

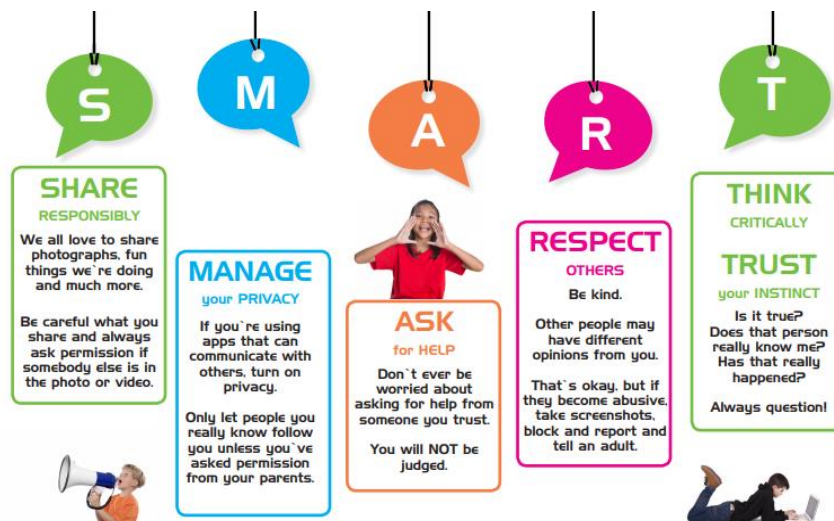
Hello all,

I hope you are all keeping well under the current circumstances.

School is important but so is your health. Take care of yourself and each other (from a safe distance of course). And, no matter what happens this year, be proud of yourself, your resilience, and your ability to adapt to extreme circumstances. I am proud of each and every one of you.

We know being home (in sometimes tight quarters) is tough on everyone, so now is the time to dig deep and be kind. Be kind to your little brother and your older sister. Help them understand the technology they might need for school. Remember to follow the internet safety rules and be SMART.

Stand  
**TALL**  
and be  
**PROUD.**  
Be  
**YOURSELF**  
you are  
**AMAZING.**



Remember to keep healthy!! Eat a balanced diet, get enough sleep, and exercise regularly; this will help you to aspire and endeavour to do your personal best.

On a happier note, I will share a riddle every week and the following week I will reveal the answer. Let's see who can work this out!

Riddle: What is always in front of you but can't be seen?

(Don't be cheeky and use Google! I will find out. 😊)

I'll be back next week to reveal the answer. Until then, I am thinking of you all. Keep positive, stand tall and be proud of yourselves. Remember, we learn by observing, listening, exploring, experimenting and asking questions. Keep up with all the learning.

Speak to you soon,

Ms Dickson.