

COLESHILL HEATH SCHOOL Think about Thursday — Connect

Staying well connected and sociable with people around us is good for wellbeing and mental health especially during isolation.

- Stay in touch with friends and family
- Adults might like to keep in touch with other adults on groups on social media.
- Stay connected to our **Coleshill Heath** Primary Facebook group. Request to join as this is a closed group for parents of the school.

ahead.

- Children can **blog** and other pupils/staff can comment on their blogs
- Stay connected with our **School Dojo** system.
- Join us on Twitter @nfowles5 @ColeshillHeath @lil_missteacher

Have fun together creating a family photoshoot at home.
You can then print the photos and display them to give you all a sense of belonging and togetherness.



Involve the whole family to meal plan all the meals for this week

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Decorate T-shirts together as a family. Think about all the things that make you, you. Or what makes you connect as a family.