



From the
Headmaster

In these unprecedented times it is heart-warming to read this week's Lamb, in particular to see all the activities that you boys have been taking part in. The photographs reflect your conscientious effort to make the most of a difficult situation for everyone. In particular I am delighted to read about Andreas (Year 8) and Cyrus (Year 7) who are actively supporting the NHS with their production lines and hear about boys looking after their families and their neighbours. Well done to you all!

I am also pleased with the way you have engaged with home learning. I have been working closely with the teachers so that we can move to the next level after the holidays. It is a steep learning curve but our IT skills are developing fast!

I thoroughly enjoyed seeing over fifty of our musicians take part in the Merchant Taylors' School Orchestral Afternoon; the superb resulting concert showed off the talents of all the children.

Despite the circumstances it was a privilege to hand out academic, music, art and sports awards in the Final Assembly. Particular congratulations go to Lincoln, who retained the Burton Page Cup for House Points.

I would like to take this opportunity to thank parents for their kind donations to our Charity events this term. We have been able to raise £3000 for Playskill from the Charity Quiz and Pre-Prep activities as well as send £400 to Sport Relief.

I would like to say a special thank you to all our staff who have manned the 'Key Worker' school especially Mr Smith who hasn't missed a minute. Finally, I would like to wish all the St. John's community a Happy Easter.

SRA

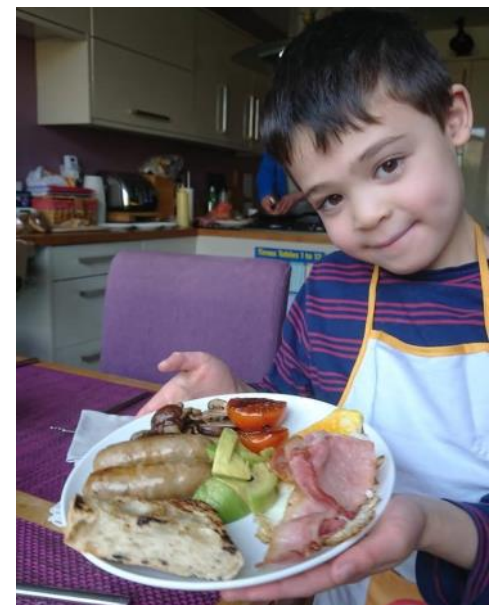
St John's as never before



Walking into St John's is like entering a ghost town. Apart from school for our key worker children (currently approximately ten boys), our maintenance and grounds staff, the Bursar and Mr Robinson you are unlikely to meet a soul. How times have changed since 19th March.... But, in homes around Northwood, rooms and gardens are a hive of activity as boys get to grips with home learning, Miss Morgan's challenges and the even bigger challenge of getting on with our parents and siblings. Thank you for all your photographs showing the different ways you are all dealing with this situation - keep them coming in! Above, Ted is enjoying being at school. Below Benjamin gives us some words of wisdom whilst Sebastian proudly displays the breakfast he cooked his mum on Mother's Day.



"Don't count the days,
make the days count."
- Muhammad Ali



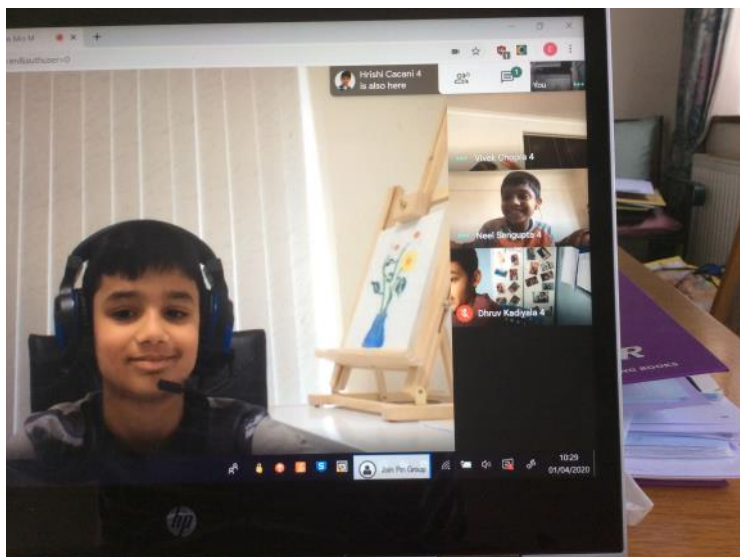
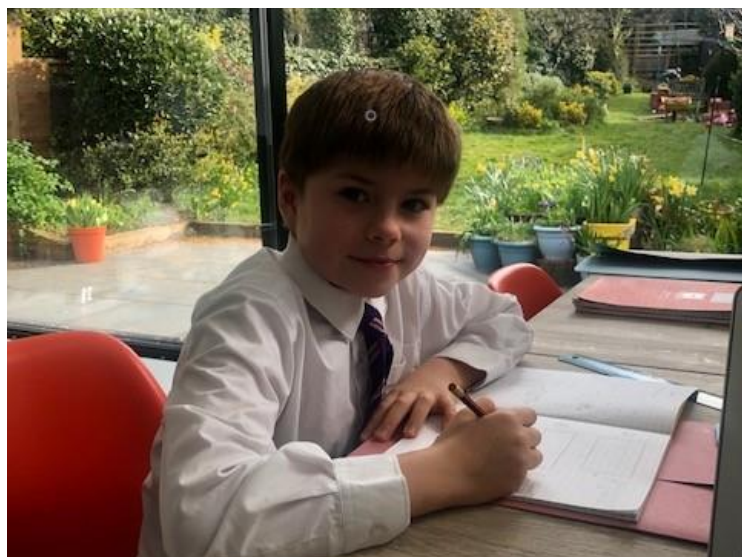


Miss Morgan's challenge - build a castle!



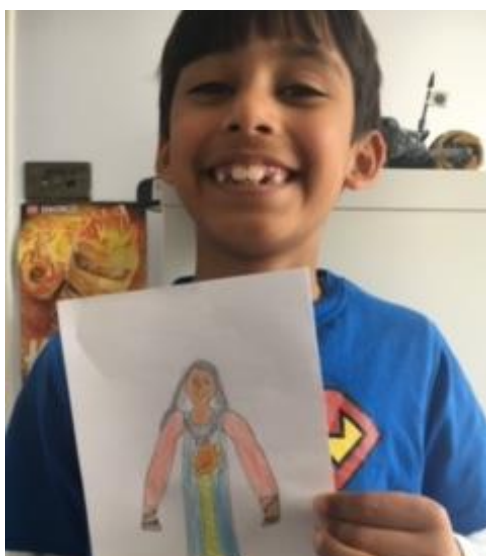


Lots of hard work going on at home





Draw your teacher!



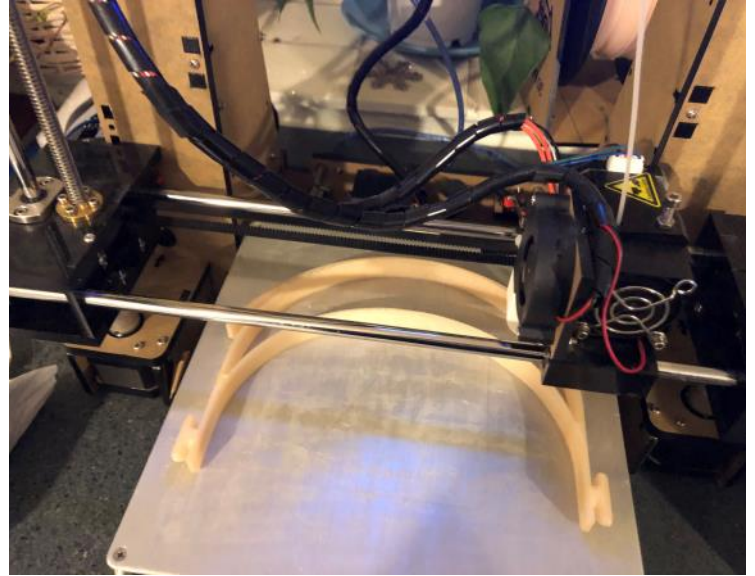


Key worker boys enjoying being at school





Helping our front line workers



Andreas in Year 8 has been utilising his **3D printer** at home and his skills to help the NHS. He joined with other volunteers (3dcrowd uk) in order to produce face shields for NHS staff. He printed his first sample successfully and he will be setting up a small production line over the next few days. Cyrus in Year 7 is calling all his friends with 3D printers to join him in printing PPE for the frontline. Cyrus has also signed up to 3DCrowd UK which is a group of volunteers across the UK supporting the frontline by printing face shields and distributing them to organisations in need. The group was started by palliative-medicine doctor James Coxon and they are now looking to recruit more volunteers (<https://www.bbc.co.uk/news/technology-52111522>). Darius and Cyrus' dad is an ITU consultant at UCH. He is very busy at the moment and working hard. He is making new machines to help people breathe. He has been working with engineers from UCL and the Mercedes F1 team to make this happen. You might have caught him earlier in the week on the TV, as he was busy giving news interviews (<https://www.youtube.com/watch?v=v34M0dlokLw>). Do let us know if you are doing something similar. St John's, along with Merchant Taylors' and Merchant Taylors' Prep has sent Science googles to one of our GP parents.





Minimus pays a visit to Year 2



Thirteen boys from Year 8 have been visiting Year 2 this half term as part of their post-exam curriculum. We have been giving them a chance to learn one of the oldest languages in the world, Latin. In order to deliver our lessons, we have been using the Minimus Latin Programme, which focusses around the life of a mouse called Minimus who lives in Vindolanda (Roman Britain). We have taught them basic words like 'sum' (I am) and 'quis es?' (Who are you?), as well as words for different animal species and for different parts of a Roman house. We have also talked to them about Greek mythology and last week we told them about the stories of 'Perseus and Medusa' and 'King Midas' Golden Touch'. They have smiled and laughed a lot, which we hope is a sign that they are enjoying our teaching! We are looking forward to teaching them some more words too! **Louis 8J**





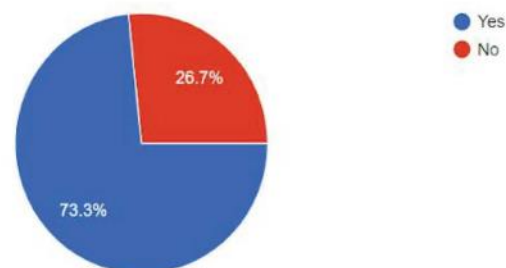
VOTES FOR SCHOOLS



Thank you all for your engagement in our Votes for Schools PSHCEE program. (Years 3-8) Look out for the slides and voting forms in Google Classroom and enjoy discussing the topics at home. New questions will be released on Wednesday's after the holidays.

Last week's results:

Do communities grow stronger in a crisis?



You have until the end of the Easter holidays to vote on this question:

Can you learn more without a classroom?

We've had some super feedback already...

Dhilan - Yes because I am doing a great job at home and because are teachers are doing online meetings to teach us

Leo - No, because there are loads of distractions, and we might be thinking about home stuff that doesn't help us concentrate.

Yes, as we can learn about our normal school projects but at home we are free to go outside the box and study different things that will help us in our future. Also we still can chat to our friends on google meets and google hangouts. This is similar to school, except we are using a computer instead. Also we can have a little more time to ourselves and can watch some educational programmes such as blue planet, which I know many people like and enjoy. Also there are many books available that help broaden our mind and challenge us in different ways compared to how we do it at school. This is an unusual but great way of learning. Obviously it is a bit different and some of us want to go back to school to see our friends, however I think this plan is really well thought through and people can benefit from this very well process. I personally think I am learning a lot more as I have many other opportunities. Also on the technical side I am enhancing my skills on the computer and learning how to not waste time sorting out the technicalities. This is a good added advantage. Aarav

I think yes because we have online websites like Classroom, where we can chat to teachers and friends. We get set work every day and we do it online. If there are children who cannot use the internet then they can get books like CGP, Bond, and for younger children they could order maybe books like Kumon. This helped me when I was practising for my 11+. I think learning at home is good because once you start it at home, you become used to the feeling of it, and we all have online websites which we can use like MyMaths, Literacy Planet, This is language (For Year 6) and languages online. There are many different ways we could learn at home. If you were studying a history topic you could research and watch BBC which have very interesting videos and facts. I learnt that the Vikings were buried with anything they wanted when they died e.g. gold. You should also have a break from the screen time and exercise a little and maybe watch some TV, or play on your Xbox! I think home learning is a suitable way of learning, and it's fun! If we can't see our friends we could call them up and speak to them. That is another way we could learn like discussing Votes For Schools. Aayan

Contact: vmcsween@st-johns.org with any questions, comments or suggestions about Votes for Schools



UKMT Maths Challenge results

Bonus Round-Primary Maths Challenge (Yrs 5 and 6)

Zian - Silver

Kabir - Silver

Anek - Bronze

Kian R - Bronze

Benyamin - Certificate of participation

Satyen - Certificate of participation

Intermediate Maths Challenge (Yr 8)

Richard - Gold - Grey Kangaroo (Best in School)

Henry - Silver - Grey Kangaroo

Vishal - Silver - Grey Kangaroo

Ka'im - Silver

Krish - Bronze

Saam - Bronze

A question from the Intermediate Maths Challenge:

The result of the calculation $9 \times 11 \times 13 \times 15 \times 17$ is the six-digit number '3n8185'.

What is the value of n?

A: 2 B: 4 C: 6 D: 8 E: 0 Answers in an email to Mr Colgate mcolgate@st-johns.org.uk

I am afraid that we do not have a photograph to accompany this article for obvious reasons.



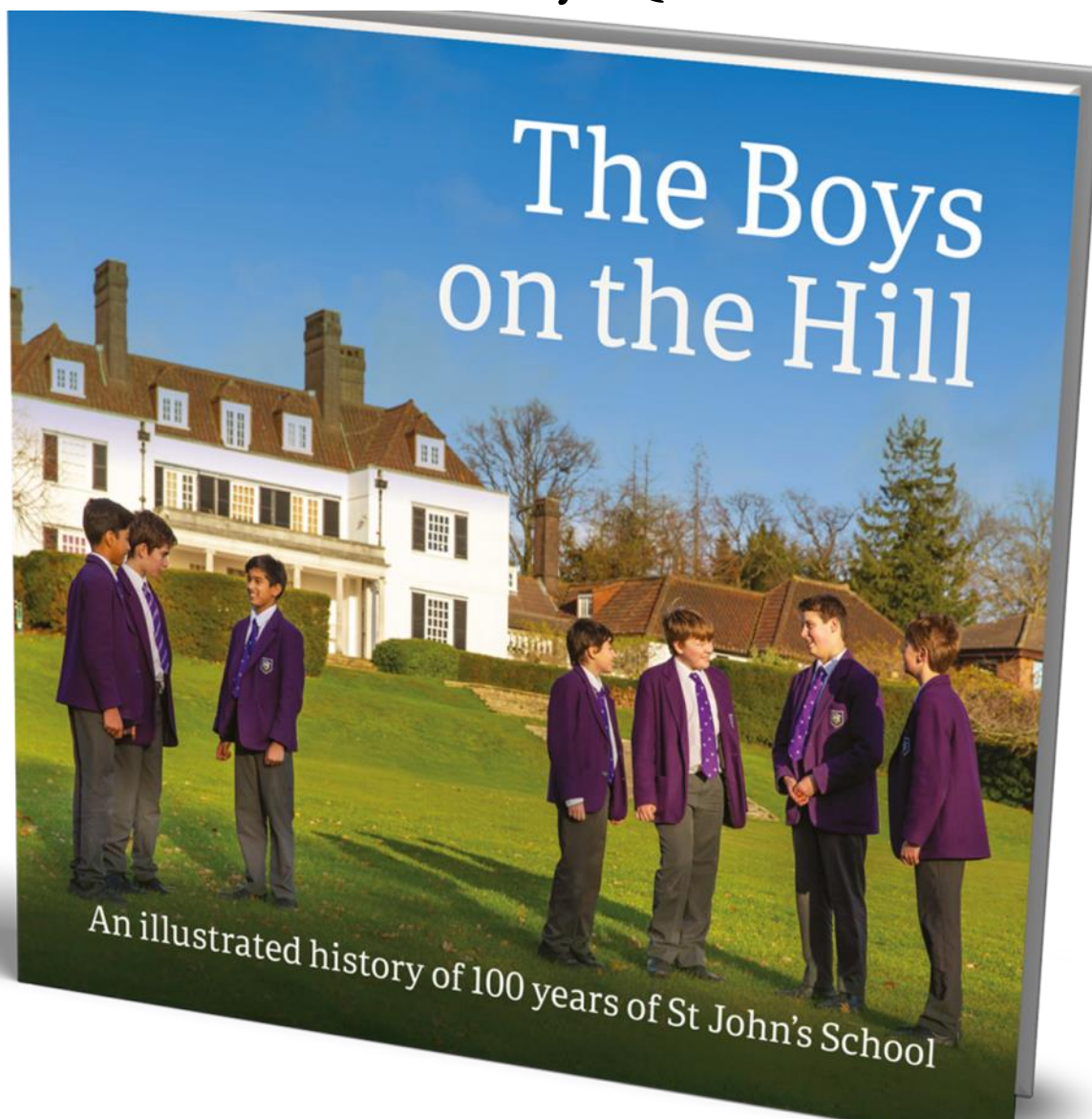
**United Kingdom
Mathematics Trust**

County level hockey for Arian

Arian (7B) has recently been accepted into the **Middlesex Hockey Academy** at Under 13 level. After several weeks of training, two weeks ago he played his first competitive matches at Merchant Taylors' School. Middlesex Academy were up against two very strong teams - Oxfordshire and Buckinghamshire but they managed a draw against Oxfordshire and a very convincing win against Buckinghamshire. Arian really enjoyed the experience of playing a county level and is looking forward to the next fixtures, whenever that will be...



Mr Robinson's Centenary Quiz



As our Centenary celebrations seem to be put on hold for the time being Mr Robinson doesn't want us to forget that we are indeed in our hundredth year so he has put together his first Centenary quiz. You will need a copy of 'The Boys on the Hill' to answer some of the questions. Please send your answers to lambeditor@st-johns.org.uk

- 1) What was Claude Norman's nickname?
- 2) Which school did he go to?
- 3) What was his wife's name?
- 4) Which troopship was he on when it was torpedoed in 1917?
- 5) What is the School motto?
- 6) What were the original names of the first three school houses initiated by Mr Norman?
- 7) What is the last line of the School song?
- 8) What was the name of the first recorded scholar from St John's?
- 9) What job did Mr Norman take on during World War Two?
- 10) What sport did the boys all do in the 1930s that does not happen today?



Boot room



In these unprecedented times it is incredible to hear of the ways people are helping each other. At St John's we have had an increasing number of boys use their own initiative and the support of their families to help others. I am delighted to introduce Rian's project to help children get in to team sports. He is working with The Boot Room Charity which helps children and adults in need of football or rugby boots to give them the opportunity to play sports like the boys at St John's. You can help Rian by donating your out grown boots so that he can pass them on. When we return to normal school Rian will organise a collection point for the boots. He is collecting shin pads as well. I can't wait to see what we can do as a community to support Rian's school initiative. I also can't wait to hear him tell us how the project is progressing in assembly. SR



U10 A & B Hockey v St Martin's 13th March

U10 A v St Martin's Won 8-2

Scorers: Oliver 3, Adam 2, Mithil 3

Outstanding performances:

Oliver and Emerson

We had five of the A team away at the MTS orchestral afternoon but the boys who came in to the team played so well. Oliver worked very well in the mid-field and Emerson tracked back superbly to defend with the other players. We battled hard to win the ball and moved it quickly to our athletic players around the pitch. We had numerous chances to score and Mithil scored 3, Oliver 2 and Adam got 2 goals. We still need to shoot to the corners and not at the keeper but that will come with more opportunities. However, all the boys who took part should be congratulated for doing so well.



U10 B v St Martin's Lost 3-2

Scorers: Aarav 1, Danyal 1

Outstanding performance: Shane

This was a great experience for the majority of the boys as it was their first competitive hockey match. We lacked structure throughout the first half of the match, however this allowed the boys to show individual brilliance all over the pitch. Shane played superbly in his first game in goal making numerous diving saves in goal keeping the team firmly in the game despite the lack of structure in defence. Abdullah controlled the game well in midfield, always looking for space both to pass and run into and ultimately kept the ball moving around. Luke and Kian A were critical at stopping the opposition's attacks early on, but also sprinting back to stop any counter attacks. Aarav captained the side fantastically with great team spirit and certainly led by example. It is a shame we didn't have more fixtures this term, however it was a pleasure to coach every single one of you and Mr Kruger wishes you every success next year in the Colts!





U11 A & B Hockey v St Martin's 13th March

U11 A v St Martin's Lost 6-4

Scorers: Blake 2, Lucas 1, Hamza 1

Outstanding performances: The whole team

The match was a close one and the boys played some excellent hockey. A solo effort from Blake led to his first goal courtesy of poor defending from St. Martin's. Just before half time a brilliant goal came from a pass from Oscar to Sahib on the wing, who hit the ball across the D for Hamza to score a tap in at the far post. A further two goals were scored in the second half. Ultimately we came off second best against quite a strong side, although the boys can be pretty pleased with their performances.



U11 B v St Martin's Won 7-3

Scorers: Aaron 3, Thomas 2, Zac 1, Ansh S 1

Outstanding performances: Yash

This was the last match of the season and what a great way to finish. The squad in general have had a really good journey with their hockey progress since the start of their season. The UCS tournament was a great challenge for the whole team the week before leading into this fixture, the last of the season.

Aaron played with a lot of confidence scoring back-to-back hat tricks in the UCS tournament and in this fixture. The team was strong in attack and created many opportunities. The St Martin's goalkeeper was absent on the day so a huge thank you to Aryan and Yash who played for both sides on the day.





Senior Hockey v UCS Monday 16th March

U13 A v UCS Won 5-3

Scorers: Zac 3, Saam 1, Krish 1

Outstanding performance: Louis

We started rather slowly and UCS scored a quick goal in the first 4 minutes. This was an excellent game with both teams playing some great hockey. UCS passed very well but we defended very well and at the back Louis was again outstanding in goal, making numerous great saves. At the back Aaron and Yusuf played well in defence. Krish had one of his best games and Zac up front scored some good goals with Saam and Krish on the wings playing very well. Oliver came on at the back and did well in defence. It was in the second half that we really extended our lead and won the match. Well done to all.



U12 A v UCS Won 4-3

Scorers: Ethan 2, Arian 2

Outstanding performances: The whole team

This was an excellent game played between two very equal teams. Both UCS and St John's looked to attack with intent from the outset and there were some outstanding goals scored from each team. The teams were well matched and both defences worked hard to keep the respective attack at bay. The St John's team played some fluent and efficient hockey throughout the match, which resulted in some fine finishing by Ethan and Arian. This was a fantastic game to finish the season. Congratulations to all the boys involved during all the hockey games, it's been a pleasure taking you this season.





MTS Orchestral Afternoon 13th March



On Friday the 13th March, we went to Merchant Taylors' School for their annual Prep Schools orchestral afternoon and concert. I was in the woodwind ensemble. We practised Star Wars, Mr Robb's Rift and James Bond for a bit with two conductors from Merchant Taylors' and then we were given a surprise piece, The Hallelujah Chorus. Everyone was in this. It was very fun. After, we had a Kit Kat and went to the Great Hall. It was huge! Every band had their own space; the woodwind ensemble, the percussionists, brass band, string ensemble. We practised our pieces and then we had dinner. The food was delectable. I had southern fried chicken, chips and a donut. After was the concert and I think that everyone played amazingly. I even got to meet the person who wrote Mr Robb's Rift. Thank you for taking us - I had a great time and learnt lots. **Michael 6R**





Watford Festival duet success



On 15th March Kian J and Alistair (Year 5) entered the Watford Festival of Music and Drama in the Small Ensemble class and came first with their duet. The invigilator was impressed that such young boys had come together and were so enthusiastic in playing together. Very well done both of you.

Newest member of NYGE



Aarav (6R) sat for the auditions of the **National Youth Guitar Ensemble (NYGE)** on 8th February (his birthday!) and he has been offered a place as a member of NYGE. They usually audition children aged 12 and above but were happy to audition Aarav as he was playing a Grade 7 piece. This is an excellent achievement Aarav.





Year 5 making cushions



We were challenged by Mrs McSween to make a cushion of our choice. At the beginning we had a few competitions to see who was the fastest to set up their sewing machine. This was a new experience for me. On our cushion we were allowed to put some pictures on it, using sublimation printing. On my cushion I have two pictures one which is Mohammed Salah alone but on the other picture is the eight best players in the Liverpool squad. We have also learned to add a zip, applique and reverse applique. Mrs McSween was very helpful throughout the whole way. I am very proud of my finished cushion, I will put it in my bedroom.





Year 4 D&T combines with Science

Year 4 D&T and Science



Over the last two weeks Year 4 have been learning about how sound travels and how the ear works. They have made some super musical instruments and some boys have chosen to make stop motion videos describing how sound waves are converted into electrical signals that can be interpreted by the brain.

Harry made a wonderful sound from these glasses filled with different amounts of water.



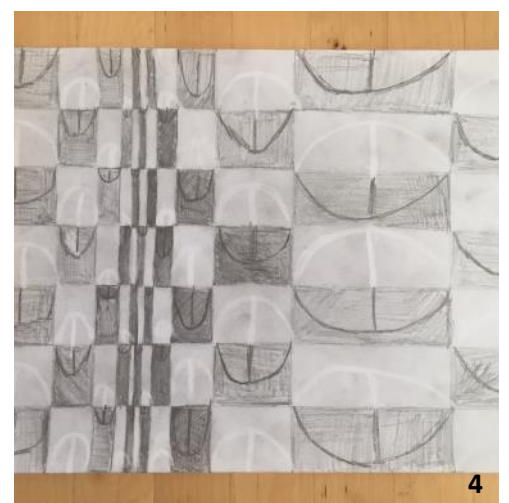
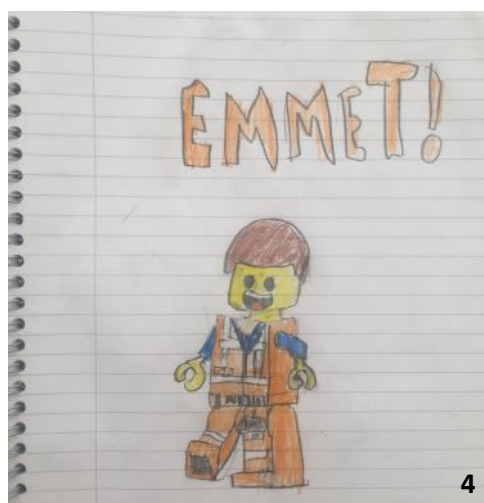
Neel demonstrated his shaker and drums for us to hear while we were on Google Meet.



Alex S made a wonderful stop motion video of the ear and Mehul made his fom Lego. Aubrey made a super stop motion video showing the ear made from all sorts of things he found around his kitchen. Just look at Ali's amazing guitar.

Darsh showed his presentation on ear and Bailey demonstrated his pan pipes to the Google Meet classroom.





1. Year 3 have been creating work by the artist Paul Klee.
Aary, Cato, Liam H and Saavan produced lovely pieces.
2. Year 4 were tasked with drawing a portrait of their mums.
Freddy and James clearly spent a lot of time on theirs.
3. Year 5 were challenged with drawing still life flowers at home. Look at **Kian D's** beautiful creation.
4. Year 6 have been learning about Op art and **Aayan and Leo** submitted excellent examples.



OUTLOOK



Design your dream bike!



The Road Safety and School Travel Team are holding a borough wide design competition to see what students' dream bike would look like!



Draw your dream bike in the space below. Once complete have your parent post a photo of it on Twitter or Instagram with #DREAMBIKESTARS or have them e-mail the design to stars@hillington.gov.uk by April 30th, 2020.

The first, second, and third best design of each key stage (borough wide) will be digitally recreated by a graphic designer. The design will then be printed, framed and gifted back to you if you are one of the winners!



Draw your dream bike in the space below! I am in Year ____.

OUTLOOK



DESIGN YOUR DREAM BIKE - PARENT INFORMATION

ABOUT THE COMPETITION

If you asked your child to draw their dream bike, what do you think it would look like? Well now is your chance to find out! We're asking as many pupils in the London Borough of Hillingdon to get involved and design their dream bike as part of National Bike Week.

It doesn't have to be a conventional two wheeled bicycle, let their imaginations run wild and the more creative the better - think rockets, wings, fairy dust and they'll be on the right track!

Rules:

- Paint, pencils, crayons, pens, all are totally acceptable!
- Only drawings can be entered (no models or digital creations)
- Artist must be a pupil in a school within the London Borough of Hillingdon ranging from KS1 all the way to Sixth Form

PRIZES

Winners will receive:

- 1st Place - A3 Print and £50 Amazon Voucher
- 2nd Place - A4 Print and £30 Amazon Voucher
- 3rd Place - A5 Print and £15 Amazon Voucher

'Prints' will be their winning design digitally recreated by a graphic designer and framed for them to keep and display as a cool piece of art!

We hope to exhibit the artwork at a local library in the future, subject to changes to the current lock-down conditions.

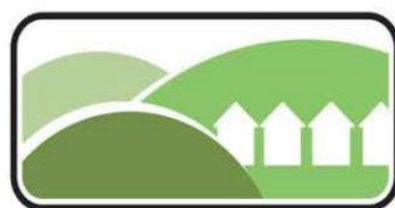
SENDING IN YOUR CHILD'S ENTRY

Sending in your child's design can be done in one of two ways (feel free to use the associated template or just any piece of paper):

1. Post the design on Twitter or Instagram with the hashtag #DREAMBIKESTARS so that we are able to view the art that your children have created. Please note that this will be visible to anyone on the social media network you have chosen due the use of the hashtag.
2. If you don't have access to social media or would prefer not to use it, please email a photo or scan of the design to stars@hillingdon.gov.uk with Dream Bike Comp in the Subject Header. Please provide the artists name, age and school in the email.

The STARS team will then contact the winners through Instagram for further details or in response to emailed designs.

Please send in your designs no later than
Thursday 30th April, 2020



NORTHWOOD HILLS
RESIDENTS' ASSOCIATION



**The Queen's Award
for Voluntary Service**
The MBE for volunteer groups

*c/o 23 Winchester Road
Northwood
HA6 1JG*

Dear Resident/Supporter

31st March 2020

Northwood Hills – Supporting the Local Community and the NHS

At this time of crisis, it is important for the community to join together and support each other. We are pleased that a number of people are using our Facebook page to make requests for assistance and others are positively responding and assisting wherever possible.

For the foreseeable future, NHRA will not be able to hold any events or publish and distribute 'The Hills Echo' so the overheads this financial year will be lower than normal. We were planning to donate £1,000 to the 2nd Northwood Scout Hut appeal when it launched but as it will now be delayed, we will defer that donation until April 2021.

In order to support the local community, as our funds will not be used in the usual ways, on 1st April, we are planning to donate £1,000 to local charities who are currently involved in assisting local people in need as a result of the current crisis. £500 each to H4All CIO and the Kate Fassnidge Charity.

H4All CIO: They are asking for donations to fund buying food for people in need as a result of the virus, to be distributed locally. H4All CIO is a Charitable Incorporated Organisation made up of five prominent third sector charities: Age UK Hillingdon Harrow & Brent, DASH, Hillingdon Carers, Harlington Hospice and Hillingdon Mind.

Kate Fassnidge Memorial Trust: they are purchasing non-perishable food items, using the Fassnidge Halls in Uxbridge and Northwood as storage and distribution centres. The food items will be distributed by local charities, including H4All, to those in need, including the elderly, during the current crisis. Since mid-March the Kate Fassnidge Memorial Trust has been working in collaboration with both H4All and AgeUK. Any extra donations received during this time will be ring fenced to purchase food for those local people in need and will be added to the money the charity has already earmarked.

In addition to this support, we also have another fundraising opportunity. The 1st April is the start of the NHRA financial year, which is when our £3 membership fees normally become due. In the main our network of Road Stewards collects these. This year that will not possible, so your Committee is asking you to please pay your £3 subscription on-line. If you do so, NHRA will donate **all membership fees received by 30 June** to the **NHS for a local project** yet to be determined. We hope you will agree to do this, as it will result in a sizable community donation to the NHS locally. NHRA is not looking to raise any monies during this challenging time for its own funds, as our usual expenditure on events and the Echo will be much reduced.



There are two ways you can make payments to NHRA;

- 1) Set up an annual standing order, which will also make the collection of subscriptions easier in future years. Or,
- 2) Make an on-line payment direct to the NHRA Bank account.

When making payments, please ensure include your Road, house number and last name in the reference field so that we can identify you.

The details of the NHRA Bank Account are as follows.

Bank: HSBC Pinner

Sort Code and Account Number: 40-36-21 71531417

Payee: Northwood Hills Residents' Association

If you would like to pay more than £3 this year please do; we will ensure that any additional money is also donated to the local NHS project.

Please feel free to forward this note to others members of the Community who you believe would like to support the NHS in this way.

In closing, I hope that you and your families are well and stay safe during this difficult period.

Kind regards

Andrew

Andrew Riley BEM ACIB

Chairman, Northwood Hills Residents' Association

H4All CIO is a partner in the local Hillingdon Health and Care Partnership which includes the Hillingdon Primary Care Confederation as well as the local NHS foundation trusts providing community care services and acute hospital care.

H4All is leading on the coordination, administration and running of the Covid-19 helpline in the Hillingdon area.

Details at: www.h4all.org.uk

Kate Fassnidge Memorial Trust provides for:

- the benefit of old persons residing in the area of the former Urban District of Uxbridge
- for the benefit of such persons residing elsewhere in the London Borough of Hillingdon
- for any charitable purposes for the general benefit of the inhabitants of Hillingdon

There are twelve Trustees who meet approximately once a month to carry out the business of the Trust, including managing three properties, Darren House, Fassnidge Memorial Hall and The Cedars all on the High Street in Uxbridge. The Trustees also own The Kate Fassnidge Community Hall in Northwood which is available for local people and groups to hire. John Morgan, one of the Northwood Hills Ward Councillors is a Trustee of the Fassnidge Trust.

Details at: www.fassnidgecharity.org.uk

The **NHRA** has made a number of donations to local groups and charities over a number of years. More details can be found on the achievements page of our web site www.northwoodhills.co.uk



Photo of the week

Contact details



Updates: please continue to visit www.st-johns.org.uk for all the latest information on sports fixtures and results. The website will have announcements in case of emergency. You can also follow us on twitter [@stjsnorthwood](https://twitter.com/stjsnorthwood).



Mailings: if you have received The Lamb from someone else and would like to be sent your own copy direct each week, please email: [Lamb Editor](mailto:Lamb.Editor@stjohns.org.uk). Let us know your contact details and you will be added to the list.

Photographs: Do please continue to send in any photographs which could be included in The Lamb.

Mr Smith has forgotten how old (and tall) he is!

Notices and Reminders

Votes for Schools. Please see information about this from Mrs McSween on page 8.

Design your dream bike competition. Why not wile away a few hours by designing your dream bike. Please pages 20-21 for more information about this initiative from the Road Safety and School Travel Team at the London Borough of Hillingdon. This is running in conjunction with National Bike Week (6-14 June).

Northwood Hills Residents Association. There is an important letter on pages 22-23 from Andrew Riley, Chairman of the Northwood Hills Residents Association about ways that the residents of Northwood Hills are helping in this time of crisis.

Creative Quarantine! A studio in Nottingham is sending out various creative activities and adventures for you to complete daily while we are in quarantine - today's is to try and create some Ren'yay'sance art! There are two levels - one for adults and one for children. <https://wearenonsuch.com/creativequarantine/>

World Wildlife Fund. Click on this link to find out ways that you can make the most of your time at home as a family. <https://www.wwf.org.uk/get-involved/families>

Contacting school over the holidays. If you need to get in touch with us then Mrs Baguley is on the main school number. Miss Morgan will deal with Pre-Prep queries, Mrs Murphy for the Juniors, Mr Phillips for Year 5, Mrs Savage for Year 6 and Mr Russo for Years 7 and 8.

Reports and Grade Sheets. These will be published on the Parent Portal on Monday 6th April

Importance of fresh air and exercise. Whilst we are confined to our homes don't forget the importance of fresh air and exercise and make sure you get outside at least once a day.

Photos and Articles. In order to keep the Lamb going we are relying on information from home to fill the pages so please send in anything which you think could be included. Thank you. STAY SAFE AND WELL.