



# Things to do when you are working from home

Staying at home – Edition 2

# Edition 2

Dear Parents and Guardians

Week one of Distance Learning, and we hope it is going well!

Now that we have all been asked to stay at home, here are a few more ideas to keep you all going this week.

We will send further editions in due course – in the meantime: stay healthy, keep calm and keep in touch!



# Online support for parents

- ▶ TeenTips offer a range of online discussion groups and support sessions for parents, including 'parenting during isolation' (25-30 March):
- ▶ <https://www.teentips.co.uk/news/live-online-talks-for-parents/>
- ▶ For other topics, click here:
- ▶ <https://www.teentips.co.uk/parents/online-training>

# Exercise

- ▶ We are all familiar with 'Joe Wicks' and his PE lessons and other exercise videos, so here is another idea:
- ▶ The Headmaster strongly recommends 'Yoga with Tim'. Tim offers a 30-day challenge, which might take us to the end of the isolation period: <https://www.youtube.com/channel/UCciuZI2ydLCvN5txILW0rlg>



# Meditation

- ▶ Life is busy at the moment. Nothing in our lives feels 'normal' and we are all facing and dealing with bigger issues and challenges than usual.
- ▶ Give yourself a few quiet minutes:  
<https://www.independent.co.uk/extras/indybest/the-10-best-meditation-apps-8947570.html>
- ▶ In School, we like Headspace: [www.headspace.com](http://www.headspace.com)

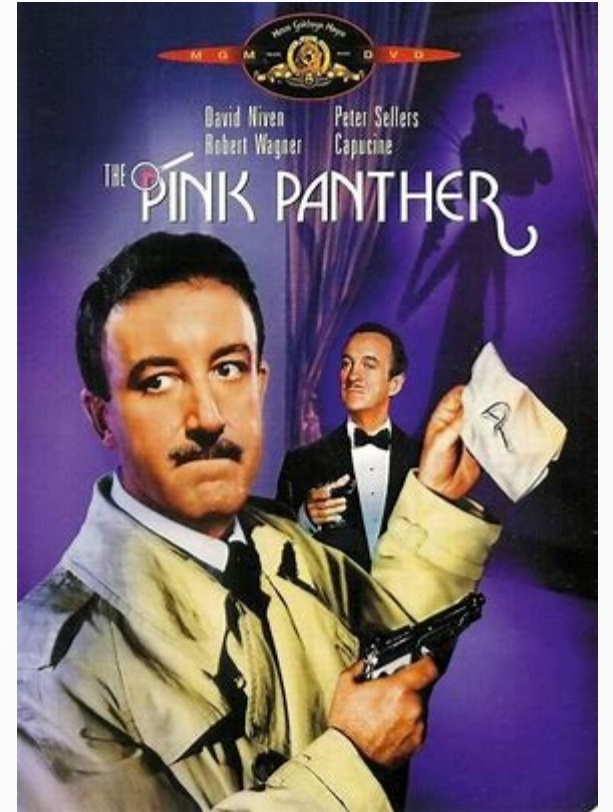


## Mindfulness for your everyday life

Stress less. Move more. Sleep  
soundly.

# Humour

- ▶ Time to get laughing. Get the popcorn out, watch the classics as a family. Remember these?
  - ▶ Crocodile Dundee
  - ▶ Splash
  - ▶ Faulty Towers
  - ▶ The Pink Panther with Peter Sellers
  - ▶ Or even 'Wayne's World'...
- ▶ Check out Amazon Prime Video, Netflix, Sky TV or YouTube



# How to make popcorn

- ▶ Buy a packet of popping corn
- ▶ Heat a casserole dish with a lid and cover the bottom of the casserole with sunflower oil
- ▶ When the oil is hot, carefully add a single layer of corn to cover the bottom of the casserole
- ▶ Put on the lid and keep firmly on the pot while holding it in place (remember to use oven gloves!)
- ▶ Once you hear the first pop, start to shake the casserole until you hear no more popping
- ▶ Add your topping of choice; maple syrup, agave syrup, sugar, salt...
- ▶ Or follow the instructions on the packet...



## For the weekend:

- ▶ Join your friends in a virtual catch-up for 'aperitivo':
- ▶ A glass of your favourite drink, a few nibbles and a conference call to find out how everyone else is getting on.
- ▶ 'FaceTime' works really well for groups, as does 'Zoom', or Houseparty: <https://app.houseparty.com/login>





# End of Edition 2

Until next week – take care!

