



27.01.2021 HT's Update for Families

Parent Council Meeting Thanks and Child Mental Health Week

Good afternoon all.

I hope today finds you well.

Thank you to all of you who came along to the Parent Council meeting last night. It was a really good discussion around the results of the Remote Learning Parents Survey.

As I shared last night I am having a staff meeting on Thursday of this week and Tuesday of next week to talk through the results.

I will be in touch with updates after the staff meeting.

The main reason for me contacting you this afternoon is to let you know that Miss Stewart, one of our fabulous Principal Teachers, wanted me to share with you that she has been signed off work for the next two weeks. We wanted to let you know as Miss Stewart is such a dynamic part of the team we knew you would wonder where she was!

She sends a big hello to all of you and hopes that you are doing ok with the remote learning.

I also wanted to let you know that Ms Watt, who was putting together yoga videos for the classes, has had to undergo surgery and has to avoid physical exercise for 6 to 8 weeks. She is sorry that the yoga videos will not be up this week but is continuing to work on other, less physical supplementary activities. I'll let you know when these will be uploaded.

CHILD MENTAL HEALTH WEEK, 1st - 4th FEBRUARY 2021

I know a number of your children have been really struggling with their mental health over the past three weeks and it is clear that we have to be very aware of supporting their mental health.

We need to let them know that it is ok to not be ok. That it is ok to have down days and to have fun. That it is definitely ok to talk about how they are feeling.

This Friday will not be the Sharing Assembly as I planned but instead will be a focus on sharing with the children about Child Mental Health Week.

Mrs Megaw has put together a brilliant SWAY with all of the links to activities for the week. I will share this with the children on Friday and send the link through TEAMS and ParentPay.

If you want to have a closer look at the resources and other supports for parents and carers, please follow this link - <https://www.childrensmentalhealthweek.org.uk/>

I'll be in touch with more details in the coming days.

I will keep in touch with regards to our Remote Learning model.

In the meantime, please take care, keep well and stay in touch.

Anna

Anna Hazel-Dunn

Head Teacher

The Royal High Primary School