20th January 2021

**Looking after ourselves and each other**

Dear Everyone,

We all need to take time to look after ourselves - both physically and mentally. Both our bodies and our social, emotional and mental health and wellbeing need attention every single day. Sometimes we are good at this, and sometimes we forget and are swept up in the busyness of life.

Right now, with school closed again and the world still a bit upside down, it is even more important that we look after ourselves and that we watch out for each other. Whether this is by doing big things, medium sized things or little things, self-care should become part of our daily routine. Lots of little things soon add up to a positive impact. **Smiles are infectious - who can you pass on to today I wonder? ☺**

I have put together some resources that I hope will be useful, some are very general and others relate to supporting needs that are more specific. I will keep adding to the folder on the school website over time, please keep checking back. You can also visit the Mindfulness/Wellbeing section on your class blog or check our Facebook page for daily ‘mindful moments’.

I have included some links and signposting to various sources of support and more information. Your GP is a good first point of call for any form of mental health support – for both children and grown ups.

If you usually have an external professional supporting your child or your family, please remember to reach out if you need them. If you cannot get hold of them then please let me know by emailing the school office. We are all here, so if you are finding things difficult please get in touch and we’ll do our best to help.

Take care – of yourselves and each other. I’m so pleased with all the work you are uploading and photographs of your challenges and adventures. It’s lovely to see you when you can get onto a live teaching session. We are all very much looking forward to seeing you all again soon.

**Mrs Gray ☺**

**Link:**

[https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==](https://protect-eu.mimecast.com/s/LBTSCMZ9Gi52XOPtw42Wp?domain=ssscpd.co.uk)