



# The Ripley Academy and Sixth Form

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30 March 2020

Dear Students

As we enter the second week of our new 'working from home' routines, I thought that I would write to you to keep in touch and to give you an update.

First of all, I must say well done and thank you to all of you who are completing your work. I must admit, I have found it very difficult to adjust which makes me even more in awe of the efforts that the vast majority of you are making to keep abreast of your studies. However, I have noticed that some of you may be struggling to complete the work and so please do not be worried if you get a 'keeping in touch' call this week to ensure that everything is accessible for you.

We are creatures of habit and if you are struggling to work from home, do think about trying to establish a good routine that you can stick to. This will also have the added benefit of you appreciating the two week Easter break from next Monday when you could enjoy a nice lie in (if that's ok with your parents/carers, of course) before we start up again on 20 April.

I trust that you are staying up to date with the latest Government advice about staying at home, protecting the NHS and saving lives. Please also remember to keep washing your hands with soap at regular points during the day – even if you are at home all day. I read an interesting article which helpfully explained that we should imagine that the virus has an oil seal around it so water alone won't remove it from your hands. However, just by using soap and warm water, you break down the oil barrier and you can remove the virus from your hands.

For this coming week, I have chosen to focus on the positive developments in the news so that I do not get too overwhelmed by events. I am inspired by the scientific and engineering community as they make huge steps forward in developing breathing support equipment and I am filled with hope given the number of people who have offered to volunteer to support the NHS. Given that we are expecting the next two or three weeks to be increasingly difficult before things become more hopeful, I counsel you to do the same - really focus in on the good news stories this week.

In developments from the Walton household, Sunny the Bunny is enjoying his time in the garden everyday rather than being in his hutch (where he has to go when we're at work) but unfortunately, he has eaten any emerging green leaves that tried to make an appearance in last week's warmer weather. Tallulah the dog is also very happy to have us all home and she is, for the moment, enjoying her longer walks. As for me, I have discovered Joe Wicks' home work-outs and I can do two whole press ups now! The online yoga class has been less successful though as I ended up falling asleep when I was supposed to be counting my breaths 😊

Finally, please remember to work hard this week; your teachers are committed to keeping your education going and I am deeply humbled by the efforts that have been made thus far. We will be working from home for a while longer yet so do try to adjust this week to the new way of studying if you have struggled so far. Remember that you can still contact school should you need any support. Finally, remember that however hard it is for you, we absolutely must put our freedoms on hold so that we can support the NHS, the frontline workers and ultimately save lives.

Have a good week everyone.

Yours sincerely

Mrs L J Walton

Executive Headteacher

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