



DEYES HIGH
SCHOOL

*Engage
Enable
Empower*

THOUGHT FOR THE WEEK

Life after
lockdown:
Positive
Planning





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FAILING TO PLAN IS LIKE PLANNING TO FAIL

During lockdown it's easy

You think you have lots of 'free' time

Its easy to waste lots of that time being unproductive

If that has happened to you then it is not too late!!!

Start planning what the next few weeks will look like.....starting one day at a time

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THE POWER OF PLANNING

Planning your day is something you might not have been used to before lockdown as teachers or parents might have done this for you.

Planning is so important. Without it you can waste hours and days that you will never get back!

- Planning each day can make you more productive
- It can make you feel less overwhelmed with everything
- It will be really useful as you start to return back to school

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Watch
me!

PLANNING YOUR DAY



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DAILY PLANNER: EXAMPLE

Time	Task
8am	Wake up, get a shower and get dressed
8.30am	Breakfast
9am	Prepare your work station, phone off, drink/snacks ready
9.15am	1 hour of school work (specific subject/work of your choice)
10.15am	Comfort break and snack
10.30am	1 hour of school work (specific subject/work of your choice)
11.30am	Social time (e.g. messages, Zoom chat, phone call, social media)
12pm	Lunch
12.30pm	1 hour of school work (specific subject/work of your choice)
1.30pm	Daily exercise
2.30pm	Plan your day for tomorrow and check school emails/SMHW
3.30pm	Social time (e.g. messages, Zoom chat, phone call, social media)

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TOP TIPS

- ✓ Plan in rest breaks and things you enjoy
- ✓ Allow yourself to take personal days if you're feeling stressed
- ✓ Try to stick to your plans
- ✓ Allocate the right amount of time for activities and work
- ✓ Review plans and learn from them
- ✓ Remember to plan in enough sleep
- ✓ Plan free time and meals
- ✓ Share your plans so family/friends know when you're free
- ✓ Plan *where* you will work as well as when and what on
- ✓ Put your phone on 'do not disturb' mode

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Coronavirus: What are the new social distancing and self-isolation rules?

Lockdown restrictions are being eased further in England, with social distance guidance changing to "one metre plus" from 4 July. When distancing of two metres (six feet) is possible that should still be kept, but if that is not possible then **one metre will be acceptable if certain precautions are taken** - such as the use of face coverings.





Who can you meet?

In **England** from 4 July, members of two households of any size can meet each other either inside or outside. You can meet different households - but no more than two households should meet at any one time. Social distancing will still have to be observed - although the rules are changing from two metres to "one metre plus". People will be able to stay overnight.

What is a support bubble?

In **England, Scotland and Northern Ireland**, single adults living alone - or single parents with children under 18 - can form an "exclusive" support bubble with one other household. The second household can be of any size and those in each bubble can visit each other's homes and go inside. They don't have to observe social distancing and can stay overnight. But if anyone develops coronavirus symptoms, everyone in the bubble must self-isolate.

If you don't live on your own, or live with a child or children aged over 18, you can't form a bubble.

 How many people?	Up to 6 (no limit from 4 July if just 2 households)
 At what distance?	2m apart (1m plus from 4 July)
 Outdoors	Anywhere
 Indoors	Two households from 4 July



Each week TFTW will look at a recent news article which affects you as students and members of society. If you have any suggestions or read any relevant or interesting articles, please speak to Mrs Richards to get them included.

Coronavirus: What are the new social distancing and self-isolation rules?

What sports can I play now?

Rules still vary by country. People in England can exercise outside with up to five others from different households. So having a kickabout with a football in the park is possible in each country, as long as you stay 2m (6ft) apart (1m in England from 4 July). However, full games with someone from outside your household aren't allowed because of the physical contact involved. Tennis and golf can now be played in all four UK nations.

Who has to still stay at home?

People with certain underlying health conditions, or who are pregnant or aged over 70, are deemed to be clinically vulnerable. If you are in this category, you are advised to stay at home as much as possible. Another group, of about 2.5 million people, is categorised as clinically extremely vulnerable. This group had been strongly advised to stay at home at all times and avoid face-to-face contact - so called "shielding". "Shielders" in England can now go outside for daily exercise and, from 6 July, will also be to meet up to five other people outdoors while social distancing. They will also be allowed to form a support bubble. It is hoped that from 1 August they will be able to stop shielding.

With many of you starting to return to school, it is more important than ever to stick to the rules set out by the Government and keep yourself, your family and everybody at Deyes safe!