

HIGH SCHOOL ENGLISH

“In the middle of every difficulty lies opportunity!” – **Albert Einstein**

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Suggestions:

Find two other classmates, exchange cell phone numbers and reach out to them when questions arise or you just need to talk.

For your well-being:

- Set a routine and school hours for yourself.
- Read a book of choice.
- Get outside and take a walk.
- Color.
- Communicate with others.
- Binge watch a TV series.
- Watch DVDs.
- Try new family activities at home. (Play a board game)

Most importantly:

- Follow guidelines to keep healthy such as washing hands frequently for at least twenty seconds.
- Get plenty of sleep.
- Drink plenty of water.
- Keep Calm and Carry On.
- Take care of yourself and others.

We are all in this together so please don't hesitate to reach out to any department member when the need arises.