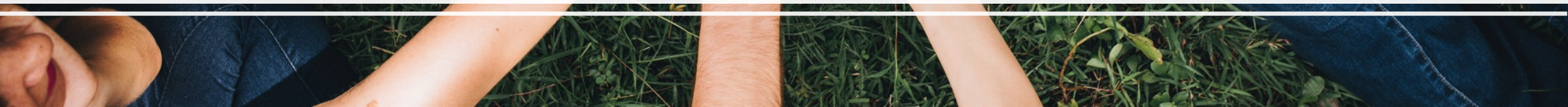


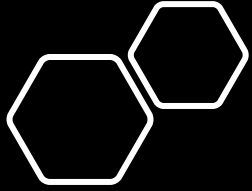
A room with a blue wall and white floor, filled with cardboard boxes and furniture, suggesting a move. The scene is dimly lit, with the text overlaid in white. The background shows a stack of boxes, a white chair, a white dresser, and a white plant stand.

It might feel a little weird this week, until we get used to how things are going to be, but you have managed this kind of change before. For example, when you came to secondary school or when you moved to a new house or moved school.



You can do this.





Jaz Ampaw-Farr talks a lot about navigating chaos. Here she is reminding you that whatever happens, you can do this!

