



# Happy Half Term from all of us at MECE!

Firstly THANK YOU for your endless perseverance and hard work during what has been a difficult time for us all. We have really appreciated the positive feedback and we hope that we have helped make lockdown learning a little easier for everyone. Thank you too, to our amazing student body for their hard work and resilience! Finally, thanks of course to our amazing staff who have worked tirelessly at this time.

We wanted to share with you a few ideas and thoughts that might carry you through half term.

## 1. Take the time to organise and tidy. Marie Kondo your Google Drive!

- Create subject folders in your drive and sort all your documents into these.
- Double check all your classrooms to see if you have any work outstanding. You might need to dig around a bit into different areas to double check.
- Have a quick look through your lesson assignments to see if you have forgotten any of the new words or ideas and spend a few minutes reminding yourself. Google key terms by searching for the word/s and adding the subject at the end eg '*gabions geography*'.
- Refer to our Pause Day 'Hinterland' sheet for ideas of how to extend your learning. Keep sending in your achievements for House Points!!

## 2. Find ways to 'be in the moment'

In what is a stressful time, we can all find ourselves worrying about what has been or what might be. Try to find some time in half term to really enjoy the moment; psychologists tell us it's great for our wellbeing and to reduce stress and anxiety.

Try some mindfulness activities such as breathing exercises, yoga, stretching, colouring or other gentle craft. Or try a mindful nature walk; engage your senses as you walk - what you hear, smell, feel as your foot strikes the ground.

- Visit <http://mindfulnessforteens.com/> for more ideas.
- You could try the <https://my.life/> app
- Try some of the newer generation board games, for when Monopoly gets too intense: <https://www.mumsnet.com/swearsby/best-board-games>
- Don't forget to log any miles on our Google form to keep adding points for your House! <https://forms.gle/3QupZspqbwv3ZB7i7>

## 3. Try a 'digital detox'.













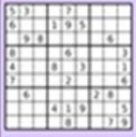
We all need a good rest and reboot - I would struggle with a digital detox for the whole week but have a look at the tips for small changes and ideas to try. Watch our new '[Parent Bites](#)' video that talks about it in a bit more detail.



#### 4. Try to stick to a routine.

We know that whilst we're stuck in lockdown, it can be hard to fill the time and some of our teenagers are quick to spend all morning asleep and all evening online. However, an agreed routine with some daily exercise and some daily off-screen time can be incredibly energising and help ensure a proper rest. It's particularly important to try to reduce blue-light exposure, especially before bed if we want to really unwind.

#### 5. Plan a variety of fun activities to help you feel invigorated. See our previously published challenge grid for inspiration.

<b>No screens challenge.</b> We challenge you to complete 10 screen-free challenges → no laptops, no phones, no computers, or consoles. You may need to prepare for your screen-free day so that you aren't using screens on the day.					
<b>Tie-dye and old t-shirt or Hydro-dip.</b> You'll need dye, rubber bands, and some old clothing – maybe start with your socks if you're hesitant?	<b>Create a family cookbook –</b> Ask your family to share their favourite recipes and keep these safe for when you move out.		<b>Learn a new skill –</b> sewing, knitting, ironing, changing a tyre, asks parents about credit cards and mortgages.	<b>Gardening –</b> de-weed, cut the grass (if dry), prune any dead branches and/or prepare an area ready to plant flowers or vegetable seeds next month.	
<b>Organise your school folders and plan your time.</b> 	 <b>Bake your favourite treat for your family or offer to cook a meal from your favourite country.</b>		<b>Read a book, magazine, comic or newspaper.</b>		
	<b>Paint</b> Print out some adult colouring or mandalas. Play with Lego or your old K'Nex Doodle Bullet Journal	<b>Play a card game</b> Solitaire, Uno) or learn some card tricks.		<b>Get physical –</b> try to do a handstand, cartwheel, headstand or the crab.	
<b>Research into your family tree.</b> How far back can you go? You might need to call relatives to fill in the gaps.		<b>Write about your experience of Lockdown,</b> include a photo and seal it in a watertight sandwich bag ready for our <b>Lockdown Time Capsule.</b>		<b>Call a relative on the phone – the house phone – no texts!</b>	
<b>Pamper your pet.</b> Walk, groom, play, and love them.		<b>Offer to help someone –</b> maybe a younger sibling?  <b>Teach them a valuable life skill.</b>	<b>Spring clean –</b> deep clean your room (skirting boards too), prepare your clothes to donate, throw out broken things. Recycle.		<b>Ask your parents about life before screens.</b> What did they do for fun?
<b>Go for a walk and spot the signs of spring –</b> plants, insects, animals, or birds.	<b>RSPB Garden Birdwatch</b> (29 <sup>th</sup> – 31 <sup>st</sup> Jan) want to know what birds frequent your garden. Take part in this research.		<b>Complete a Jigsaw or make a jigsaw.</b>	<b>Play a board game –</b> Monopoly? Chess? Draughts? Scrabble?	<b>Practise a musical instrument,</b> especially if you've been neglecting it
				<b>Prepare some tomato seeds ready to plant in February.</b>  You can also grow Avocados (from the seed), carrots, lettuce, Spring onions, and garlic in your kitchen.	
					<b>Buy a newspaper and complete the Sudoku and Crossword puzzles.</b>

We wish you all a restful half term break!

From the MECE family.