

Dear CTK Community,
Lockdown sucks so much. Seriously.

If you're like us, you've probably been struggling with keeping up with the abundance of work you've been doing, no matter if you are staff, student, teacher or parent. The lack of interaction with the people you love is detrimental to most people's mental health and overall sanity. Yes, we're all going slightly insane. We're pretty sure you've watched nearly everything on YouTube and that your screen time is at an all time high, most likely frying your poor brain. However, despite the lack of motivation to get out of bed and shower like an average human, there are so many amazing ways we can stay happy and optimistic during these "eventful" times...

Please give your eyes a break whenever you get the chance. Staring at your computer screen all day is going to make your eyes go square (in the wise words of Maura Hart). We're joking, but seriously the amount of strain you're putting on your eyes and mind isn't going to be good for anyone. Take a walk, read a book, or maybe even learn something new! We won't judge what you decide to do when you're bored, just make sure it is something away from technology.

Take time out of your day to check up on your loved ones. We all get incredibly lonely sometimes, but if you're feeling down, chances are they're going to be too. Make the effort to brighten up someone else's day by letting them know you're there for them. It will most likely make you feel better about yourself as well. If you're sometimes too scared to strike up a conversation with even some of your closest friends, just know they're probably in the exact same boat, so don't be scared!

Obviously exercise is important, but seeing as it is virtually illegal to go outside at the moment, it can be hard for some people. There are lots of entertaining things to do to stay in shape, such as: weight lifting, dance, yoga and meditation (very important!) and keep a balanced diet. Represent all those food groups, queen.

Maintaining a constant level of motivation throughout lockdown is almost impossible. If your self esteem is low or you're feeling like you're falling behind, let us assure you that everyone feels the same way. You are not alone. You are definitely loved and you are not worse than anyone else. Everyone is so unique and we all deserve to feel confident and comfortable with ourselves, despite any flaws we have.

But if you really want to stay motivated, we find that not overworking yourself and doing things you love really helps. For example, Luke likes to listen to Harry Potter audiobooks before he goes to bed to help him sleep. Scarlett likes listening to music and watching crime documentaries. Keep yourself entertained and happy!

Take every day as it comes and don't worry about insignificant things so much. Everyone is in this together and if you ever need anyone to talk to about absolutely anything, we are more than happy to help you or just talk if you need it. Alongside this your teachers are always there to support you and you should appreciate the work they do for you.

The CTK Community is really special. We do not have to work hard to keep it a safe and positive environment thanks to the incredible people in it, yes even you, silly. We hope you have taken something valuable away from this because you really deserve to be as happy as you can.

Thank you for reading,

Luke Hart and Scarlett Ward-Fitzgerald
(Head Boy and Head Girl)

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