

## **Diary Entries**

### **June (After I went back to school (two days per fortnight))**

The return to school in June was SO disappointing. I was very excited, as were my teachers, however everyone else was miserable, and no-one was making an effort to talk in our 'bubbles'. We were just chucked in with random people from across the year as well. One word: underwhelming.

### **21/07/20**

I feel like school has been giving me stability over the last few months as something to work towards - to work for my GCSEs. I guess it felt like 'if I have all this spare time, why not use it to the best I can?'. Now it's the summer everyone is saying to take a break. But very few of my friends are allowed to do anything, so I've got nothing better to do...at least it's productive?

Also, lockdown rules are sooo confusing at the moment, I don't know what I can and can't do, the government tell you to do both!

### **23/07/20**

This is SO boring! Every day is the same. The government guidelines are so vague that everyone is making rules for themselves. That means that some young people are being let out freely to meet with friends etc whilst others aren't allowed to do anything. My parents are pretty easy going and just tell me to be respectful of others. I wish there was easier guidance for us so we all knew what to do-it would make things a lot fairer.

### **Reflections on the summer**

In the end I felt like I was able to turn the summer around. It started off so boring in the first week. I was really anxious, stressed and bored therefore overthinking things a lot. One week in, my mum and I went to Scotland for a week to see my family. When I say this was what I needed; it was what I needed! We didn't really go to any big attractions, just stayed in the small town where my Gran lived to give her some company (she'd been alone on a 14<sup>th</sup> floor flat for all of lockdown). Just the change of scenery; a different bed to sleep in; different brands of food to eat; a new view when I opened the blind; a different park to walk around- all these small things in my daily life altered made me feel so refreshed, and ready to come home.

I had a big sort out and made a bit of a plan for the summer. I wrote down school work that I wanted to get done, books I wanted to read, piano songs I wanted to learn, new sporting movements I wanted to master and made a great big list to keep me occupied. Eventually, my friends were

starting to be allowed out more and more so I was able to go out, even if we couldn't do everything that we'd normally do with friends (I never used to walk with my friends, now we go on scenic walks all the time!).

At the end of the summer was my birthday, and it may have been the best birthday I've had yet, because I felt NO PRESSURE! Normally I feel like I should be meeting lots of people, have big groups of friends to have parties with, go out to lots of places, but instead my family and my one closest friend had a lovely day nearby to home, and then the next day went on a daytrip to go shopping (again, change of scenery? MUCH NEEDED).

I just tried to enjoy the summer for what it was, and not fret when I was tired or couldn't be bothered about 'productivity' because yes, it is the summer, so I get to have a break.

### **03/09/20**

It's the morning before I start year 11. I've been awake since 3am after I had a bad dream about a girl who I used to be friends with...this is why I've loved the last few months! No worry of who I have to see, if there's someone who doesn't make me particularly happy, I could just block them out! I got up at 5, showered and lit some candles to calm before getting on with some work. I'm excited in general for the return, but just anxious that it's going to be so much more different than I'm used to, which will make me feel quite stressed as I like normality. It's only year 7 and 11 returning today so it won't be very busy anyway. I just want school like normal.