

31st March 2020



Dear Everyone

Here we are, in what is only our second week of lockdown. We hope that everyone is doing well and managing during this difficult and stressful time.

We really hope that you are managing to keep busy and that the daily messages from your child's class teacher are helping to give some sort of structure to your day. Please upload any photos onto Class Dojo as it is lovely to see whatever the children have been up to and also gives other families some good ideas. Well done to Mrs Dales class who are obviously getting out and about, baking and generally keeping busy.

It seems as if most of you are taking part in the daily PE lessons with Joe Wicks which is a great start to the day!

This is another good resource: stories.audible.com which will be free for the duration of the school closures.

As before, don't let this add to your other pressures - just do what you can and what feels right for you and your family.

As the crisis continues, difficulties will arise for all of us. The security of a clear routine, the support of friends and our wider families, personal worries, as well as all of the other changes we are having to adjust to could begin to take their toll. There is lots of advice out there, some of it more useful than others, but this website is a good start:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

As before, please contact the school if you have any concerns.

We will end this with a quote from Rishi Sunak:

" When this is over - and it will be over - we want to look back on this moment and remember the many small acts of kindness done by us, and to us."

Take care

With best wishes,

Sarah Beveridge