



A letter to my younger self

Shrehan Lynch

Dear Shrehan,

As you look through your option subject's booklet and prepare for year 10, I wanted to offer you some words of encouragement. I was once in your position and my step dad Jim was such an inspirational support for me so I hope you have someone like Jim in your life to offer support at this time. When I was at school I loved PE but did not pay enough attention to other subjects so I encourage you to be passionate and give effort in all the subjects not just the ones you like.

My advice to you would be the following:

- You are stronger than you think so look inwards for inspiration
- Regardless of how difficult something seems remember to "keep going"
- Focus on doing things that you enjoying doing as this is one way of being successful

Please always remember to be positive, play hard and try new things as this will help make you a more rounded individual.

Whatever choices you make you will be successful as long as you maintain a positive mind-set. If you are ever struggling at school do find 1 adult in school to speak to as this one person may be the one that helps to manage the issue for you to allow you to flourish at school. Wishing you all the best as you start on this journey.

