

Dear parents & carers,

Just a couple of mid-week notices from me –

- **Habits and Routines**

As we look forward to full-time onsite education for all again, and the end of Lockdown, support will be needed to create new habits and routines.

In this video clip, suggestions are given on how to begin to do this with your children. Eight dimensions of life are briefly explored. Hopefully one or two of these areas will be helpful to you and your children.

<https://youtu.be/ep3r97JSNoI>

- **Uniform**

Please use the coming days prior to Monday to ensure that students are fully prepared and have **all** their correct uniform, shoes and equipment, which includes their **RED TBOWA lanyard**. I will provide students with a new community card and timetable when they return on Monday at their allocated time. I would also advise that students have more than 1 face mask with them during the school day.

- **PE Kit**

Please be aware that all practical Healthy Living lessons from Monday 8<sup>th</sup> March will be **outside**. Students need to bring in the appropriate PE kit – TBOWA PE top, black shorts, white socks and trainers. Additionally, students may wish to wear their TBOWA jacket, TBOWA leggings or plain black tracksuit bottoms. No other sports wear is allowed.

- **PE Master Class**

The PE department have been busy filming some skills and drills for students to complete at home to improve netball and football skills. Please give the videos a try each week to improve performance.

Week 2 Football focus – Passing <https://youtu.be/mliVikjuY9M>

Week 2 Netball focus – Footwork <https://youtu.be/jgflJldS1Uo>

Kind regards,  
Rachel Pelling