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Dear S1,

I hope this letter finds you and your family safe and well. It is an unusual situation that we find ourselves in, and one that none of us ever imagined. It seems a while since we were all in Bearsden Academy, and I look forward to a time when we can be in school again. Until that time, I hope you continue to be safe and healthy at home.

I have been very impressed with all of S1 throughout this year. You all settled in well to Bearsden Academy, and the teachers were very complimentary to you as a year group. I often said at assembly that my S6 year group are inspirational young people, and I hope that S1 are as good as them! **You are already exceeding my expectations, and I hope that you continue to do so. I am very confident that you will.**

I have been **delighted** when I look at Show My Homework. I can see many of you **engaging in a lot of the work that teachers are setting**. Please remember that if you have any difficulty, you can leave a message for your teacher on SMHW, or you can contact your Guidance teacher or myself. **We are always happy to help.**

Going forward, most of your work will be made available on Show My Homework. It is important that if you are unsure of this, that you let myself or your Guidance teacher know. We will always try our very best to help. Normally in May we would have a timetable change, and you would move in to S2. When you are in S2, you will not notice any change to your classes, or subjects. As a result, you will not notice a timetable change until we go back to school, and the new S1 join us.

Please remember that your Parents and Carers can also log in to SMHW, and they can view all your work, as well as your teachers. It can be a good idea to look over SMHW together and plan the week ahead. If you are lucky enough to have an older brother or sister, and if you ask nicely, they may also help you.

It can be difficult to plan your work, or know how long to spend on school work. Work uploaded often has a guide to how long it should take. **I thought it might be helpful for you to make a weekly timetable that you can build your day around.** If you keep these safe, you will be able to look back and see how much work you have actually completed. We often encourage pupils in S4 or S5 to do this when they are studying for exams, but in a home learning situation, I think this can also be useful. I have attached a sample timetable below (you may want to add Sat/Sun in to spread out your school work #BeCreative). All you need to do is delete my entries, and add what you would like. Everyone will be different, so please do not worry about what other people are doing.

Please remember that it is important to have some ‘me time’. You need to look after your own wellbeing. Take the time to read a book, or play in your garden, or go a nice walk with members of your household. This is allowed, and I would actively encourage you to do this.

Keeping in touch with other friends and family is also important. Perhaps organise a family quiz night on Zoom one evening? I have discovered that being in this pandemic that friends and family are vitally important, and it is lovely to keep in touch.

My thought for today would be:

**‘One small positive thought in the morning,
can change your whole day’.**

Take care, and I look forward to seeing you all very soon.

Best wishes,

Mr Healy

Sample Timetable

Please change the days and times to suit you and your family. It is important to have a balance, and do what is right for you. For example, you may have a full day off, and do more another day. Everyone will work differently.

	09:00-10:00	10:00-10:45	10:45-11:00	11:00-11:30	11:30-12.30	12:30:1:00	1:00-2:00	2:00-3:00	3:00-4:00
Mon	Maths	Geog	Snack	Go for a walk	Eng	Read a book	Lunch	Sci	French
Tue	His	Go for a walk	Snack	Free time	Comp	Maths	Lunch	Art	Music
Wed	Go for a walk	Eng	Snack	Read a book	Home Ec	Free time	Lunch	Tech	PE
Thu	Sci	Eng	Snack	Home Ec	Mod Studs	Maths	Lunch	French	His
Fri	PE	Tech	Snack	Read a book	RE	Go for a walk	Lunch	Music	Art