

A Message from our Head Boy!

During the latest lockdown I have got myself into my own daily routine. I get up every morning and get ready as if I am going to school, and log into my glow account ready to start my online learning.

Last year I really enjoyed getting outdoors for exercise, but finding that more difficult during the winter months. At home, we decided to turn the attic into an indoor gym area. The equipment we have is a weight bench, punch bag and exercise bike. We also have kettle bells and dumbbell weights and skipping ropes.

I look forward to restrictions being lifted and being able to attend my football and boxing clubs, however, to make sure that I keep my fitness levels up I also join boxing classes using Zoom.

Here is a photo of me practicing boxing.

Jayden

