



# Holy Trinity College

9-29 Chapel Street  
COOKSTOWN  
Co Tyrone  
BT80 8QB

Principal: Mrs I Russell BA (Hons) MTD PQH (NI)

*A Specialist Sports and English Academy*

Friday 27 March 2020

Dear Parents/Guardians and Students

We have reached the end of a very different week and I hope you are all adjusting to your new routines and structures well. It has been a challenge for everyone – pupils, teachers, support staff and parents/guardians alike, but you have come a long way within a short period of time and you should be very proud of what you have achieved this week. With each passing day, you have become more adept with remote learning.

To our students: – How did you get on with your remote learning? We need some type of routine in our lives so keep to your new timetable during the week. Continue to access Google Classroom or Google Drive on a daily basis and email your teachers if you need help, but be realistic as to what you can achieve each day. Pace yourself and do your best!

To our parents/guardians: - How did you get on with the timetable? You may be feeling overwhelmed with juggling your own work as well as teaching your child or making sure they are making progress. Be kind to yourself, take your breaks and keep life simple. You need to look after yourselves too, so don't panic. We are all in this together and we will support and encourage each other.

Staff have also had to adjust, as their working lives have also changed. They would prefer to be in school, in the classroom, meeting you on the corridor and having a chat with you. They have had to adjust to preparing lessons and teaching online and whilst they are doing this, they are also teaching their own children and looking after them as well. Again, they will do their best in these challenging circumstances. There is no need for you to panic, as the staff will get you back on track when we return to school.

This is an anxious time for everyone with schools and places of work closed, remote learning, adjusting to a different lifestyle, staying at home, being isolated from friends and supporting everyone in our families. It is also important to take care of our own mental health and well-being. We will continue to update and post relevant information to guide and support you in a range of areas. Helping others or a small act of kindness is recommended to reduce stress and improve our emotional well-being.

As we approach the weekend, I have provided a more light-hearted type of timetable for Saturday - one which gives parents/guardians a rest and encourages our young people to learn new life skills such as cleaning, cooking, washing, gardening etc Embrace it - you will be brilliant at all of these jobs.

Sadly, the number of confirmed cases and deaths from COVID-19 continues to rise. We must all play our part and follow the advice provided by the Public Health Agency and support our health workers, who are doing a tremendous job under very challenging circumstances. Continue to wash your hands frequently, every 20 minutes, and only go out if it is absolutely necessary, keeping the 2 metre rule of being socially distant. The best advice is to **STAY AT HOME** as you are protecting yourself and others. Pray the Rosary asking for the guidance and protection of Our Lady. The decision you take today by staying at home will save lives tomorrow, the next day, next week and so on.



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On behalf of everyone in Holy Trinity College, please act responsibly. Stay at home; consider those who are vulnerable or at a greater risk than you; keep our front line workers in your thoughts and prayers. Life will return to normal. We pray for our school community to remain safe and to take care during this difficult time.

God Bless

Isabel Russell  
Principal