



Whitstable Junior School

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Friday 5th March

Dear Parents and Carers,

Hello and welcome to our last **Feel Good Friday** letter of Lockdown 3. We are so looking forward to welcoming the children back on Monday 8th March.

Last week, we focussed on some ideas for how to support the children in returning to school. This week, we'll be sharing some suggestions for how you can cope with the change too. A lot of you will feel relieved that you'll no longer be juggling childcare, home schooling, maybe working from home, and all of the other jobs of being parents and carers, but we understand if you're also anxious to be spending more time apart from your children.

Be positive

Just as we suggested last week, try to think about this transition positively. You'll soon hopefully have more time to yourselves, the children will have more routine and we are taking a step towards some normality. Think of what you have enjoyed about lockdown. Have you found new ways of having fun as a family at home that you can carry on? What have you done for yourself in lockdown that you can continue doing?

Keep informed, but not overwhelmed

You might be feeling nervous about your children returning while we are still experiencing the pandemic. Keep informed with both school updates and national news, but try not to spend too much time listening to the news. It can feel overwhelming to hear different numbers and stories every day, especially if that's how you start your morning. Why not try listening to the news later in the day, and allow yourselves to start the morning fresh and with a focus on your own bubble. Let the good news creep in too - try to find a balance of what news you pay attention to. We will always do our best to keep you updated with how WJS is dealing with the latest guidance, with our risk assessment on the school website.

There are so many positives to focus on with the return to school in a few days. The sun is showing itself more and better weather is on its way. The Well-Being Team are ready and prepared to support your children, and we are eager to be doing just that! Enjoy your weekend and see you Monday morning.

Best wishes,

Shannon, Leanne and Ms Collin
The Well-Being Team

One thing I will continue to do after lockdown is...

Parent/carer: _____

Child: _____

Together: _____

