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| **Allanton Primary Newsletter**  **January/February 2021** |



Thank you for your support with digital learning. We are well aware that parents are juggling their own jobs from home as well as maintaining a routine of online learning for their children. We know that each day can present new challenges, and we are at the end of the telephone if you feel we can help in any way.

**Health and Wellbeing**

We know that this is a difficult time for everyone in our school and wider community. We are not only missing seeing all of our children every day, but we understand that everyone is missing spending time with their own friends and families too. As we follow the rules set out by the Scottish Government, we are keeping others and ourselves safe and we are working towards getting back to our friends and families. Please stay safe and be kind to yourself and others. We are all in this together.

### [Children's Mental Health Week 2021](https://www.childrensmentalhealthweek.org.uk/)

www.childrensmentalhealthweek.org.uk

Children’s Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.



Clear Your Head is a national mental health campaign to help people cope during the coronavirus (COVID-19) pandemic has now launched. The Scottish Government’s ‘Clear Your Head’ campaign highlights the practical things people can do to help them feel better whilst continuing to stay at home, acknowledging these are worrying and uncertain times for many.

<https://clearyourhead.scot/>

 SAMH is a website with advice and support. Talking about mental health is a great way to protect and improve it. Staying in touch with loved ones can make us feel happier and more secure; often just having a chat over the phone, text or video calls can help to lift our mood. Find out more about how you can protect your mental health and wellbeing.

www.samh.org.uk

[](https://uk.images.search.yahoo.com/yhs/search;_ylt=AwrJIkse7BNgaW4AvBJ3Bwx.;_ylu=Y29sbwMEcG9zAzEEdnRpZAMEc2VjA3Nj?p=SLEEP+SCOTLAND+LOGO&fr=yhs-itm-001&th=109.6&tw=296.8&imgurl=https%3A%2F%2Flochside.aberdeen.sch.uk%2Fwp-content%2Fuploads%2F2020%2F05%2FSleep-Scotland-Logo.png&rurl=https%3A%2F%2Flochside.aberdeen.sch.uk%2F&size=137KB&name=Lochside+Academy&oid=1&h=1662&w=4479&turl=https%3A%2F%2Ftse1.mm.bing.net%2Fth%3Fid%3DOIP.pBk4CjcAq4IpNOnqRFaJTwHaCv%26amp%3Bpid%3DApi%26rs%3D1%26c%3D1%26qlt%3D95%26w%3D296%26h%3D109&tt=Lochside+Academy&sigr=B06A2tIJboFT&sigit=2_FE3A01eFni&sigi=z2rR5Akj2MrB&sign=_wgnOBGRr3XJ&sigt=_wgnOBGRr3XJ&hspart=itm&hsimp=yhs-001)

Sleep Scotland is a website full of strategies for taking care of yourself and your sleep during lockdown and some ideas for activities to try while we are not able to go out as much. www.sleepscotland.org

Class teachers will add additional exciting learning opportunities to the share point folder.

Other useful Websites

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/>

<https://www.parentclub.scot/>

Mid-term break: Monday 8 February and Tuesday 9 February

In-service Day: Wednesday 10 February

Spring Break Friday 2 April to Friday 16 April

May Day holiday: Monday 3 May

In-service day: Thursday 6 May 2021

May weekend holiday: Friday 28 May 2021 and Monday 31 May 2021

School closes: Thursday 24 June 2021

Isobel Cook

Head Teacher