



OUR LADY OF FATIMA CATHOLIC PRIMARY SCHOOL

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Principal: Mrs C van Vliet

Archdiocese of Birmingham

Dear Parent/Carer

20th March 2020

On this unusual last day of school, I would like to assure you that we will be here for you throughout the period of school closure.

We care very much about you and your child. Crucially, we are acutely aware of the need to look after you and your child's mental wellbeing. We want you to know that we will do all we can to try to retain some form of normality and routine in your child's life. We also want to support their education so they are not disadvantaged during the closure.

By working on the educational tasks set, children will reduce a sense of boredom or frustration. This will improve their mood and feelings.

There will be PE activities posted and updated on the school's website in order for your child to remain active and not fall into unhealthy patterns of behaviour, which in turn can make them feel worse.

Here are some ideas from the NHS website of what you can do as a family to support your wellbeing:

- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs
- keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden

You can also go for a walk outdoors if you stay more than 2 metres from others.

I am sending a separate letter outlining details of what to do if you are a key worker. Please keep in touch. We will get through this together.

God bless

Mr A Carry
Acting Executive Headteacher