

Dear Parents and Carers

*Now, more than ever, parenting is about doing the best we can,
with what we have.*

Many parents and staff have shared their anxieties with me over the last two weeks around whether they are doing a good job; voicing concerns around being able to 'keep going', feeling guilty about not spending enough time with their family because of work, or feeling bad because they wished they could have some time away from the family because they are at home together all day, worrying about children falling behind, worrying about children missing their friends. The list goes on...

The point is everyone's experiences are different but the commonality is that everyone is finding their experiences challenging. The novelty of remote socialising is wearing off and the weather is simply rubbish! Lock down fatigue had not disappeared from last year and yet here we are again!

The quote at the beginning of my letter comes from The Mental Health Foundation and its website is well worth a look:

<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

The foundation talks about how easy it is to judge ourselves based on what we see others are doing, or to pile further worries on ourselves by seeing what others are worried about themselves on social media. It is so important that we cut ourselves some slack. The answer to everyone at the moment is: **You are doing your best and your best is good enough.**

While we do the best for others though, we must make sure that we find time for ourselves (I don't mean hiding in the bathroom) but taking the time to do something just for you. The whole family needs together time and alone time. At the parent forum this week, we discussed the merits of bribery! There is nothing wrong with a child playing on their own while you do something which you want to do (not have to do) and then come back together to do something they or you both want to do.

In turn, when it comes to learning, it is so much easier when the children are motivated to complete a task. That motivation could simply come from being able to share the learning with someone else; giving it more purpose. In school, children's motivation to engage is often infectious. Children will explore and engage in what they see others doing. This is of course harder when interaction is limited.

At celebration assemblies, the children are proud to share their learning and this is something that we would like to continue. If your child has completed something which they are proud of or have enjoyed, then do let me know and we will invite them to show the school. Teachers will continue to give the children opportunities to share what they have been doing too. Seeing what your friends have been doing is a great way to inspire and increase motivation levels to engage.

As ever, we are here to support not only the children but the whole family. We are only a phone call away. Please do get in touch if things are too much or support is needed.

To quote one of my favourite book characters from my childhood:

A little
consideration,
a little thought for others,
makes all the difference.
-Eeyore

Do take care of each other and **yourself**.

Very best wishes,

Vicky Wittich