



Loreto Secondary School

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3rd April 2020

Dear Students,

I hope that you and your families are all keeping healthy and well. We miss each and every one of you. It is very strange for me not to be able to stand at the gate on a Friday and wish you well the day we get our Easter Holidays.

However, preventing the spread of Covid-19 is our focus and that means that we will spend our Easter holidays in a different way this year.

For your wellbeing, it is important that you maintain a routine during this time to give your days a structure. It's also important to do something fun and to spend some time away from your screens.

Our PE department has compiled some excellent resources to give you ideas on how you and your family can exercise within the restrictions. They can be found <https://padlet.com/mchughs2/pxbb9sorab9s> For your wellbeing, it is important that you maintain a routine including exercise during this time to give your days a structure.

Please continue to be vigilant regarding social distancing, handwashing, taking care when coughing and sneezing. It is essential that we follow our Government's instructions to only go out when it is absolutely essential.

We would like to commend and encourage full support for those who work in the Health Service and all front line services. We know that a number of them are members of families in our school community. We salute them! One way that you can show support is to join the **#Flags4Frontline** by displaying a flag in your county or club colours, or whatever team you follow from your gate posts, windows, or wherever you would normally place a flag when supporting your county, club or team ahead of an important match.

Our School Chaplain Sr Phil has shared a message with you and your family, I would ask that you would read it and share it with them.

Keeping you and your families in thought and prayer as each day we wake to a new reality. So, let us try to have courage, be true to ourselves and believe that all will be well - may Easter be a time of hope - "let hope fill your mind with a sense of purpose and direction, let hope fill your spirit with life and enthusiasm, let hope fill your heart and draw you into a new way of being in these times."

We hope that you and your loved ones stay safe and healthy during the holidays, and we look forward to seeing you all in person again soon.

Kind regards,

Ms Raughter