

Head Teacher: Mrs Sarah Kluzek

Friday 17th July 2020

Dear Families,

And just like that, this academic year has come to an end.

We will all agree that the second half was not quite how we expected it to be but I do hope that you will join me looking back fondly at all of the special, positive moments that we have shared together this year.

If you have not yet watched myself and Miss Smith reflect on the year in the final assembly, I have shared the link with you again.

<https://m.youtube.com/watch?v=aEeRFB7vQ80>

So now we breath a little. We take stock, we reflect and we hold our loved ones close. Yes, we need to keep the children's minds ticking and I have shared some key areas that you will want to work through with your child in preparation for September. Yes, we also need to continue to adjust to the new normal and prepare for the new routines in September. However, most importantly we need to take care of ourselves and our wellbeing so that we are able to manage whatever other challenges face us as we move through the strange time.

I am sharing with you some links that I hope that you will find useful.

Mental wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Here you will find a series of mental wellbeing audio guides to help boost your mood

Mood self-assessment

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

This mood assessment can help you better understand how you have been feeling recently.

Children and bereavement

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

There is information here that could help if your child has lost a loved one or it a loved one is dying

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IMPORTANT – If you are struggling then it's best to speak to someone.

You can call Samaritans free on 116 123

As I have previously mentioned, we will find out where the children are with their learning when they return and we will get them back on track. I know we are all committed to the same thing and I know that we can work together to ensure that the children all reach their potential. Please do not let this be one of your worries. Focus on what we can do to help prepare them and focus on their mental health and wellbeing too.

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/at-school/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

When the holidays begin to draw to a close, re-establishing the bedtime routines so that the children are well rested will help your whole family adjust to the school routine again.

The final thing for me to say to you all is a huge thank you for your support and for adapting to the new expectations and your patience as we found our feet during this tricky time.

I am really looking forward to the new academic year, after I have had a very long sleep, and welcoming everyone back.

Whatever the new academic year brings, we will walk through it together.

See you all on Wednesday 2nd September.

With kindest regards,

Mrs Kluzek

