

Dear Parents/ Carers,

We are now at the end of our third week of remote/home learning and can only congratulate everybody on how well they have made the transition while coping with the unique pressures that this situation creates. It is important to recognise that everyone's circumstances and wellbeing is being affected in many different ways and therefore we are looking to support our school community as much as possible. To support everyone involved with our schools, we will be introducing a couple of new initiatives next week.

On **Friday 29th January**, we will be having Wellbeing day and concentrating on making sure we take care of all our mental and emotional wellbeing. On this day, we will be introducing the ideas of the 5 WOWs to Wellbeing, which are 5 key concepts that have been shown to improve mental health and wellbeing.



Instead of normal work, we will provide suggestions of activities based on each of the concepts, so that we can give our minds the attention and care that they need. These activities will be practical and can be completed by our children and their families. There will be no pressure to complete everything. You will also not be expected to submit work so these can be completed in your own time. We do understand that not all families will be able to do this together, so there are plenty of activities that children can take part in independently of adult support. These activities will be sent via the learning platforms and ParentMail.

After next week, we will be continuing this idea each week on 'Feel Good Friday' afternoons. Work will be set for the morning as usual and then in the afternoon we will look at each concept in turn and provide activities to try at home, based on this idea to help promote positive wellbeing.

While the hope is that these activities can help develop wellbeing, we feel that it is also important to recognise that not every day goes to plan. Every now and then, things do not work properly or new things crop up and it is not feasible to do everything. Part of a healthy wellbeing is understanding that it is ok to have a bad day. With that in mind, if you feel that you are having one of those days and need to take a family wellbeing day - that is ok. Whilst we hope that this would not be a weekly necessity, we all know that every now and then this would help ease the pressure. If you find yourselves needing a wellbeing family day, can we ask that you drop us an email. We will then let the class teacher know so that work will not be chased for that day.

Hopefully we will be back together soon, but until then we will be continuing to review our systems and try to support our families as much as possible going forward.