



Guiseley School

Packing up

Dear Parents,

Well here we are, the last week of school term, we made it! What I'm hoping you will all feel is a sense of relief. At last, one aspect of our lives now will have a sense of normality, it is the summer holidays, our children are not at school, not in person, and not digitally either, they can LOG OFF! You can sit back, take a deep breath and congratulate yourself on achieving home schooling for months on end, which was certainly NOT on the schedule for 2020!



As we eventually return to normality, give yourself a moment to consider what you **don't** want to leave behind. I have seen hundreds of families from my kitchen window walking past over the last few months. Families of all ages, reluctant teenagers dragged along whom end up enjoying it even if they never admit it! I've seen mothers and daughters out jogging together, fathers and sons walking the family dog and even siblings out together and actually enjoying each other's company. Whether it be activities like this, movie nights, family garden dinners etc. Don't let these go ...take them with you.

I would also ask you to try not to worry about your children's return to school when the time comes. Please be reassured we as a school have everything prepared and we will be checking on all students' wellbeing when they return. All the staff at Guiseley School will be supporting the students with this transition and you can finally get back to normality in your own worlds. You deserve it!

Attached with this email is our **self-help leaflet** with a range of websites we highly recommend for adolescents if they are feeling a bit overwhelmed. If at any time over the summer break you are concerned about your child's mental health, please gently encourage them to take a look. If they seem unmotivated, that ok. This will pass. They will return to school, see their friends and become the child you knew before this lockdown. **This is temporary**. Encourage them to get outside, see their friends in appropriate ways and have fun together as much as possible. If you find yourselves worrying, remind yourself that if a child has parents and carers in their lives who worry about them, they are already halfway to winning the battle they are fighting in their own minds. They have people around them who care and nothing can be a stronger resource.

Have a wonderful summer holiday, you all deserve it!

