



27th March 2020

Dear "Loreto girls"

This is a second letter to tell you how well you are doing with remote learning. The teachers are keeping me informed of all your efforts and how they are enjoying this new way of guiding you, even though at times it does present some technological issues.

Working at home is very different to the buzz of the classroom and the first full week may not have been ideal if you have other duties at home perhaps caring for younger children or elderly relatives or helping with normal household tasks. If this is the case, tell your teachers who will understand. The good thing about remote learning is that you can log on and catch up at a time which suits you best.

It is important that you do not get overwhelmed with the work. Keep everything in balance. **Eating healthy food** (more fruit and vegetables) **exercising often** (Joes Wick's exercises on Youtube are good fun) and **good sleeping patterns** (don't be staying up too late) should be maintained. Keep reading our Twitter, Instagram, Facebook and website accounts as there many posts which will keep you in touch with what is happening.

Examinations may have been cancelled for some of you but keep learning. It is good to build your knowledge for the future. I guarantee you will always remember what you learned during these very unexpected times. Remember you will be the key workers of the future in many walks of life, the talent of the future building the economy of the future. You will be the influencers steering the Governments of the future and you will be the experts, the nurses, the doctors, the virologists, the scientists combating the virus of the future.

Covid 19 is a very real situation and no one can let her guard down. Always adhere strictly to the PHA advice regarding social distancing and washing your hands frequently.

Our concert of Courage was to be this evening. There are many acts of courage surrounding us tonight in different ways. Please keep praying for the workers in the NHS, for key workers in a vast range of frontline services and for each other. We all need prayes.

***"We may not be able to change the beginning but we can start where we are and change the ending"***

Take care and stay safe.

***Mrs O'Hanlon***  
Principal