

Willows Update – Week ending 15th January 2021

Dear Parents / Carers,

Well, we have all made it to the end of our first full week of this new and challenging lockdown! I am sure it has been an extremely tough week for everyone in many different ways. As you appreciate the responsibility of leading a school through these unprecedented times is weighing heavily on my shoulders. It is an absolute privilege to do so but also a huge responsibility. I always try to balance what is being asked of us by the 'powers that be' with our individual setting and ethos. I do not, even for one minute, believe that I ever get this balance completely right. But please know how important every single member of our school family and community is to me. I thank you all for your patience, support and understanding.

Below are some words that were sent to me by a colleague written by a psychologist;

"By far the most important things that our children need, at this time, are warmth, love and security. This is the heart of mental health and the building of resilience."

Here are some suggestions to build resilience in your family during this time and for the future:

1. Prioritise your own mental and physical health.
2. Make time for connection with your children.
3. Do not get into battles with your child about their school work.
4. Parent positively without punishment.
5. Spend as much time outside in nature as you possibly can.
6. Find ways your children can stay connected to friends and wider family.
7. Find a balance between structure and flexibility.
8. This is about survival not perfection.

As we move into a new phase of the Willows' journey next week with more children learning from home, please know that all the staff are here to support you and your children. Please just ask if you need help. Thank you to those who have sent in and posted lovely positive messages of appreciation for the hard work and wonderful job that our teachers and teaching assistants are doing. I am extremely proud and grateful to them but also incredibly proud of the children and you their parents too. The children who are in school have also been a credit to their families and the Willows community.

Let's all hope that these drastic measures that have been asked of us will be short lived and that we will all be back together as soon as possible. At least there has been slightly better news at the end of the week about falling infection rates.

I will keep in touch with you on a weekly basis as we endure other period of time apart. But in the meantime I trust that you will be able to stay safe, healthy and happy.

Take care of yourselves and each other.

Mrs Warren.