



ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL

HEADTEACHER: MR C BRIGGS

DOBBIN CLOSE, HARROW, MIDDLESEX, HA3 7LP

Telephone: 020 8863 8531 - e-mail: office@stjosephs.harrow.sch.uk

www.stjosephs.harrow.sch.uk

Dear Parents/Carers

22nd January 2020

I hope you are all ok.

I saw this, and I thought it would be useful to share:-

Firstly, when things get too much, give yourself a break. The world will not end if you simply stop the task that is causing so much tension and simply have a break. Build in time throughout the day for the following:-

Fresh air: A 15-minute break in the garden or a walk down the street can make all the difference.

Food: Remember to build time into the day to simply sit down and have lunch.

Time: Talk to that friend or family member who brightens you up and makes you feel better. They are crucial right now.

Laughter: No matter how bad things feel, if you search hard enough, there is usually something to come out of the day that will make you laugh. Hold onto this and laugh together.

Remember you are doing the best you can, and that your children will be okay. They will, however, not be okay if you aren't, so look after yourself as well as them. All of us here genuinely feel like you are doing an amazing job, and I just wanted to remind you all of that. As always, if you have got any questions or feel we could help in any way, please feel free to contact me.

I hope you have a lovely weekend (and remember those prayers for Nottingham Forest!).

God bless

Mr Briggs

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain." Vivian Greene



Blessed Holy Family
Catholic Academy Trust