



However you are feeling right now about school, your exams being cancelled or the future is not wrong.

It is important to remember that your hard work isn't wasted because the knowledge that you learnt is still so valuable. Education was never introduced to test young people, it was to build transferable skills and acquire knowledge and you've done that, possibly without even realising! You should still be so proud of how far you have come over the last 5 years and celebrate your achievements. Don't put yourself down because you didn't get to the exam hall to 'prove yourself'. This situation doesn't make you or your results worth any less. This is the time to give yourself a break - just like you would do after exams.

Are you struggling to know what to do with my time now? You could take the opportunity to learn a new skill or about a new topic that you wish you had studied - it could be related to a particular college course or just something you're interested in.

It's so important to keep learning and exercising your brain, so try not to stop doing that just because you won't be learning for an exam. You might even enjoy what you are doing more without the added pressure!

This is a strange and difficult time for us all, and it's particularly hard when everything you've been preparing for over 5 years is cancelled without warning. But please remember that no matter what the ultimate outcome is, a grade does not define you. It's natural to be upset and disappointed, but you have also got the time to look after yourself properly now.

The clip below is definitely worth a watch. You can also find the link on the school website.

<https://www.youtube.com/watch?v=VXuDOrtJY1Q&feature=youtu.be>



Easy Sausage Carbonara

Ingredients

5 ounces dried tagliatelle, **3 sausages**, **1/2 bunch** fresh Italian parsley (1/2 oz), **1 large egg**, **1 ounce** Parmesan cheese



Method

- Cook the pasta in a pan of boiling salted water according to the package instructions, then drain, reserving a cupful of cooking water. Meanwhile, squeeze the sausage meat out of the skins, then, with wet hands, quickly shape into 18 even-sized balls. Roll and coat them in black pepper, then cook in a non-stick frying pan on a medium heat with 1/2 a tablespoon of olive oil until golden and cooked through, tossing regularly, then turn the heat off.
- Finely chop the parsley, stalks and all, beat it with the egg and a splash of pasta cooking water, then finely grate and mix in most of the Parmesan.
- Toss the drained pasta into the sausage pan, pour in the egg mixture, and toss for 1 minute off the heat (the egg will gently cook in the residual heat). Loosen with a good splash of reserved cooking water, season to perfection with sea salt and pepper, and finely grate over the remaining Parmesan.

College Update

You will receive an email from THS and then your college regarding learning tasks which colleges are setting as pre learning ready for your move into college. Please do your best to complete any work set.



Well-being



How about taking up the challenge of Couch to 5km. It is a running plan for absolute beginners. All you need to do is download the app and follow the instructions.

Give yourself some headspace, download the app Headspace, find somewhere quiet and listen into a basic 3-10 minute course as a starter.

Video call your friends – staying in touch at times like this is vital.

See our school website for further Apps and websites.



Stay in contact

Go4Schools – work will be set for English, maths and science.

School Email – stay in contact with your teachers, tutor and Heads of House.

School Website – our website has lots of up to date information on it.

Teams – teachers will begin to set work and deliver lessons through Teams of 365



A smooth sea never made a skilled sailor