

Friday 24th April 2020

Dear Parents & Carers,

Words of reassurance, encouragement and support

As we come to the end of our fifth week of school closure (including the Easter break) I know from talking to so many of you this week when you came to collect the food parcels, work packs and took delivery of our Brecknock Happiness Hampers that it's now starting to get really challenging with the children at home. I have spoken lots in my previous letters about looking after our children's mental health at this time but this week I want to focus on **YOU** the parents, the carers, the makeshift educators, the reassurers and comfort givers.

To be able to support our children through this difficult time we need to be kind to ourselves and realistic about what we are capable of. Be kind to yourselves, give yourselves time and space to prioritise yourselves. Here's my five top tips;

- 1) Do not feel duty bound to be at your children's beck and call every second of every day. We don't run around after them at school we encourage children to be independent.
- 2) Encourage them to take responsibility, give them simple tasks like making their own snacks, tidying their rooms and doing basic chores to help around the house. Talk to them about us all doing our bit to keep things going.
- 3) Try and get a routine which sees them in bed at a reasonable time so you can have some quiet time to yourself – this is tough on you too and for you to be able to care for your children you need to stay fit and healthy yourselves (physically and mentally)
- 4) Be realistic about what can be achieved in a day and slow the pace down.
- 5) Don't feel guilty – you are doing your best, that's all we can every ask of ourselves. We are human beings and none of us are perfect.

It's hard for us all as adults to process what is happening in the world right now, none of us have lived through anything like this, and actually known of us can predict what will happen and when life will get back to something we recognise as normal. It's okay to feel uncertain and not know all the answers. If you need us we are here for you, call or email any of us in school or teachers will answer from the safety of their home. This is a team effort but you parents, carers, givers are the key to making it through this tricky time, so stay safe.

Take care



Cal Shaw
Headteacher

