

Dear Jackie,

I'm sorry to hear you not feeling well. I have decided to help you out a bit. I am going to the shops soon, so if you need anything just send a note. If it helps, I will take care of Pebble but that's if you can't get out to walk her. I can also help you with doing the gardening.

I have been going outside on walks, runs and playing football. You should try some of those to get fresh air and that might help you a bit. I also do P.E with Joe every morning at 9am to 9:30am. You should try drinking lots of water and eating healthy food, for example, apples, lettuces and potatoes.

If you get bored when you're on your own you could try these: reading a book or newspaper, watch the news or something else on TV , you could go outside and feed the birds or do a crossword.

This afternoon we are going to the shop to get the ingredients for chocolate sponge cake. I will eat some, but I will save some for you and I will bring it over. Hope you get better soon just remember you can call if you need anything.

From

*Ralph*