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22<sup>nd</sup> January 2021

To our Oathall community

We are living through a very challenging period in our lives.

There are simple things we can do to help us cope and even thrive during this time.

We are asking students to please watch this [video presentation](#) during their tutor time session the week beginning 25th January and view this [poster](#) over the coming days and weeks to remind them of the key messages.

With kind regards

Mr Parry

Head of House

and

Mrs Pettingel

Deputy Head of Science Faculty