



North Lanarkshire Council
Education and Families
**ST LUCY'S
PRIMARY SCHOOL, LCSC AND
NURSERY CLASS**

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Dear Parent/Carer

As I write this update I am reflecting on how very different a newsletter it is—it would normally be packed with events and activities celebrating our children's successes. In speaking with many of you over the last few weeks I know how much of a struggle the new normal is. Lots of our families are juggling their own jobs as well as caring responsibilities and supporting home learning, often for several children! I do not underestimate the challenges this brings nor the impact on normal family life.

Over the weekend a friend sent me the following that I thought I would share with you:-

In less than 5 weeks it will be March

Daffodils, sunshine, warmer days, longer days and new beginnings

Keep going everyone we can do this!



This will most likely be the most challenging time of both our personal and professional lives but as I write this it has only just started to get dark, another sign that things are changing and hopefully we are nearing the end of the struggles of this last year.

Please be reassured that we are here to help in any way we can. Just ask!

This week is Children's Mental Health Week and overleaf I have noted some resources/websites that you may wish to access. Some of these are not just for children but are designed to help parents during these challenging times.

Please note Monday and Tuesday of next week are holidays. Wednesday is an in-service day. Therefore digital learning plans will finish on Friday and begin again the following Thursday. Please take advantage of this time by closing your Home School and enjoying some quality family time. You may wish to participate in some of the activities being organised by Cumbernauld Resilience (this was sent to you separately).

Resource To Support Mental Wellbeing

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

<https://www.children1st.org.uk/help-for-families/parentline-scotland>

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

<https://education.gove.scot/parentzone>

<https://www.autism.org.uk/advice-and-guidance/topics/coronavirus/education-and-school/home-schooling-tips-from-parents>

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation of New Zealand
www.mentalhealth.org.nz

Please also complete the school form that was sent last week to support any individual needs.

Lockdown can feel like it is going on forever, especially if there is a great deal of uncertainty. Think about what has not changed and how you could mark the end of one day before beginning the next. The Action for Happiness calendar below is a good way to take positive steps and make each day count.

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/Theme/February