



This has seemed like such a long half term.... two weeks to go until the holiday and I know that parents and children are working as hard as they possibly can– it isn't getting any easier and I just want to reassure everyone that they are doing a good job—being fantastic parents and keeping the whole community safe.

Mrs Taylor.



Here are a few tips to look after **you** during this lockdown period;

CONNECT WITH A FRIEND OR FAMILY MEMBER

If you're having a bad day – or something is particularly frustrating or upsetting you – talking things through with someone can help to lighten the load. Plus, admitting how you're feeling can help someone else to feel less alone.

DO AN AT-HOME WORKOUT

Research has repeatedly shown that exercise has the power to make us feel good.

GET CRAFTY

If you're looking for a way to take your mind off of things for a bit, getting creative is a great place to start.

MAKE YOURSELF A FANCY LUNCH

Let your children help you create a meal you have never tried before.

SIT STILL

At a time when we're using technology more than ever, and when social media is particularly full of terrifying news updates and depressing figures, it's more important than ever to take the time to check in with yourself.



I'm Supposed to be at School Today..

I'm supposed to be at school today
But mum says I can't go
'Its our turn on the bikes' I said
But she hugged me and said 'No'

I get to play at home today
And sit and watch TV
Dad's been on his phone all day
But it doesn't bother me

Mum made us ring gran today
And said that I had grown
I told them both my favourite joke
And gran laughed loud down the phone

No one's playing on my street today
And I'm getting bored of TV
I got a bit upset and sad
Then mum sat me on her knee

She said
'it all feels a little strange today
Not just for you, but for me
It won't be like this forever
Just you wait and see'

Dad came off his computer today
And helped me read my book
Both our tummies started rumbling
So then he taught me to cook

I played out in the yard today
And found some bugs within the grass
My neighbour saw me through her window
And waved at me through the glass

Guess what? I went back to school today
And all my friends came back too
My classroom looked exactly the same
And my teacher said' I missed you'

Gran came round for tea today
And said something to me
'you must remember this time
Cause they'll teach this in History