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29 January 2021

Sample Parent

Sample Student (Year 1, Samples)

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Wellbeing

Dear Parents/Carers,

I don't know about you, but it feels like it has been a very tough week. I think it is a combination of some tough news headlines and a bit of a comedown back to dreary winter after the brief respite of a bit of snow fun!

I know that home learning is beginning to take its toll for the children, you as parents and us as school staff. Believe me, we would like nothing better than to be teaching as normal with all the children in school. We are constantly reviewing ways to present the learning and will continue to do so.

Thank you for everything you are doing to support your children. Please remember when the moments hit when its all too much, do step away for a while and come back to it when everyone is feeling a bit more positive.

One thing is for sure; Spring always follows Winter.

With all of that in mind, it is very timely that we will be marking **Children's Mental Health Awareness Week** next week. You will already have received a ParentMail from Mrs Kipling with useful information and links.

We would like to use the week to take the foot off the pedal a little with home learning and specifically screen time.

The plan is to reduce the workload to mornings, focussing mainly on English and Maths, though the older children may occasionally have an additional morning lesson.

We would like to dedicate the afternoons to activities based on the 5 ways to well-being:

- Be Active
- Be Mindful
- Learn Something New
- Connect
- Give to others

The attached sheet has lots of ideas, but the children may have their own.

In addition, we will be creating some more opportunities to connect and interact. On Monday morning, I will run a live assembly on Zoom for the whole school. The link is below and I would love to see as many children as possible.

Helen Ryan is inviting you to a scheduled Zoom meeting.

Topic: Wellbeing Assembly

Time: Feb 1, 2021 09:30 AM London

Join Zoom Meeting

<https://us02web.zoom.us/j/82730393025?pwd=T1E0UUptTGV1N3JTamw1QUs3LzdnUT09>

Meeting ID: 827 3039 3025

Passcode: uh4siX

There will also be short, live, daily check ins with class teachers from Tuesday. Look out for these on Dojo Class Stories. (Squirrels may do things slightly differently so keep an eye on the Facebook group.

Remember that Friday 5th February is '**Shine Bright, Wear Bright**' day. We would love to see everyone wearing their brightest colours and if you would like to donate to CHUMS Children's Wellbeing and Trauma service, here is the link again.

<https://www.justgiving.com/campaign/ShineBrightWearBright2021>

I do hope that everyone will benefit from this focus on wellbeing.

Best wishes

Miss H Ryan