



Dear Parents and Carers,

We hope that the children enjoyed the learning activities that have been set this week and that their wellbeing has been fully recharged with our focus on mental health.

With this in mind please encourage your child to look out for their weekly wellbeing survey which will be on their Friday Teaching Blog for Reception to Year 6. (For Nursery it will be on their Tapestry). This will be another avenue for the children to tell the teachers how they feel and provide them with feedback on the teaching for that week. As you know, parents are using the class email address to communicate their questions, their queries, requests for help and to provide feedback.

Thank you to the parents who have been thinking about the staff wellbeing and have sent in food hampers and treats for the staff. They really appreciate your kindness and generosity. Thank you for your kind emails too, thanking the staff for their hard work. It really spurs them on.

Over the last two weeks we have had to increase our onsite provision to accommodate children who are at risk of becoming vulnerable. We have also had additional requests from parents who are critical workers and are eligible for onsite provision. Unfortunately we have to abide by our risk assessment and can only provide care and education for a considered number of children on site. As the onsite numbers have increased we are now facing our greatest shortage of staff as several are currently fighting COVID at home and in one case receiving medical treatment.

We understand families are struggling at the moment including the staff and their families too. Some have lost members of their families since Christmas. We will continue to do our very best to meet the needs of our community in a safe manner whilst trying to minimise contacts and reduce the spread of the virus. The SLT review the numbers each week based on the risk assessment and the numbers of staff available. We keep a record of all the requests and are mindful of your individual circumstances. Your patience in waiting for a place is really appreciated.

Yesterday an email was sent to parents which included the login details for a Parent Online Safety Webinar. Please try to take some time next week to watch the webinar, especially as the children are spending so much time online now. There is also an opportunity for you to send in questions for further clarification.

Please look out for the Internet Safety Assemblies that will be available on your child's Tapestry and PurpleMash Teaching Blogs next week. Whilst Internet Safety is taught on a weekly basis this is another opportunity for the children to be reminded as we celebrate Safer Internet Day on 9th February.

The School Nurse has asked me to pass on the links to Action for Children, NSPCC and a Mental Health website with advice and tips for parents. Please call or email the school if you feel you need help and support. We are happy to listen and make any necessary referrals if you feel you cannot manage.

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.mentalhealth.org.uk/a-to-z/p/parents-and-mental-health>

She also recommends the following for children's wellbeing. Please encourage your child to try them and let us know how they got on. We would love to know!

### ***SmilingMind***

*SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.*

### ***Mindful Gnats***

*An app to help young people develop mindfulness and relaxation skills.*

Finally, please can I remind all parents to report any children with confirmed cases, suspected cases or if they have been asked to isolate as we have to report these figures to the DfE daily, even if your child is learning at home and has not been on site. A quick call or email to the office is all that is needed.

Wishing you all a restful (and safe) weekend!

Take care!

Best wishes

Miss M Kelly