








Stay Healthy, Stay Engaged, Stay In Touch

Top ways to keep us motivated and focused through Term 4

<p>Stay Healthy</p>  	<p>Take some exercise each day, a run, a cycle ride or even just a walk in the great outdoors are all fantastic ways to look after your body, get some fresh air and get a change of scenery!</p> <p>We know you all enjoy taking part in your online PE lessons but why not join the Aylesford School Strava Leagues – a chance to log your miles and compete against others in your year group. Link on our facebook page</p> <p>Don't forget to look after your mental health too – this is just as important as our physical health. Its ok if you are struggling, you're not alone but check out these resources if you need some support. www.kooth.com www.youngminds.org www.giveusashout.org</p>
<p>Stay Engaged</p>  	<p>Attend all your lessons each week to be entered into your year group prize draw and the chance of winning an amazon voucher each week. Remember - Daily lesson attendance is reported home to your parents</p> <p>Make an effort in lessons by showing great character and collecting character strengths for displaying the schools core values. Don't forget these get communicated to your parents too via the SIMS parents app</p> <p>Be organised and establish a daily routine – check your lessons in the morning at mentor time. Make sure you have got a suitable space to take part in your learning and if you have any problems accessing your lessons then let the school know</p>
<p>Stay In touch</p> 	<p>Attend mentor time daily to keep connected with your friends and your mentor, as well as staying up to date with any important updates or news from the school. Remember its ok not be ok so let your mentor know or send them a message or email if you're struggling</p> <p>Follow the school on Facebook and visit the school website for the latest news and information. The school loves to hear about any good news so if there is a great piece of work or an achievement that you want to share with us please email the school</p> <p>Arrange to meet your friends online via zoom or facetime for example. Make sure you check in on each other and look out for your friends within your social network.</p>