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Headteacher: Mr M Wignall  
24 January 2021

Dear Student and Parent/Carer

We hope you are all well and finding your way through these changing and difficult times.

Three weeks into this latest education lockdown and so much has changed. You are now working with 'live' online lessons, recorded lessons, and navigating Microsoft Teams. The pace of change and development is incredible. On Monday 25 January it is time to reflect on where we are and give our brains time to do something a bit different. To use the saying, 'A change is as good as a rest', if not better, as it can re-energise us and create new passions.

The following is the structure for the day, with links to the live components on Teams. Follow the timetable, immerse yourself in the activities. It will be amazing to think of us all doing activities at the same time.

9.00am: Assembly with Mr Wignall

[https://teams.microsoft.com/join/19%3ameeting\\_MmFiYTc5MDUtZDJhZi00YWVlLWJhN2ltMWZIZDExNTAzYTli%40thread.v2/0?context=%7b%22id%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22lsBroadcastMeeting%22%3atrue%7d](https://teams.microsoft.com/join/19%3ameeting_MmFiYTc5MDUtZDJhZi00YWVlLWJhN2ltMWZIZDExNTAzYTli%40thread.v2/0?context=%7b%22id%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22lsBroadcastMeeting%22%3atrue%7d)

9.15am: Organisation Exercise. Work through the Consolidation Day Organisation Exercise Powerpoint attached to tidy up your emails, structure your online work folders and see what needs to be done.

10.00am: Art challenge. See the attached Powerpoint courtesy of Ms Moss. Follow the instructions and rise to the challenge. We would love to see your work, photograph it then send to:

[homelearning@downlands.org](mailto:homelearning@downlands.org)

11.30am: Mindfulness with Mr Hunnable. Join this live session, the biggest mindful event we have had at Downlands. The thought of us all simultaneously focussed on the same process, mind blowing!

[https://teams.microsoft.com/join/19%3ameeting\\_MWl1OTA5NDAtMTBIYy00YzNkLWJiOGltMDhmNmQ1YzhkMjVI%40thread.v2/0?context=%7b%22id%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22lsBroadcastMeeting%22%3atrue%7d](https://teams.microsoft.com/join/19%3ameeting_MWl1OTA5NDAtMTBIYy00YzNkLWJiOGltMDhmNmQ1YzhkMjVI%40thread.v2/0?context=%7b%22id%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22lsBroadcastMeeting%22%3atrue%7d)

12.00pm: It is back by popular demand, origami. Choose your level from the options below:

Easy = <https://www.youtube.com/watch?v=1kZjq8f8Mpo&safe=active>

Medium = <https://www.youtube.com/watch?v=lKOVYw9R7ol&safe=active>

Hard = <https://www.youtube.com/watch?v=4rCwwbqwTS4&safe=active>

Send your photos to [homelearning@downlands.org](mailto:homelearning@downlands.org)



1.00pm: Have some lunch, then go back to your origami or art to let your food settle before ...

2.00pm: PE department workout. Join Mr Bartholomew and Mr Hutson for our own live workout

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MzgwZjc1NWEtNjA2MC00ZTRiLTlkNjMtZjM1ZTFkODJjM2Q3%40thread.v2/0?context=%7b%22Tid%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22Oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22IsBroadcastMeeting%22%3atrue%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MzgwZjc1NWEtNjA2MC00ZTRiLTlkNjMtZjM1ZTFkODJjM2Q3%40thread.v2/0?context=%7b%22Tid%22%3a%22d897388f-bcd2-429d-bb3c-3fedeb042b0%22%2c%22Oid%22%3a%22bacf7d8f-5fd9-4abe-80d8-945bdf19900c%22%2c%22IsBroadcastMeeting%22%3atrue%7d)

Many of you will also receive a phone call today from a member of staff. We have allocated every student in school a member of staff and that member of staff will 'check-in' on you once a fortnight. Some of you have already received calls so are familiar with the format.

Have a great day, the purpose of which is for you to enjoy doing something different.

Take care

Yours faithfully

A handwritten signature in blue ink, appearing to read 'G. Odlin', written in a cursive style.

Mr G Odlin  
Assistant Headteacher