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29 January 2021

**Dear Parents/ Carers** 

## Give yourselves a 'Well Done'

Lockdown 3 - end of week 4...January done...19 school days done. You've had to be parent, worker, teacher, entertainer, care giver, house worker...the list could go on. These are difficult and challenging times for all of us. Your children are doing a fabulous job at home or at school, coping with the 'new normal' and all the emotional strain it brings with it. But you, as parents have had to cope not only with the strains on yourself but the worries and anxieties around your children and family.

So, I just wanted to say, I think you are doing a brilliant job. I have no doubt that you will occasionally feel that you are not doing as well as you might hope, under these most difficult and trying of circumstances, but that is not the case. Your children are remarkably resilient; they have shown us that over the past year. We will get through the rest of this pandemic together and we will work together to make sure that your children suffer no long term educational harm.

So, make yourself a cup of tea – or something else – give yourself a break, take care of your mental health, and accept your well-deserved Friday award...



Have a great weekend,

Mr Sean Smith Headteacher