



BREDILAND PRIMARY SCHOOL



KINDNESS

May 2020

The theme of kindness is especially important to us because it is one of our school values.

The acts of kindness that children have shared with us since the lockdown have been both humbling and inspirational! It is also inspirational and great fun to see so many pictures and short films of our children, parents and staff enjoying our **Focus on Health Week** in classrooms and on Twitter – please keep them coming!

Emotion Works is the Health and Wellbeing programme that we use in school to develop emotional literacy and build resilience. Emotion Works, has launched a website to help you at home: <https://emotionworks-home.school/> The website is fairly new but more activities are being added each day.

The national **Mental Health Awareness Week** website, which is hosted by the Mental Health Foundation has a wealth of useful information – the link is:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

The Scottish government has launched the “Clear Your Head” campaign, which you may have seen in the media. **Clearyourhead.scot** brings together information about support that is available for mental health issues. It provides practical advice on how to stay active, keep connected with friends and family, and create healthy routines to help get through this crisis. Also, the Scottish Government is making a further investment to support the mental health and wellbeing of parents and carers in particular. **Solihull Online** is a programme that helps parents and carers to learn about what their child may be going through, and advice on developing nurturing and supportive relationships. From today, all parents and carers in Scotland will have access to the programme and if you are interested in this you can find more information by going to **ParentClub.scot**.

The First Minister said today – “the final point I want to make, is that one of the most important things to remember during **Mental Health Awareness Week**, is that it’s okay not to feel okay, and that help is available. You can speak to someone if you need to, and I would encourage you to do so. Please have a look at the **clearyourhead.scot** website during the awareness week, and please, continue, as far as all of us can, to show kindness to each other as we try get through this crisis together.”

Renfrewshire Council is providing a service for families who may welcome support from Educational Psychologists. They are able to provide confidential support to parents or their children through an arranged telephone conversation. The service is for all families, not just those who have already been in contact with Educational Psychology Services; some families may have become vulnerable due to the lockdown period and the pressures it has caused. If you would like a referral to this service, **Coping During Covid: Children & Families Wellbeing Support phone helpline**, please contact me via the school email: bredilandenquiries@renfrewshire.gov.uk

We are working hard to support all of our families with ICT and to keep the supply of learning packs coming. Many of you used the recent HT Questionnaire to feedback and/or ask questions; this worked really well and we have followed up every query or request. This HT Questionnaire is still open, so if you haven't had the opportunity yet, you can still follow the link below:

https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKWWPW8fG_XxFnB2oLt1W7ehUM0xUSlpFWU9XR05EWIQ0MDRMV1U0NFJaNC4u

I hope the **Focus on Health Week** is going well for you and your family, even though the weather has been a bit wet (typical Sports Day weather!) and enjoy the well-earned holidays on Friday 22nd and Monday 25th May!

Take care and stay safe,

A handwritten signature in black ink that reads "Mrs MC Temple". The signature is written in a cursive, slightly slanted style.

Mrs MC Temple
Head Teacher