



27-3-20

Dear All

I understand how students must be missing the social interaction as well as the physical activity that sports and ECAs provide as part of the daily school schedule. Friendships, teamwork, being supported and supporting others all play a big part in our sports and ECA ethos. Students should try to have some daily contact with friends or classmates via zoom, facetime, skype etc. They should also build 60 minutes of moderate to vigorous exercise into their daily routine.

Moderate exercise is at a level where a conversation can be continued while exercising. Vigorous exercise is at a level where body temperature and heart rate rise noticeably and it is not possible to continue a conversation while exercising. We have posted some suggested sessions on the website and on social media but getting outside for a walk or a run could be just as valuable.

Should School reopen as expected on April 20th, sport and ECAs will again play an important role in helping students return to social interaction and normal school life. To help with registration for Trinity term sports and ECAs we will ask students to sign-up for their choice of activities online via SOCS. We will be contacting students directly via their school email address with instructions of how to log-in and how to register.

I wish you all the best.

[Derek Maybury](#)

Director of Sport