

Newsletter

29.01.2021

We acknowledge that this is an unprecedented time for all with many worries and expectations due to this, we have been looking for ways to support the community. If you are feeling stressed or anxious, try to take the following quiz for some simple tips to support your mental health.

<u>Click here</u>



From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week. This year's theme is **Express Yourself.**

To celebrate this, we will be giving families time to focus on well-being each day. We will therefore be finishing all lessons at 2pm next week for children to complete well-being activities such as painting, yoga, meditation, puzzle solving, etc.

If you use this time productively for your well-being, please share some photographs with us to add to our wellbeing week on the website and on to the school FB page.

<u>FSM</u>

Please note that free school meal vouchers are emailed every second Monday at £15 per week, per child. Some have been calling up weekly for these. The new scheme runs fortnightly to solve the problems with the site crashing. These can be used at:

- Sainsbury's
- Tesco
- Asda
- Morrisons
- Waitrose
- M&S food
- McColl's (including RS McColl's and Martin's)
- Aldi
- lceland
- Company Shop Group



Thank you to all of those parents and carers who are battling through the home learning. We had a <u>fantastic 61%</u> of the school learning together on Wednesday. The highest figure yet.