

31<sup>st</sup> March 2020

Dear resident

COVID 19-Kindness letter to Care home resident

Hello, I'm Annie, I'm 12 years old and a student at Marshland high school.

I'm writing to you today to show our support during these very difficult times, it isn't easy for anyone at the moment but if we stick together and all stay strong we will get through it and come out the other end stronger.

I'm a gymnast, I compete at regional and national levels and I'm in regional squad. I have 2 sisters, 1 brother and a dog, their names are Molly, Evie and Oscar and my dogs name is Rusty.

During isolation I am doing 3 hours a day of schoolwork and 2 hours a day of gym work. At the moment my dad is decorating my room so I'm helping with that a little bit to keep me occupied. My dad and I are also doing online Facebook live videos to help keep people fit while we are off from school and gymnastics.

I think being kind and respectful to each other is key and if people don't do it, its extremely rude. Especially during these difficult times.

We should all stay positive and strong because we will all get through it if we stick by the rules. WE CAN DO THIS!

Stay strong and it will all be over very soon!

Yours faithfully

Annie

Student at Marshland High School