



02<sup>nd</sup> February 2021

Dear Parents/Carers

We hope that this parent update finds you in good health and consciousness. This week we recognise and celebrate Children’s Mental Health Awareness Week and dedicate a large part of this communication on sharing resources that can help you to further support yourselves and your child(ren) at home. The Duchess of Cambridge has been working closely with a charity called The Anna Freud National Centre for Children and Families and shares in her introductory video, that “mental health is something that we feel and think but can’t really be seen but that affect us every day and talking about them can feel difficult” and it is when these feelings become too big to manage on our own without seeking help from someone else, that they begin to encroach on how we live. This week could not have come at a more apt time in our lives where every member of this community is having to adjust, accommodate and be flexible for those close by. However, fundamental to supporting others is being kind and true to yourself, remembering that you can only give away what you have.



**Lockdown Feelings Cloud by Year 3 KK – Mrs Pant’s class**

Year 3KK children had an opportunity to share their feelings and lockdown experiences with each other. After their PSHE lesson, they were given an online platform to further share their thoughts and reflect on how they have developed their character. Aarav shared that he has found online learning very useful because it has helped him to develop self-discipline.

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### Children's Mental Health Week begins today

Children's Mental Health Week, an annual week-long campaign run by children's mental health charity [Place2Be](#).

This year's theme is "Express Yourself" with the focus on children finding ways to share feelings, thoughts, or ideas through creativity. Mentally Healthy Schools have created a [toolkit of resources](#) for children, staff and parents to use during Children's Mental Health Week.

Throughout the week, we will be using our social media platforms to share a variety of mental health resources including 'wellbeing for education return' and the [children and young people's psychological first aid training](#) which is run by Public Health England.

The BBC also share a valuable resource for parents on ways to manage your own (parent) well-being during lockdown: <https://www.bbc.co.uk/bitesize/articles/zrmhscw>.

### Follow-up Character Education Workshops

Thank you to all the parents that joined our Character Education Workshop about self-esteem and self-awareness led by Miss Patel, Mrs Shah and Mrs Trivedi. It was a very successful webinar and we are therefore providing an opportunity for all parents to dig deeper and build on the conversations around the importance of children's self-esteem and self-awareness.

Date and Time	Year Group	Staff Member	
Tuesday 9th February 7:30pm-8:30pm	EYFS/KS1	Miss Patel	<a href="https://zoom.us/j/93298590947?pwd=WE1nZFd6eENCc1d6aXBFcjdTcXIDUT09">https://zoom.us/j/93298590947?pwd=WE1nZFd6eENCc1d6aXBFcjdTcXIDUT09</a>  Meeting ID: 932 9859 0947 Passcode: CEEYFS1
Thursday 11th February 7:30pm-8:30pm	Y3 & Y4	Mrs Joshi and Mrs Pant	Join Zoom Meeting <a href="https://us02web.zoom.us/j/84312957069?pwd=Z2ROdjRtUTJzOGdiajRtN3EvNUp6Zz09">https://us02web.zoom.us/j/84312957069?pwd=Z2ROdjRtUTJzOGdiajRtN3EvNUp6Zz09</a>  Meeting ID: 843 1295 7069 Passcode: 2zTVVw
Thursday 11th February 7:30pm-8:30pm	Y5 & Y6	Mr Koorichh	Join Zoom Meeting <a href="https://zoom.us/j/99234662853?pwd=SHA0K2xLdmdiWFBZdmxHNINKZ25UZz09">https://zoom.us/j/99234662853?pwd=SHA0K2xLdmdiWFBZdmxHNINKZ25UZz09</a>  Meeting ID: 992 3466 2853 Passcode: sVOHde

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## English – Parent Workshops

### KS1 English Workshop – Wednesday 3<sup>rd</sup> February 2021

<https://zoom.us/j/92883365453?pwd=TUhoWUZneUdZY214cXc5N2gxRTFyQT09>

Meeting ID: 928 8336 5453

Passcode: KS1English

### KS2 English Workshop – Thursday 4<sup>th</sup> February 2021

<https://us02web.zoom.us/j/89462343058?pwd=MHISY0dpZzc5T2YyckJtFU4cGj2QT09>

Meeting ID: 894 6234 3058

Passcode: 9RVMYQ

H.H. Radhanath Swami shares a relevant anecdote for good mental health: “1. Keep good company, 2. Make positive daily choices and 3. Have a spiritual practice’. Wishing you all well over this coming week, enjoying the practice of spirituality in company of your loved ones whilst making positive choices.

Hare Krishna

Mr Koorichh and Mrs Joshi

Co-Principals

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