



Friday 29th January 2021

Dear Parents/Carers,

This week, we have found out that the end of lockdown looks to be a little further away than we had first hoped. We know that this whole situation is hard, but we must all continue to pull together, support each other and keep going so that we can all safely get through to the end of this lockdown.

The challenges we face juggling home, work and a full curriculum continuation of home schooling is tough. The cold, dark days and drab weather really doesn't help our general wellbeing either.

But as we plod, manage or muddle on, please remember that we are living through a pandemic and however you 'get through it', don't forget to tell yourself 'well done, you've got through another day'!

We hope that for those that can access the live element of our provision, the support that the teacher provides helps to take the pressure off slightly (though I know this may be more the case for older children). But we know that everyone's circumstances are different and our children most importantly need to be safe, loved and cared for.

We know that there are high expectations and there is a lot of work, but whilst we are 'closed' for some pupils, we are still here emotionally for all our families and if you need support, a chat, a virtual cuppa or even a cry!

To that end, we have decided to postpone the Parent Consultation scheduled for the end of term and replace it with a well-being, 'check-in' phone call home for those off-site and a 'gate-time', distanced chat for those at school. We will move the Parent Consultation to the next term upon our return as we feel this will be more purposeful once the children have come back together.

As we begin to approach the end of term, we will recognise both Mental Health Week and Safer Internet Day and build this into a pastoral remote learning programme. So for your information, during the last week 8th -12th February, we will be taking a leaf out of the Little Eagles' activity programme with a set of activities for the non-core learning. This will include Mindfulness Monday, Take-Turns Tuesday, Wellbeing Wednesday, Thoughtful Thursday and Fun-time Friday. We very much hope this will help everyone feel calm and grounded.

Take care, stay safe and remember, we think you are all doing an amazing job!

Kind regards
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