

23rd April 2020

Dear Parents/Carers,

As we approach the end of our fifth week of school closure, I just wanted to take this opportunity to thank you for all of your hard work over the last few weeks which have been difficult for us all.

It has been really heart-warming this week to see the photos that parents have sent in of their children involved in a multitude of activities some educational but a good proportion life-long learning skills. What a wonderful school community we will have at the end of lockdown-bakers, gardeners, builders, PE enthusiasts to name but a few! Please keep sending the photos in.

As I have said all along the most important thing we need to consider during this unprecedented time is the health and well-being of our children, our parents and our staff. Without good mental health returning to school will be doubly hard for us all. For this reason, I wanted to make you aware of a self-care kit for primary school aged children which is aimed at looking after their emotional health and wellbeing during this time.

The kit covers lots of topics, including staying healthy, handling emotions, letting go of worries and staying connected, plus some fun things to do whilst at home. There are breathing exercises, advice on conversation starters, a postcard that can be filled in with a message to family member or friend they are missing and much more.

To access this, please click on the link below:

<https://www.healthforkids.co.uk/grownups/healthy-minds/download-our-health-for-kids-looking-after-yourself-kit/>

In addition, please remember that if you have any worries or concerns you can contact Mrs Peden, our Family Support Worker at any time during school closure and she will be able to signpost you to any support that is available. Her email address is: family-support@stmarys.leics.sch.uk. Please do not hesitate to get in touch.

Despite more speculation in the media this morning, we still do not know when schools will open. Rest assured we will plan for this carefully and are acutely aware of the concerns you must have as parents about the time your child has missed at school.

Finally, I just wanted to say that if we do not return by the end of the academic year, Year 6 will be invited back at some point to say a proper good-bye to all of their friends. Have a think Year 6 about what you would like to do! You are more than welcome to email me with your ideas. I'd love to hear from you.



ST. MARY'S

'With God All Things Are Possible.'

Matthew 19:26



As always, thank your support and understanding at this time. I am proud that as a school, we are trying our hardest to follow Government guide-lines- to stay at home, protect the NHS and save lives.

Yours sincerely,

Mrs Ayres
Headteacher

