

Hi Everyone!

Hope you're still doing okay this week! I heard on the news that outdoor exercise has been restricted even further in France, which must be frustrating. It is actually very rare for us to hear about France on the news – it is usually just the UK, Italy, Spain, and the US.

But, as you've probably heard, we have enough news to keep us going here anyway! It was announced on Sunday evening that Boris Johnson had been taken into hospital that evening after failing to recover from coronavirus symptoms. This was shocking enough, however, on Monday night it was announced that he had been taken into intensive care. His condition is said to be stable, but he has needed oxygen. This is extremely shocking for us, especially as he is supposed to be 'in charge' of our country's fight against the coronavirus. I know that lots of people have been very supportive of Boris' reaction to the crisis and some have even likened him to wartime Prime Minister Winston Churchill. There has been some suggestion of a 'clap for Boris' to show him that the people are supporting his recovery. From a personal perspective, I can't say I have the same level of support for the PM, but of course wish him a speedy recovery. It's a really scary time for everyone and this virus does not discriminate!

In other news, the Queen addressed the nation in a special televised broadcast on Sunday evening at 8pm. This is a very rare event, and only the 5th time it has happened in all of her 68-year reign (aside from her annual Christmas Day address). Watching it with my family, then, I felt a sense of the magnitude of this situation. We all remained really silent and listened attentively to her speech – she is such a fascinating speaker, I think. Her message was positive as she expressed that, as a nation, we will beat this. That was nice to hear from a woman who has lived through so much – she reminded us of challenges the country has during her reign, like WW2, the Gulf War, and Princess Diana's death. It was interesting to see the generational difference in response to her speech, however; my grandparents took her message very much to heart and were very excited that she had taken the time to address the nation, whereas my brothers struggled to get off their Xboxes to come and see her speech!

On the note of my brothers, I will update you on their attempt of making a roast dinner last week – it went well! The kitchen was a mess afterwards, but the food tasted good and, as my first roast since coming home, it was extra delicious. They insisted I take a photo to show you their skills. This week, my mam, the boys, and me have started a 30-day fitness challenge, which has been really funny. It's really difficult but it's a good way to bring some routine to the day and to be able to exercise despite the lockdown. Recently, I've been finding the days are going by so quickly and I'm shocked that we ever had the time to fit in our normal routines!

I hope you're all still managing to keep positive as you're one week ahead of us here. It's really sad and I hate hearing about the latest deaths on the news every day, but I hope that it will all be over soon and we can start to feel a little bit of normal coming back.



Stay safe,

Kate.

