

Friday 1st May 2020

Dear Parents/Carers

This week has been about 'checking-in' and maintaining connections. Myself and the school team have together spoken in some way or somehow to almost every family, not about school work necessarily, but about how we are all doing. As a school community we are acutely aware of the vital need to get this right – both now and in the future. We know that there may be bumps along way, but together we will journey towards a collective recovery - accept the now, prepare for then. I hope that as we sit courageously 'not knowing', you all know that I will truly listen to the entire school community, truly hear what is said and sense the unsaid because we all have to be okay emotionally, socially, behaviourally and ultimately academically.

As we know that everyone must be in a secure place socially and emotionally to enable learning and doing, during this time of lockdown, it is vital that we all look after our mental wellbeing. Social isolation, a reduction in physical activity, unpredictability and changes in routine can all contribute to increasing stress. Many people who wouldn't normally, are feeling anxious and this can present itself in different ways.

Understandably, those in your family may at times find that shielding and distancing can be boring or frustrating. You may find that the mood and feelings of family members are affected and you may feel low, worried or have problems sleeping and you might miss being outside with other people. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse.

**Kids' Sadness About COVID-19 May Look Like:**

<p><b>Anger</b></p> <p>"This stupid remote doesn't work!"</p>	<p><b>Resisting the "new order"</b></p> <p>"I'm not doing four math problems! I'm only doing one!"</p>	<p><b>Tiredness</b></p> <p>"I don't want to go for a walk. I'm too tired!"</p>
<p><b>Numbing Out</b></p> <p>("Just 30 more minutes on the iPad!")</p>	<p><b>Displaced frustration</b></p> <p>"I didn't want lasagna for dinner. I wanted tacos!"</p>	<p><b>Boredom</b></p> <p>"I'm bored" = code for "I'm sad"</p>

Constantly watching the news can make you feel more worried, so you may have started to limit the time you spend watching, reading or listening to media coverage of the outbreak.

Staying connected with family and friends can help bring a sense of normality and provide something to look forward to. Try to stay in touch with those around you over the phone, by post or online – we will do the same, but give you space for a couple weeks. Remember you can stay connected with us by sharing what you get up to on the Class Dojo Portfolio, and via class comments or private messages – we do miss you all! It has been lovely to hear about the virtual social events that you have arranged from quizzes to sleepovers.

If you need any information [NHS Every Mind Matters](#) provides simple tips and advice to help relax more, achieve more and enjoy our lives in relation to Coronavirus and wellbeing and the [NSPCC Coronavirus advice and support for parents and carers](#) has lots of links to, including advice on tantrums, working from home and online safety.

Stay safe, stay well and take care

Warmest wishes, Hayley Adams