

COMPASSION

MOTIVATION

OPEN-MINDEDNESS

Dear students, parents and carers of Aylesford and Wrotham Schools

There was more speculation in the media this weekend about when schools might reopen and about how that might work for students of different ages. I think we can assume though that schools will remain closed to all students (except students of key workers) until at least the end of May.

This means we have more lockdown to deal with which is a situation we have never had to deal with before. It is useful to look toward people who do have to deal with confinement and lockdown as part of their jobs. For example, people working on submarines have to live in real confinement for long periods of time – sometimes as long as 87 days. David Marquet was the Captain of the US submarine Santa Fe. He has been reflecting on how he and his crew coped. I thought I would share with you two of his strategies:

1. **Routine:** Many of you will have found that this is helping. From my phone calls with staff and students over the last 2 weeks it is clear that those coping best are sticking to a routine. David Marquet explains why this is so important in the short film below:

<https://www.youtube.com/watch?v=eNFFMtHT Xw>

2. **Respect:** This is another of our Character Strengths at our schools. So how can respect be important when we are all at home together? In this short film David talks about how we can use respect to make lockdown more bearable and how it can help us be kinder to everyone.

<https://www.youtube.com/watch?v=afUVUk5BfhM>

This week we will be working on planning how to open the schools safely when the time is right.

All best wishes



M Wright

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Wrotham and Aylesford Schools

