

# Oaklands Junior School

Headteacher - Mrs H West

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Dear Parents/Carers,

## **First Week!**

We are very nearly at the end of the first week and I just wanted to thank you for your support, especially with our return to another lockdown intended to be for only two weeks to ensure the safety of our whole school community. As you know, the government have said this will now be until February half term. All key workers (including school staff) are continuing to work hard to do their best in the safest way possible. I am very grateful to all my staff for working so hard to provide the support needed for our key worker/vulnerable children in school, as well as our children at home via remote learning.

Over these next few weeks, there are bound to be some days that are better than others for all of us. Please be kind to yourselves and each other, as it is so easy to see the negatives in any stressful situation. Like us, you are all juggling so many things and working longer hours. I cannot begin to imagine how you are all coping, when I think about our many different families and how some also have more than one child to home school. In addition, some families are trying to multi-task with working from home. All children have different needs with many able to cope with tasks set independently, whilst others need a lot of help and support.

YOU are the best person to decide what is right for your child. We know you will do your best to keep the educational basics going and to ensure your child is well cared for, loved, supported and allowed to feel emotional or upset, knowing that YOU will be there for them and help them to understand what is happening (without the scary bits) and why they are being restricted in so many ways. Your wellbeing and your child's wellbeing is extremely important. If you are anxious then they will be too, so please try to keep positive and remember that if your child is anxious, they may be just struggling to make sense of all that is happening; some cope better than others, just as children find some things easier or harder than others. All of this is perfectly natural. Remember there are lots of resources to support mental health and wellbeing on our website for parents and children.

Please look after yourself and your family; minimising stress is absolutely vital for mental health in a time like this. You will have good days and bad days – this is perfectly normal. Don't feel guilty about unfinished tasks, or taking longer to do something. If you or your child needs to leave something to have some time out, or do something different, that is perfectly ok. You are all super heroes to your children and families. We will all get through this together, so remember to be proud of yourself that you are doing the best you possibly can during this challenging time – that is all we can ever ask of anyone.

Yours faithfully,

A handwritten signature in black ink that reads 'H West'.

Mrs. H. West  
Headteacher