



OUR SCHOOL VALUES: RESPECT - UNDERSTANDING – PEACE – HONESTY – RESPONSIBILITY - TEAMWORK

12th February 2021

Dear Parents

Spring was on its way...

I think I spoke a bit too soon last week when I said Spring was on its way! Apparently we have had the coldest night this week in the UK for 25 years with temperatures well below zero and plummeting to an incredible -23C in Braemar, Scotland! I do hope you are all keeping warm and enjoying the frosty scenes.

Well, you have done it...and done it rather well! Half a term of remote learning and I am pleased to say that every child at the school has shown engagement with their learning.

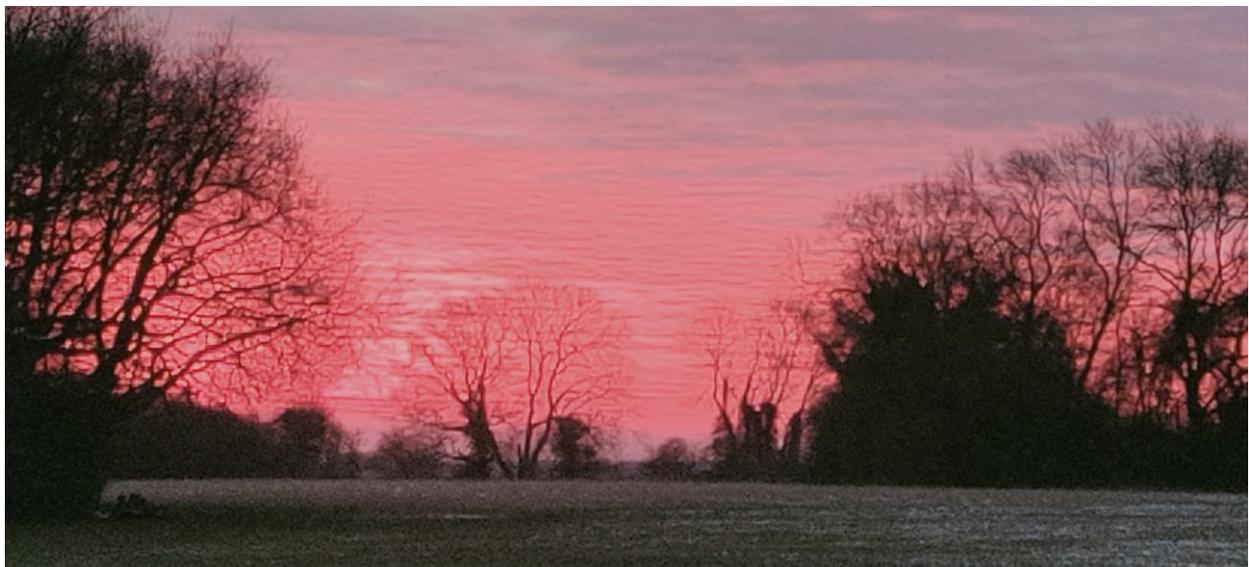
Thank you to all the parents who have returned borrowed equipment and those in Years 3 and 4 who have collected next half term's key text.

Wellbeing and Mental Health

This is a challenging time for us all and looking after our mental health has never been more important (even if you feel well). There are a number of resources available to support us all with our mental health including [BBC Headroom](#). I particularly like the sections about inspirational stories and the links to Nature Escape, but there are a lot of film clips, activities and resources to explore. The UK's Youth Ambassador, Dr Alex George, has also recorded a '5 a day' message with some tips towards well-being and mental health as we approach the half term break. [YouTube channel](#).

I do hope you all have a screen free happy half term and that we will be back together at some point soon in the next half term. Maybe you will see a sunrise (or sunset) like I saw this morning... totally awe-inspiring....what a wonderful world!

Kind regards
Mrs R Phillips
Headteacher



Let the morning bring me word of your unfailing love, for I have put my trust in you.
Psalm 14 3:8