

Good morning everyone.

I hope you all had a lovely weekend despite the fact the weather wasn't as good as it has been lately. Did you manage to take part in Renfrewshire's Olympic Games? I'll be posting up the Week 2 Challenge soon.

Also, if you enjoy dance then why not take part in the popular Wednesday after school dance club at the Instagram page <https://www.instagram.com/rlsportservices/>

This week is Mental Health Awareness Week. The theme this year is Kindness. Although our lives and routines are very different at the moment I'm delighted to hear about so many pupils and their families showing kindness in their homes, the local and wider community, as well as in the positive and kind comments that we share in our classroom.

We are at the start of 2 short weeks (Friday 22nd and Monday 25th are holidays)so you can look forward to the long weekend ahead.

Remember to check in with your teacher and do what you can with the work that they set. If you are struggling to get online or your household schedule doesn't fit with the school day please don't worry. We understand that everyone is in a unique situation and all we ask is that you do your best when you can.

As it's Mental Health Awareness Week I thought I might quote from Matt Haig's, The Truth Pixie

There will be people you love,  
Who can't stay forever,  
And there will be things you can't fix,  
Although you are clever.

But listen hard, and listen good.  
Life might not be as it should,  
But you are young and your life will be magic,  
It will be happy and funny and sometimes tragic.

Please remember especially in May, the month that we show devotion to Our Lady, to pray for everyone in our school and the wider community. That we continue to show our love and kindness to all those people who are supporting us in these difficult times.

Keep safe – keep active.

Mr. Collins  
AHT St. Fillan's Primary