



Thursday 7th May 2020

Dear Parents and Carers,

I found this message this week and thought I would share it with all of our wonderful families. It is so very true!

Monday this week (May 4th) marked six full weeks since our country went into lockdown.

You have had your children home for longer now than you would if they were on their summer holidays. People might say 'but they are your responsibility' and whilst that is true, no-one could be expected to have imagined this period before they chose to have children.

You have protected, nourished, educated, supported and entertained your children during a period of national and international uncertainty and fear – a truly GLOBAL crisis. You have experienced emotions for yourself and your family that you never knew existed, never mind experienced before.

Six weeks is a long time.

Think about how you feel at the end of the summer holidays, how ready you are for routine, how badly your house needs to be cleaned from having the children at home, how much work you are ready to catch up on. Remember that exhausting feeling of having so little sleep, much less money and hearing 'mummy/daddy' every time you happen to sit down.

And you wonder why you might be exhausted after six weeks of lockdown?

You are amazing! You have achieved something no other parent ever has during our recent history. You have faced six weeks unable to take your child or children anywhere, six weeks of no parks, holidays to break up the boredom, no day trips, no family to help. On top of that you have juggled work demands, loneliness on a level never experienced before, information overload from the internet and emotional turmoil of not being able to see the people you hold dear or much worse in some tragic cases. Even getting food to eat has been a major drama!

So it's ok to feel drained. It's ok to feel like you would sell your soul right now for five minutes alone. It's ok to feel uninspired about another day of home-learning, another day of never ending laundry and cooking.

It's ok to be so very tired.

Six weeks is a long time.

But you have made it.

Be proud of yourself. Stand tall.

History will show how you showed courage, your children will remember this period as a time knowing they were safe and loved and teachers everywhere are deeply grateful that you are there for your children when they want to be but can't in the way that is so normal and familiar to us all, and that we all took for granted.

In short: you are awesome!

And so are your children.



Tomorrow (Friday 8th May) is the 75th Anniversary of VE Day and marks the end of World War 2 in Europe – the last time our great country faced such an immense impact on our personal lives and freedoms. I hope that you all enjoy a well-earned day of rest and light celebration of all that we hold dear.

Enjoy some family time and maybe some afternoon tea! ☺

Above all please continue to Stay Home, Protect the NHS and Save Lives.

The Government is making an announcement on the lockdown on Sunday – let's hope we can start to get back to normal soon.

Take care

P Rawlings

Mr P Rawlings

Headteacher