

St. Bernadette Catholic Primary School, London Colney



Headteacher: Mrs S. Lavelle-Murphy
Headteacher: Miss J. Howard

19th January 2020

Dear Parents,

We just want to acknowledge that we do genuinely sympathise with you all in the current situation and particularly if, at any point, you may have found everyday life extremely difficult with all the changes. With that in mind, please see below some useful tips that may help to relieve any stress and make things a little easier if possible.

Firstly, when things get too much, like you would do in relation to any situation, **give yourself a break.** The world will not end if you simply stop the task that is causing so much tension and simply have a break.

Avoid any social media accounts that make you feel like you aren't doing enough. These accounts where parents are plastering 50 pieces of work their children have completed in one day are no good to anyone. Sometimes things are plastered over social media that do not give a true reflection of what is really going on and simply make others feel inferior. Stop looking at anything that has this effect on you.

Build in time throughout the day for the following:

Fresh air: A 15-minute break in the garden or a walk down the street can make all of the difference

Food: Remember to build time into the day to simply sit down and have lunch.

Make time to talk to that friend or family member who brightens you up and makes you feel better. They are crucial right now.

Laughter: No matter how bad things feel, if you search hard enough, there is usually something to come out of the day that will make you laugh. Hold onto this and laugh together.

Remember you are doing the best you can and that your children will be okay. They will however not be okay, if you aren't, so look after yourself as well as them. You are riding the waves of some incredibly difficult times and each day we get through is an achievement.

The intentions of the school are never to add more pressure but to simply try and cater for the vast requests from parents. Some parents would like less, some would like more, some are happy with how things currently stand and that is ok. By giving more and adding extra challenges, parents can simply take from the work provided what they are able to do that day with their children. Avoid comparing what your child has managed to do in comparison to others, this too will only add to your stress and anxiety.

We hope this short letter may help a little. We genuinely feel like you are doing an amazing job and just wanted to remind you all of that.

Best wishes

Mrs Lavelle-Murphy & Miss Howard