



# Belmont Primary School Newsletter February 5th 2021



Dear Parents / Carers,

And as if by magic, February arrived! That seemed to fly by! This week, I have been really enjoying reading some of the work which is being uploaded to Teams and I have found it especially fascinating to learn about the links some of our families have with the manufacturing of the Sydney Harbour Bridge!

### Screen-Free Friday

Next Friday, we have decided to give the children (as well as parents and carers of course) a 'screen free' day. Various activities will be suggested by the teachers but we believe it is a good idea to give everybody time away from electronic displays. I will be suggesting that the latest turning in for all tasks set during the week will be lunchtime next Friday. Children who are attending school will also be invited to attend in 'non uniform'.

### Children's Mental Health Week

Throughout the week, I know children have been provided with activities to support their own mental health, something we want to continue to promote due to its importance, especially during these challenging times. I have included a link, which you can copy and paste into your browser, to some activities you may find useful to have to hand at home too:

[https://www.tts-group.co.uk/on/demandware.static/-/Library-Sites-TTSSharedLibrary/default/v38aa9aea376d8ea195497819825742662e5ac800/Downloads/WellbeingBooklet\\_2021.pdf?ver=sion=1,611,937,385,000&utm\\_source=dotdigital&utm\\_medium=email&utm\\_campaign=772490\\_P1%20Wellbeing%20Booklet%20ENGAGED\\_PRI&utm\\_term=cta\\_mainbanner&dm\\_i=4U16,GK22,3YY4DU,1YH7S,1](https://www.tts-group.co.uk/on/demandware.static/-/Library-Sites-TTSSharedLibrary/default/v38aa9aea376d8ea195497819825742662e5ac800/Downloads/WellbeingBooklet_2021.pdf?ver=sion=1,611,937,385,000&utm_source=dotdigital&utm_medium=email&utm_campaign=772490_P1%20Wellbeing%20Booklet%20ENGAGED_PRI&utm_term=cta_mainbanner&dm_i=4U16,GK22,3YY4DU,1YH7S,1)

As a slight aside to this, I have been a little concerned this week when speaking to some of our parents and carers who are perhaps placing very unreal expectations on themselves in terms of the level of support they are able to offer when working with children at home. Without wishing to overstep any boundaries, I am very well aware, as mentioned before, of the many challenges a large number of you have, trying to juggle your own work from home as well as trying your very best to support your children. Unfortunately, none of us are superheroes and, no matter how frustrating it might be, we cannot do everything. With this in mind, please look at all you do and not at the things you feel you do not; the level of support so many of you are giving to your children is phenomenal and there will be times whereby it is just not possible to be as 'perfect' as we might wish. Also, as I seem to recall alluding to last year, ignore what others on social media seem to be saying that they are doing and do not try to emulate what some appear to suggest they are doing. Most of you are not teachers but you are enormously supportive and doing a fabulous job. That is the key point to remember and your own mental health is just as important as that of your children. If you feel the need to talk, I will always do my best to make time for you. From all of us, many thanks.

### Virtual Class Meetings

I know that these have been happening this week and hopefully you have found these useful. When the technology fails us, please do continue to show patience; we also can find it frustrating as we all try to come to terms with developing our own skills!

I hope that you manage to enjoy the weekend ahead, possibly with a little spot of snow on the ground...

Yours Sincerely

Mr C Gibson