



19.05.2020 HT's Daily Update for Families

★ Good morning all.

★ I hope you have had a lovely long weekend and enjoyed a leisurely day yesterday.

★ It feels like quite a long time since we last spoke (virtually!) so I hope you are all continuing to keep well.

★ Another week of lockdown is upon us and this has lasted a lot longer than many of us expected. It is really fitting that this week is Mental Health Week as now more than ever we need to make sure that we are keeping in check with our emotions and seeking that positive emotional and mental health and wellbeing.

★ There are many ways in which we can do this. I have found a really simple chart with suggestions from Aldi of all places which might give you some ideas to keep yourself and others positive.

★ I'd love to hear how you are managing this through the week so please send your tweets and messages to us through the usual channels.

★ On that note, please remember that there are daily updates and links on Twitter including those mentioned in Thursday's update. It's a really simple way to keep in touch and, hopefully, be inspired to try something new!

★ I'm down to my final few check in calls to my Primary Seven families so if you are waiting for a call, I haven't forgotten you! I look forward to speaking to you in the very near future.

★ I hope you have a really good day today and look forward to hearing from you soon.

★ As always, take care, keep well and stay in touch.

★ Anna

★ Anna Hazel-Dunn

★ Head Teacher

★ The Royal High Primary School