



HT's Daily Update for families, 24.03.2020

Good morning RHPS family.

I hope this Wednesday finds you well and adjusting to this new way of life!

Today sees the first day of the hubs opening across the city for the children of our incredible critical key workers. I would like to extend my heartfelt thanks to all of those workers for everything they are doing as well as to all of the school staff who are heading into the hubs to support those children. True heroes, each and every one of them!

I wanted to share a couple of really helpful resources for mental health and wellbeing which I feel should be the key focus for this first week. Here is a link to Emerging Minds - <https://emergingminds.org.uk/resources/> - which has great information and advice about how we can best support our children and young people.

I have also attached a really full and informative document with advice for parents, carers and those working with children and young people. Written by teams at the Universities of Reading and Oxford it is a comprehensive guide with lots of links to web sites, resources and activities.

It is so important to have discussions with your children addressing any worries and reassuring them at this really difficult time.

Physical health and well being is another key element of our new lifestyles.

With us being limited to one form of outdoor exercise a day, I thought this video would provide fitness and fun for all the family - <https://www.facebook.com/lucia.valenciahuerta/videos/3256631937699884/>

Please remember that we are here for you and you can contact us through our school admin account (admin@royalhigh-pri.sch.edin.uk) if you have any questions.

Please keep following the guidelines, keep in touch and make the most of this time as a family.

Best wishes and keep well.

Anna

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