

Dear students,

I hope you are well and taking some time to enjoy the lovely weather if you are able to get outside. I'm still hearing great reports from your teachers and Heads of Years about the work you are doing and how regularly you are checking messages and staying in touch with school.

New timetable Y7-9

For students in years seven to nine, you will have received a timetable to follow each day. We produced this because you or your parents told us this would be helpful. It makes it easier for you to organise your day, and I hope it reassures you that you don't need to do everything at once - just work through each subject gradually and do your best.

Following this timetable will also help you to have a good balance of subjects, and it will help you to make sure you are not spending too much time on one subject and falling behind with another.

Mental Health Awareness Week

This week is Mental Health Awareness Week, and the theme is kindness. This is especially important at the moment, when so many families are missing each other and worrying about illness. We know that you are missing your friends as well, and the kindness we all experience from friends and family is extremely important for our well-being. We also feel better if we are able to behave kindly ourselves, and I'm sure you've become even more aware of this in lockdown.

Do you have a story about kindness, a poem, letter or any other piece of creative work on this theme that you would like to share? Or any piece of work - maybe an event in history or in another country that you could tell us about? It would be lovely to hear from you if you have, and we will put these in our Friday News either this Friday or after half term.

Have a look at this website for more information.

[Mental Health Awareness Week 2020](#)

Friday News

Once again, thank you to all of you who contributed items for this week's Friday News. As always, this gave us the chance to see the wonderful quality of the work you are producing. Please keep sending in your items - everything is welcome - it doesn't have to be about mental health!

Have a good week!

Elizabeth Kitcatt
Headteacher
Camden School for Girls