



Wednesday 18th November 2020

Dear Families,

Looking after YOU

The adversity of life at the moment and the ongoing stress of the coronavirus is continuing to impact on all of our lives. Some ideas for looking after yourself may feel unrealistic right now, some treatment and support options will be harder to access or may be unavailable for a while. However, we would like to reassure you as families that we are here to support you in any way that we can by nurturing either the emotional resilience of yourself or your child.

Taking steps to look after your wellbeing can help you deal with pressure and reduce the impact that stress has on your life. Emotional resilience is not just your ability to bounce back but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience isn't a personality trait – it's something that we can all take steps to achieve.

For example, you can:

- Make lifestyle changes
- Look after your physical health
- Give yourself a break
- Build your support network

Make lifestyle changes

There are some general changes that you can make to your lifestyle that could help you feel more able to cope with pressure and stressful situations.

Use relaxation techniques (prioritise self-care)

You may already know what helps you relax like having a bath, listening to music or taking your dog for a walk. If you know that a certain activity helps you feel more relaxed, make sure you set aside time to do it.

Make time for your friends

When you've got a lot on, this might seem hard but it can help you feel more positive and less isolated. Chatting to friends about the things you find difficult can help you keep things in perspective. Laughing and smiling with them will also produce hormones that help you to relax.

Find balance in your life

You may find that one part of your life, such as your job or taking care of young children is taking up almost all of your time and energy. Try making a decision to focus some of your energy on other parts of your life, like family, friends or hobbies. It's not easy but this can help spread the weight of pressures in your life and make everything feel lighter.

Looking after your physical health

Taking steps to look after your physical health can help you to look after your mental health and reduce feelings of stress. Find time to walk, run or enjoy some 'virtual' work outs, yoga or pilates sessions. Spend less time engaging in social media and enjoy some time outside.

Are you getting enough sleep?

Stress can often make it difficult to sleep, and can cause sleep problems. Getting enough sleep can help





you feel more able to deal with difficult situations.

Are you eating healthily?

When you're stressed, it can be tempting to skip meals or eat too much of the wrong kinds of food but what you eat and when you eat, can make a big difference to how well you feel.

Build your support network

Remember that whatever you're going through that's causing you stress, you don't have to cope with it alone.

Friends and family

Sometimes just telling the people close to you how you're feeling can make a big difference and they might be able to help you out in other ways too.

Support at work

Connect with your line manager, human resources (HR) department or employee assistance schemes. Try not to worry that talking to your manager or colleagues about stress will be seen as a sign of weakness – your wellbeing is important and responsible employers will take it seriously.

If you are seeking more anonymous support, don't forget to visit the school's website for a variety of different support networks and links that you could access.

Please do not forget that as a Federation we are lucky enough to have our own onsite Family Support worker. If you feel at any time you need to speak to someone about an incident in your own or your child's family life, please do not hesitate to make contact with the school office. Our newly planned 'Time to Talk' session may be of help to you too. Please make sure that you email the school office with your query/question ahead of accessing the zoom call with Mrs Reed and myself on **Monday 23rd November**.

Christmas is coming...

I will be sending you all our BeDifferent Christmas countdown next week. We will be ensuring that our slightly more 'virtual' Christmas plans are as exciting as ever, even during a pandemic. Be prepared.....

Attendance update

I am very pleased to be able to report that our attendance percentage last week continues to be strong at **95.9%**. This attendance percentage is 0.1% better than last weeks-well done to everyone.

Have a lovely rest of the week and look after yourselves,
Mrs N Bull
Chief Executive Headteacher

