



Hello Girls,

Myself and Grace hope that you are safe and healthy and have become accustomed to your new work environments. This is a very strange and difficult time for all of us. I am sure that a lot of you have become overwhelmed by the many emails and homework being sent to us everyday. Thankfully this email is not another assignment but instead some words of encouragement!

Be patient with yourselves. I recognise that there is a lot of uncertainty and confusion looming over our heads. Instead of allowing yourself to be worried and anxious start your day by finding at least one thing to be grateful for. Take each day as it comes, one day at a time.

Though we are all practising social distancing and self-isolation I believe that we can take this time as an opportunity to improve our relationships with our friends and family. A quick call, text or even a snap can brighten someone's day.

Though we are all in our homes we are still a part of the Presentation community. We are strong women. We will not let fear take over us. We shall laugh without fear of the future.

Don't forget to wash your hands!

Thank you,

Qetsia Pamela (Head Girl) & **Grace Malone** (Deputy Head Girl)