



**MARICOURT**  
**CATHOLIC**  
**HIGH SCHOOL**  
& SIXTH FORM CENTRE

## To our amazing students

We are again in a national lockdown and for most of you, school is closed. It is ok to feel anxious and stressed about everything that is going on. Our routine has been completely changed again and the 'new normal' is not so normal anymore. What we have become used to since September has become quite a distant memory, but in reality, it has only been a couple of weeks since we broke up for the Christmas break.

One of the most important things to worry about at the moment is our physical and mental health. Life is not normal at the moment and it is okay to be anxious and stressed and it is completely okay to not understand what is going on. It is also okay to talk to people that you trust and our learning support team at Maricourt are here for you, your parents or carers have been contacted weekly by one of our teaching assistants, who you will know well and they would love to speak to you to see how you're getting on. So please get in touch with them.

The good thing is, that things will change again and with the hope of a vaccine and this break in seeing each other, things will get back to how we want them to be. It is going to take time and we have to be patient. During this time, it is good to develop a new routine and it is good to plan how our days are going to look and how much time we are going to spend doing certain things. Use your timetable that you can access on remote learning on school website and complete the work that has been set each day, along with attending your online, Microsoft Teams lessons. Remember though, you do need to plan your day and make sure that you build in some 'you' time to make this whole situation a little easier than it is. Here is an example of a plan of how you could set out your day, it is a checklist that will help you stay focused too

We are all here for you and please remember that. Stay safe

All your fabulous teaching assistants xx