

## Wellbeing letter 5<sup>th</sup> May

Dear Parents and Carers,

I hope that this letter finds you and your families well. During the last week, I have spoken to parents across different schools who said how Lockdown was becoming more challenging. I must say that I found last week harder, I am not sure if it was the change in weather or just a general dip.

At the weekend, we talked at home about what we could do this week to help change the energy in the house. One of the family suggested that for this week, we make a "Things to do jar". We would use two different colours of paper, blue for things to do now and yellow for what we would like to do when Lockdown is lifted. Each day, we add to the jar and then one person has to pull a blue slip out, today you will find dinner being designed by the youngest member of my family!

We will look at the yellow slips at the end of the week, then talk about the future, which is important for us all.

Have you things which are working in your homes, would you be happy to share? If you have I thought I could collate ideas into our own top tips guide. It could include activities, websites or anything that has or is helping you during this time.

Please don't feel obliged to do this, as the most important area to focus on is your own wellbeing.

A website that I have found helpful this week is Care for the Family, a lot of practical information and some excellent signposting.

<https://www.careforthefamily.org.uk/family-life/covid-19-support-for-your-family>

I would like to finish this letter with the recent announcement that primary schools may be returning on June 1<sup>st</sup>. This news may cause different levels and types of anxiety, as none of us know what this is going to look like. Please be assured that we will do all that we can to support you and your children.

Kindest Regards

Michelle Draisey

[mdraisey@allcannings.wilts.sch.uk](mailto:mdraisey@allcannings.wilts.sch.uk)

School mobile 07881361305

