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"Barnabas, the Encourager"

29th January 2021

Dear Parents and Carers

Well done on getting to the end of another week! Every week that goes by is a week closer to the children being able to return to school and the end of lockdown.

Further to my email about [Child Mental Health](#) week a few days ago, we have changed the day of 'Inside Out Day' to Monday. We therefore ask that children wear an item (or more than one item) of clothing inside out. They will be able to show this in their class live sessions - hence changing the day to Monday. This is to help them think about the message 'Always be kind - you never know how someone is feeling on the inside'.

Wellbeing support for Parents

I know that it is tough being a parent at the moment and you are doing an absolutely amazing job juggling so many different things and looking after everybody. Make sure you look after yourselves too! There are some hints and tips about how you can take care of yourself [here](#). This [newsletter](#) also has some useful sources of support for children and adults. For information and advice from our educational psychology team, including tips on surviving home schooling, visit <https://www.york.gov.uk/downloads/LAYLAYC>

I also wanted to say a huge thank you for the positive messages that you are giving to the staff. It makes such a difference and hugely appreciated at this time.

Have a relaxing weekend.

Best wishes

Miss K Boardman

Headteacher