

MARCH-JULY

LOCKDOWN 2020

A DAY IN THE LIFE OF A SYDENHAM HIGH PUPIL



LULU, YEAR 7

I wake up every day at 7:30 but then ignore my alarm till 8:00 and then finally get up. I brush my teeth and comb my hair just like any other person would. Some days I'm happy, some days I can't get out of bed and some days I miss my friends. So think about it like that, actually we are all connected by the things we miss. Even though we don't see each other we all know we are connected in one way or another.

After I get up and get dressed I wait for my first lesson to start whilst eating my cereal or a sausage bagel (yum). Once my first 2 lessons are over I have my break when I check on my family (since on most days I'm up before anyone). Then I make my nan a tea and gave her a good morning hug.

After break it's my next two lessons sometimes (on my favorite days) we have P.E after break which lets me go outside more, as in lockdown it's quite lonely...

After that it's lunch where I sometimes go on a walk. Soon After lunch its our last 2 lessons where I sometimes think to myself why didn't I get out more when I had the chance.

IZZY, YEAR 7

Firstly, I get up at around 6:30am (if I have school that day) brush my teeth and get some breakfast. For breakfast I either have toast, something sweet or nothing that's paired with either coffee, water, something else or nothing.

After breakfast, I get ready for school (if I don't have school then I laze around all day until dinner). I start with P1 and then for break I get up for a walk and water my plants or maybe get a snack. I then continue with my work for P2 and 3.

At last!.... LUNCH! I love lunch at home because I can have anything I want. The lunch I've had quite recently is noodles with basil oil, a packet of crisps (<--not always) and some bread with olive oil and balsamic vinegar. I spend this time relaxing and watching TV.

P4 and 5 is usually the most unwilling part of my day because you just want to get it over and done with. Finally, it's the end of school! Once school's finished there's not much to do if you don't have something planned to do, so I try to fill this time with TV and Social Media.

HILLIE, YEAR 7

At the start of the days it is mostly like normal getting up and getting ready and having breakfast.the only big difference is I am not in a rush and i am not preparing to go anywhere.It feels very similar to a normal but in some way I feel that it is not a normal because it isn't. I come downstairs to do my work at this time it hits and I know it is different. I get everything ready for the day and I start working with little breaks inbetween.By the time it gets to lunch I feel as if lockdown has given up on me. I am a lot more tired then before. As the day goes on I sometimes stay the same or I just keep working. At the end of the school day i have time to relax and enjoy myself. However most of the stuff I do to enjoy is sporty like netball and hockey and I can't do this at the current situation. I have to improvise and do other stuff that I enjoy to do like drawing or painting. Lockdown has definitely that you should never give up because if I gave I would not be like this today .It also taught to take each day as it comes and that each day is different. I know because lockdown is always surprising me.

EMMA, YEAR 7

Greetings from the past!! I'm Emma and the date is Monday 11th May 2020. I'm just going to write something briefly about my present day. Since Coronavirus struck England, we have been in lockdown - this means we no longer can see our friends/family or go out to get ice cream :(We can only really go out for shopping and exercise; and even then, only once a day. Fortunately, this will change on Wednesday. From then, we are allowed to go out and meet someone as long as we are two metres apart and that we are only meeting one person at a time.

I start my day by waking up at 08:00am. I brush my teeth, get dressed, have breakfast and by 08:30 I'm logged onto the computer and am on this app/website called google classroom. Because we can't go to school, we do all our learning online. The way it works is that our teachers set us tasks to do and then we either do it in our school books and take a photo of the completed work so that we can upload it to them for marking or we create a document where we type up the work and just hand it in.

Our school day finishes at 15:45. This is more or less what happens everyday from Monday to Friday except for Thursdays. Thursdays are different because every week at 20:00 everyone claps for the NHS and key workers as a "thank you" and "you can do this". Another way to show our appreciation is by drawing rainbows on paper and sticking them up in our house's window to show the world that we can get through these tough times.

Thank you for taking your time to read this!

IMOGEN, YEAR 7

I usually wake up quite early but then go back to sleep. Not the greatest idea but I can't help it! I have not been using my alarm so the time I do wake up is never really the same! Luckily, I have not woken up too late yet! As both of my parents are working I do have to help both of my sisters with their work which is not great but at least they will get it all done. Anyway, I start to do my work in the morning which usually consists of lots of google meets. This means we can learn with our teachers and class sort of like a huge facetime. Then I make me and my sisters lunch. We have quite a long lunch which is great! Then I do the rest of my lessons in the afternoon until 3:45. Sometimes we do PE where we follow a video filmed by our PE teachers. Then I make dinner.

When we first started lockdown I thought it was amazing because we didn't have to go to school but now I am hating it. I just wish everything would be better. I miss meeting my friends and family as well as other things like hockey and netball. I know I will be awful when I go back!

LUCY L, YEAR 7

The morning starts with the sheets being pulled off me and a massive dog lick. I get up and put on my clothes and a onesie to keep me warm. I knew exactly what was going to happen today, the same as the past few months. I go into the bathroom and brush my teeth and hair and get ready; socks and shoes on and we are all at the front door.' Only one walk a day meant she was super bored at home, but we were locked away unable to get out for the rest of the day so cherished being able to even go outside.

A while later we made it to the park, however we were not allowed to go near the climbing frames and they were all wrapped in red and white striped tape and we walked as far as we could away from everyone. One lap around the park is all we are able to do. Our walks were timed, you see, only an hour. I ran home clutching my sister's hand and opened the door, raced up the stairs whilst taking off my onesie and sat down and logged on my computer. Knowing the same thing for tomorrow. With parents living in different houses, at least I sometimes got a change of scenery!

AMAIA, YEAR 7

The day is different depending on whether it is a weekday or weekend. Say it is a weekday – it doesn't take long to get ready for the day, so I'm at my desk by 8:20. If I'm ready earlier, then I play games or go outside until the school day begins. There is usually about one google meet every day, for form time or in a lesson. The school day then runs as normal really – one lesson, break, two lessons, lunch, and then the final two lessons. The only exception for this is Tuesdays, with an extra lesson and no registration before the first. After school there is plenty of time to play outside, or on a computer. I usually do a bit of both. However, I think on the weekends what I do most is watch TV, along with playing outdoors. Sometimes we can go to the park, but often it's too crowded and there's not enough time on the weekdays. I do a lot of cycling, a lot of baking and a LOT of reading. Although most of the time isolation is very boring, it means that there's time to learn new skills and do things that I wouldn't normally do.

LUCY O, YEAR 7

Boredom rushing into me,
When will I ever be free?
Filling me up to the brim ,
Why couldn't I go to play or swim,
The urge to open every package,
Using everything I could scavenge,
My old life was left at the door
The world I knew was no more.

Stuck inside,
Forced to hide,
Cowering from the new found virus,
The pandemic was a new found crisis,
Until I looked at the world from a hill,
Our planet was no longer ill,
There was no cloud thick with smoke,
Families laughing who before never spoke,
Kids on bikes playing games ,
No more cars filling the earth with pain.

I was looking at world healing,
And it filled me with a strange feeling,
Maybe we where the crisis,
Us humans are world's coronavirus.

AZRIELLE, YEAR 7

I wake up early in the morning, but not like usual. I can stretch and yawn because I know I have time. Breakfast is to try and save as much milk as possible because the journey to the shops can't happen everyday now, but I can survive, I never really like almond milk. Getting ready for school is a thing of joy, I can put as many layers on to feel like I'm a walking duvet. Then there's school. The teachers try very hard to make it fun, but without your friends being there in the same classroom, it isn't as good. That one element that I think holds the whole joy of school together has gone. After school though I still have an excuse to talk to friends (homework). We collaborate while talking to each other. It makes up for all the time we weren't allowed to talk to each other in the lessons. I do all my homework at lunch but struggle to keep up with everything because computers and I do not have regard for each other. After all of that is over though I have a lot of free time on my hands, that is almost too much. I can then spend time on my tablet, making animations and playing saxophones, but then the day is over and there is something newer and more exciting - tomorrow.

AMELIE, YEAR 7

Lockdown is a big change. I miss my routine, seeing my friends daily. Honestly, I'm mostly sleeping. Recently, I have been sleeping through my alarm, my mum has to wake me up, I'd normally wake up earlier. The positive is that I now have the time to get ready and do extras such as making my bed and doing my hair differently. Nothing really changes from my mornings other than my runs. I've always loved long distance but now I have the time to do it every week which is challenging but fun. At the end of the day, I do my homework and then online dance.

During a typical day, nothing different ever happens, just school and fitness activities. I am not used to this because normally I get to socialise much more and now I can't which is the most upsetting. Every day seems to feel the same which I dislike, I prefer when something new happens each day.

I miss Scotland and seeing my grandparents, everything feels weirder not visiting them.

Lockdown has taught me lessons, this is the opportunity to spend time with family, learn something new. I've Learnt embroidery and charcoal drawings. My family do football every day and are now learning how to spend more time with loved ones.

ISHANI, YEAR 7

A day in the life of my experience in lockdown so far.

I'm going to start with when I wake up and I'm going to warn you that I am not a morning person and I do not like getting out of bed. Sometimes I wake up to my cat, Crunchie, sitting on my desk just watching me or she's on my window sill and steps on me!

When I get up I know we can't go anywhere or leave the house, but I still think "hmm... should we go out on the weekend?"

I love drawing so that has kept me entertained so far during lockdown and I think that the clapping for the NHS every Thursday at 8:00pm is a nice way to show our appreciation.

As most people do, I miss my friends at school and my family especially. My family that are currently in a different country and cannot see my brother and I for a long time.

During lockdown we have all been baking together as a family and that's been fun and we have been playing lots of board games like: charades, monopoly and rapido! Anyway this is my experience, how has yours been?

FRANCES, YEAR 12

I wake up at 8am every weekday morning. I pull on a nice top and some tracksuit bottoms (seeing as no one on google meet can see my bottom half). At 8:30 we have a brief form time on google meet, and sometimes assembly, which is fun because sometimes teachers make videos of themselves. I usually have at least one study period a day in which I do a quick youtube workout (20-35 minutes long).

Every other Thursday at 2pm I have a video call with Swim England for the junior national team where we do a small workout and take part in Q&As with Olympic swimmers. It's amazing to see how they cope with not being able to train in lockdown and comforting to know I am not alone in how much I miss my sport.

After school, I go for a 45 minute run around Crystal Palace Park, followed by a 30 minute jump rope session to maintain endurance. At 6pm, I have a 2 hour video call session with my swimming club and coach. We do vigorous land training like pushups 4 days a week, which helps us build strength for swimming. It's very challenging, and sometimes I find it really hard to motivate myself to do it so often, but I am grateful that I have the opportunity to do something that benefits my swimming.

Two times a week, the swim club video chats consist of talks on psychology, such as dealing with pressure, which is enjoyable, as I get to see my friends from swimming and talk about anything that worries me.

Throughout the day, I take any chance I have to spend a bit of time with my parents, like baking banana bread with my mum, or doing a jigsaw with my dad.

ELIA, YEAR 7

I slowly get dressed and make my bed, so that I would have a nice clean room to do my school work in. Once I have looked at the time I knew I should keep getting ready for school. I walked down the stairs, and said good morning to my family and pets, I walked to my kitchen, and I had my breakfast. Then I wonder what my friends are doing and what I would be doing if we were at school still.

Later I would have walked to my bedroom and sat down at my desk to begin my school work at 8:30 on the dot. At break I would start feeling more awake and anxious because I am all alone with none of my friends to talk to while the teachers give us work to do. I would continue my work and at lunch I would be with my family outside if it was a sunny day.

Once I had finished my school work for the day I would call my friends and see what my sister was up to. Then I would take my dog out for a walk, then I could talk to my grandma. Afterwards I would watch a bit of TV and then play with my family...

MIMI, YEAR 7

I get up most mornings at 7:30 AM to let my dog out and boast to my family about how organised I am when they wake up, about half an hour later. Before school starts I'm normally on my phone or watching TV.

At break I eat my breakfast. Then I do my morning lessons which normally involve some sort of art (I'm running out of paint)!!! After all of my morning lessons I have my lunch and watch parks and recreation (which is very good).

After lunch is my afternoon lessons which are always less arty but still fun.....ish. Once ALL of my lessons are done I will probably go walk my dog in the woods or go to the gym (which is in my garage).

It normally depends on what day it is... but on Fridays I sit with my family and watch gogglebox and friday night dinner (which sadly ended last week but its still really funny and still on netflix).

Lastly I shower, wash my face, brush my teeth and get a glass of water from downstairs. I always say goodnight to my bratty siblings. Then I end my day with sleep.

PRISHA, YEAR 7

Dear Diary, life during lockdown can be hard for anyone, but lots of people enjoy the time and use it to their advantage. I haven't managed to do that since I have a brother, who won't waste any time in getting me told off. It gets to a certain extent where we both know what we are going to do. So, the other day during my form time google meet he decides to walk in. He knows I can't really do anything since both of my parents had meetings. So I got him out without him crying by telling him I'll give him sweets. One thing I've learnt during lockdown is that before lockdown brothers are annoying, but during lockdown they get annoyinger. If that's even a word.

I love school and I enjoy online school too, but nothing can be compared to regular school, I think about going back every day. Boris Johnson has announced that reception, year 1 and year 6 would be the first years to go back. That's good and bad for me. The good thing about it is that my brother is going to school because he only turned 5 in October, so he's still in Reception. The bad thing is it means I won't get to see my friends for even longer and let's face it that is the main reason why I want to go back.

I had 2 holidays planned, which both had to be skipped. The first one was to India because that's where I'm from and it's also where all my family members live. Its been a year since I met them and my dad said things aren't going to go back to normal that quickly. I was also meant to go to Yorkshire with some family friends and guess what that was also cancelled. Another thing I miss is Indian Mangos they just summed summer for me every year and they weren't like normal mangos. They were so juicy and delicious.

I miss my normal life, how I used to get the minibus at 7:47am, now I can't even get up at 7:30 let alone going somewhere, but all I can do now is just hope that things get back to normal as soon as possible.

MAY, YEAR 7

7/5/20

Dear diary,

Today i have school. I just finished my piano lesson, it is kind of hard learning new things remotely but we all have to adapt.

10/5/20

Dear diary,

Today i talked to my auntie via whatsapp and she recommended making my own bakery. After that I made madalains. I made 27 and they went really quickly.

I can't wait to hear the announcement that Boris Jhonsan is going to make and hopefully allow us back into school. FINGERS CROSSED!!!!

12/5/20

Dear diary,

Today I made an Elizabethan ruff for D.T. All of the teachers try to do as many creative activities as possible which i love. I danced in P.E!! Dancing is my favourite thing to do and i gotta do it in my brand new playsuit which i got from monsoon. I also got a long summer dress which is baby blue and has light yellow flowers.

HOLLY, YEAR 7

Dear diary,

Lockdown hasn't been pretty but it has definitely brought me and my brother closer together. For some stupid reason I was exited about it but it has really got out of hand now and people are not listening to the government anymore. The thought of not being free drives me crazy even though I don't really have any friends here I still miss school. My best friend Freya has been amazing and because my mum is in the more vulnerable section I can't thank Freya enough for all of the help and laughs we have had though houseparty. Every day is a new adventure you don't know what's going to happen. " Holly I've got some news". That phrase is the worst I haven't heard yet and I never do! My parents are always checking the news but it is fun. Well kind of I've got to experience camping in our garden even though it is way better in hastings it has its perks. I think this might be almost over but nobody knows. Everybody is really on my nerves sometimes especially when we go to the park, people are so careless. The country is turning into a way better place now though. I hope when the next person reads this, it is over.

EMILY, YEAR 7

Living in Lockdown is very dull. We are only allowed to go out once a day for exercise. When I go to the park, I am not allowed to stop or sit down and talk to anyone. Sometimes people don't listen to the stand 2 metres away from people rule, but if they are caught socialising with people that are not in their family it will go on their criminal record and it will be hard for them to get a job in future.

Possibly the worst part of lockdown is social distancing. We can't go more than 2 metres close to people and we can't visit our friends or family.

And no school. To those people in the future if you're reading this you might be thinking "lucky them! No school!" but NO. It is so boring without school because you can't see your teachers or your friends.

And also, the shops are closed. The only shops that remain open are Supermarkets. But you have to cue for ages because they only let a certain number of people in the store at the same time. And when you finally get into the store nearly all the shelves are empty...

To people reading this in the future, trust me lockdown is not fun.

DHYAYINI, YEAR 7

My day starts at 7:30 since we have to do online school I can wake up late and it affects nothing. I wake up say hello to the numerous people in my house and get ready before having breakfast and start out first lesson.

When it is break I usually just go and see what everyone is doing since I am usually very bored. Then I do the rest of my lessons before lunch when I get called by my sister because I always finish last.

Then I will watch some Youtube before finishing school and then practise my clarinet.

After that I annoy my sister. Actually I annoy her all day (she is younger than me). I will most likely call some people before playing minecraft.

Then we all watch some tv eat dinner and then talk before we all go to sleep.

Then repeat with it sometimes changing.

RUBI, YEAR 7

I normally get up around 6-7am and have a shower. Most of my family don't get up until 8 so I have to be quiet. I have breakfast and, if I get up early enough, watch TV. I then chill and go on my phone until school starts. Sometimes I go in the garden because it's nice and quiet but only if I have time and if the weather is nice.

Once school has started, I put my phone on charge and do my work, sometimes we google meet in form time but in lots of the other lessons, we google meet as a way to take the register. At break, I go downstairs and if I'm hungry, I find a snack but if not, I go in the garden. We have a lodger in our basement so sometimes she's there.

My mum is furloughed so she spends the day doing gardening and the garden, in my opinion, has improved. At lunch, I go downstairs, eat and play netball outside. I'm trying to teach my mum how to play, but it isn't working.

After school, read or watch tv with my parents. Every Sunday we facetime my grandma, who is living with my auntie.

FLORENCE, YEAR 1

I sometimes start with Wake and Shake. Then I have a Google Meet with my teacher and my friends. My teacher tells us what we're doing today and she takes the register. Then we do our English. We click on the English link and it tells us what to do and we watch a video. Then, if I need help I go on Google Meet with my teacher. Then I have a break. Usually I have a piece of fruit and then I do my Maths. I watch another video and then go on Google Meet with my teacher if I need help. Then it's lunchtime and I play in the garden and eat my lunch. In the garden I like riding my bike and practising my skateboard tricks. After lunch, I check my timetable to see what I need to do and I click on the subject I'm learning about. Each subject has a video to it which my teachers have made for me. When I have finished my work I finish and I play some more. My favourite subjects are Maths and Art. Maths is quite fun. I also like Art and my work was chosen to be on the online art gallery at school. Although I miss my friends it is the right thing to stay at home.

Thank you to all the pupils who contributed their thoughts to this memento. SHS, 2020