



1<sup>st</sup> February 2021

Dear Parents/Carers,

### **Stepping through 2021 Lockdown – Step 5 Halfway there we hope!**

Wow, January has passed and we now look to February and beyond, although a brighter and warmer welcome to the first day of the month would have been nice!

Following government announcements last week we have been told that we can look ahead to schools beginning to open to more pupils on Monday 8<sup>th</sup> March at the earliest. Of course this will depend on many things but we, like you, hope that we're in a place that sees us being able to return to something more normal as soon as possible.

If we look to the possibility of an early March return it means that having completed 4 school weeks since we closed to most pupils, there are another 4 weeks to go. We are potentially halfway through the school closure period, and that's if we ignore half term! On one hand this can feel positive (we're getting somewhere!), on the other it can feel like a tough message too can't it?

Let's be honest, this isn't the sort of experience that anyone, children or adults, 'get used to' or can feel better about the deeper into it we get! The longer it goes on the more difficult, unusual, and challenging it can feel. We think that in accepting this as the reality we can then recognise that it's more important than ever then that we take care of ourselves and each other.

#### How can we continue to take care of ourselves and each other in those 'difficult moments'?

- Know that 'difficult moments' are part of everyone's experience of this lockdown. It's not just you!
- Recognise that we have made it this far and it's been okay. It's not always been 'great', but was it ever going to be?!
- Let's not expect too much of ourselves and those around us – right now perhaps it's about having days that feel 'good enough' or 'okay' rather than striving to make every day a 'great' or 'good' one.
- Talk to each other, within families, beyond families, to people that we can trust and rely on – whatever you're sharing will feel familiar to those around you.

#### Thanks from us

- Thanks for every part you have played every day so far in keeping your children happy, safe and comfortable.
- Thanks for making the right, and often difficult, decisions for your children and your family – you really do know best.
- Thanks for speaking to us when it has felt like we can help – we're always pleased to hear from you and we're always keen to provide support where we can.
- Thanks for thinking about the whole school community. You have enabled us to create in-school provision that works for children and families, and that is manageable for our school team.

There is so much more that we could say 'thanks' for. It is so important to us that every family recognises what you are giving to the school community right now, at a time when it's so hard to give.

As always, we'll continue to be in touch during this week – take care and feel comfortable with the 'good enough' days and if it ever feels like you could do with some help, please get in touch – we'll always try to make it worth your while. Take care.

Yours sincerely,

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