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Dear Parents/ Carers

## **Ac-Cent-Tchu-Ate The Positive**

As we reach the end of the half term, we are all looking forward to March 8<sup>th</sup> and hoping that the course of the Covid19 pandemic and the vaccination programme is such that it is once again judged safe enough to open schools.

It has been a tough and intense half term. As parents you have been trying to bring three worlds together: work life, family life and school life, all sitting beneath one roof. This is not normal and it is a very difficult situation. We are aware of the mental health impact this is having on children as well as parents and carers. Please recognise that you are not alone in this – it is tough for everyone.

We know you are trying to do the best for your children. We also know that you are worried and feeling unsure how best you can help your children cope. It is true that you aren't teachers, but the support, advice and listening you provide to your children is one of the most positive influences you can have. Don't lose sight of how important your relationships are and remember to make sure you prioritise your own welfare and well-being.

If I could offer one piece of advice, it would be this: **focus more on the positives** with your children. Focus on what you and they <u>have achieved</u> and not on what hasn't been achieved. Especially with younger children, where you might think positive thoughts, say them. Encourage engagement and emphasise the positives. Difficult as it is and tired as we are, if you can, you will get a much more consistent, positive and engaged response from your children. I think Bing Crosby says it best...

https://www.youtube.com/watch?v=wVRG3K27WfU

## Ac-Cent-Tchu-Ate The Positive Bing Crosby

You've got to accentuate the positive Eliminate the negative Latch on to the affirmative Don't mess with Mister In-Between

You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium
Liable to walk upon the scene

To illustrate his last remark
Jonah in the whale, Noah in the ark
What did they do
Just when everything looked so dark

Man, they said we better, accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between
No, do not mess with Mister In-Between
Do you hear me?

Oh, listen to me children and-a you will hear About the eliminatin' of the negative And the accent on the positive And gather 'round me children if you're willin' And sit tight while I start reviewin' The attitude of doin' right

You've gotta accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between

You've got to spread joy up to the maximum
Bring gloom, down to the minimum
Otherwise pandemonium
Liable to walk upon the scene

To illustrate my last remark
Jonah in the whale, Noah in the ark
What did they say
Say when everything looked so dark

Man, they said we better accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between
No, don't mess with Mister In-Between

Have a great end of week and half term,

Mr Sean Smith Headteacher