

BE INSPIRED OVER THE SUMMER HOLIDAYS!

Hello P5 for the last time before the holidays,
It's hard to believe that you will all be in P6 when we next see each other.

Although this final term has been so strange (a lockdown has never happened before as far as I can remember) I think we all have to try and focus on the positive things. The most successful and happy people I know are always able to focus on positive things. For example, my neighbour has begun to make tray bakes for some of the elderly people living on their own around Edinburgh. Doing kind things for other people is also a great way of making you feel good about yourself. Also, my neighbour is now selling her delicious tray bakes to a local shop and she is loving it. She would never have started selling her tray bakes if the lockdown had not happened. A great example of making the best of your situation and being positive.



I know of other people who have been inspired by someone to try something new, or to get better at something. My son Archie was inspired by a Youtuber (called Sam Pilgrim) to start his own Youtube channel. He found it tricky to get his channel started but, with resilience, he learned many new skills and has so far managed to make 4 or 5 videos. Ava has been inspired by a famous dancer (called Darcey Bussell) and has begun to learn several dance routines from online videos. It has been very difficult for her, at times, but she has kept going and has improved a lot! She has had lots of fun so far and it's great exercise.

I have been inspired by Mrs Shaw! She was challenging herself to run 100km in a month, which I thought was a great idea. I have now decided to try and go for a run every weekday (I need a rest over the weekend!) during the holidays. I am sure that even if I don't quite manage, I will still be a lot healthier and happier as a result.

Maybe you will be inspired over the holidays to improve something or to learn a new skill. An author might inspire you to write your own short story. A singer might inspire you to learn new songs and improve your singing. A scientist could inspire you to learn lots of new information about nature or volcanoes or space travel! Maybe a famous artist will inspire you to create your own art work. The Art Ninja, on BBC i-player has some amazing ideas to make and create. The possibilities are endless and could give you many new skills which will benefit you a great deal in the future. You could even be inspired to do something really kind every single day during the holidays. Hundreds of other brilliant ideas and online games can be found by typing 'Edinburgh Families magazine' into google.

Whatever you do, it would be lovely to hear about it when I see you again.

Hope you all have a lovely summer. Best wishes, Mr Irwin 😊