

THE DUNEDIN TIMES - DUNEDIN'S NEWSLETTER - ISSUE 3 (June)

Hello Everyone

Thank you to those of you who gave suggestions for a name for our newsletter. 'Dunedin Times' it is! In this edition we have another exclusive interview with Rosie. Read all about her Krispy Kreme comedy sketch!

Message from Staff

We are all missing you but we are working hard on plans to safely re-open the school in August so we can see you all again - Yeah!

In the meantime, have you checked out the [Dunedin blog?](#)

Keeping Healthy

We now know that, all being well, we will all be back actually in school in August. However, that is a fair few weeks away and it is still important that we all focus on our health and wellbeing.

Check out Young Scot's [Aye Feel](#) or #AyeFeel - try out the relaxation breathing or tips for staying positive in a crisis.



So we keep barking on (Mac likes that one!) about exercise but why is it so important for us all?

- Improves your mood and makes you feel good 
- Helps sleep better 
- Develops coordination 
- Strengthens bones and muscles 
- Improves health and fitness 
- Helps maintain healthy weight 

Competition time

Guess the workspace - which member of staff works in this space?

Please e-mail answers to staff@dunedin.edin.sch.uk



Missing Mike? Just to help you from missing Mike, he has sent in some of his (awful.... Mac said that, not me!) jokes.... don't all groan at once!

- What goes up a chimney down, but won't go down a chimney up?
- If it takes 10 men 10 days to plough a field, how long does it take 20 men to plough the same field?
- Why does a stork sleep with one leg up?

And finally, This week Rosie has sat in the interview seat

1. Funniest or best memory/ moment at Dunedin

I had bought 12 Krispy Kreme doughnuts for Pupil Council and returned to school. It was a really windy day and as I got out of the car the wind whipped the lid of the doughnut box open and all the doughnuts went flying around the carpark. I then ran

around the carpark trying to pick them up. When I had them all I looked up to see everyone at school watching me with hilarity at what I'd done.

2. If you could have someone famous (or not so famous) join you during lockdown who would it be and why?

I have four boys in my house at the moment so I could do with another girl!

3. What is your favorite film and why?

Shrek. I can watch it time and time again. One of my favourite lines is when Princess Fiona says to Shrek about donkey "It can talk" and he says "Yeah, it's getting him to shut up that's the trick".

4. What aspect of lockdown would you like to continue when we are back to normal?

I'm the only one working full time in our household so I've been having my dinner made for me every night by various members of my family. My son is making Sri Lankan curry tonight.

5. What skills have you learned or developed during lockdown?

Video conferencing. It definitely took me out of my comfort zone initially but as time has gone on I've got very used to it and realise it's a good way to meet with people sometimes.

6. What is the best bit of your job?

Corny as it sounds - it's the pupils and the day to day banter. So I am really missing you all.

7. What is the best and worst thing about lockdown

Best bit is not needing an alarm clock in the morning. Worst bit is not seeing anybody.

8. What has been your worst lockdown meal (and best)

My daughter made the most fantastic lemon and raspberry birthday cake but she also made some banana muffins that we had to quietly put in the bin.

9. What exercise are you doing?

I have been going for a walk, run or cycle every day at 4 o'clock when I finish work and love getting out in the fresh air and sunshine. I have discovered parts of Edinburgh I have never been to before.

10. What is your lockdown message or slogan?

"Who ate the last chocolate biscuit!"

That's all folk!