

Dear All,

A very warm welcome back and a Happy New Year! I hope you've all had a lovely rest over the Christmas holidays and a good first week back at school.

Once again we are thrust into remote learning with little warning but at least this time we are all a little more prepared. You are stronger than you think and we are all in this together. Despite not seeing you in person, all your teachers are contactable through their school email and if you would like some extra support, advice or just a chat, please don't hesitate to email myself n.walter@kirkhamgrammar.co.uk or Mrs Wadeson on a.wadeson@kirkhamgrammar.co.uk and we can arrange a call or 'google meet'. Please remember to check your school emails daily for any messages.

Look after your physical and mental health by getting regular fresh air and allowing yourself down time away from your devices and screens. It's our natural instinct to miss what we can't have so put aside some time each day to reflect and be grateful for what you **do have**. I have listed some apps to support you with this.

Downdog – <https://www.downdogapp.com/> a fitness app that includes timed Interval training and Yoga (There is a discount at the moment but if your parents pay for your phone please check with them before you subscribe)

Headspace – meditation app

Calm – mediation and sleep app

7 cups - anxiety and stress chat

Smiling mind –mediation app

Insight Timer – mediation app

www.youngminds.org.uk - offer advice and support on mental health issues.

CASHER – 7 days a week – Children's mental health support team available for telephone support and face to face if required. Call 07810 696565.

I will keep in touch and look forward to hearing how you're getting on. Together, we will get through this!

Take care,

Mrs Walter and Bee