

Wyche C.E. Primary School

office@wyche.worcs.sch.uk

5th February 2021

Happy Friday everyone,

It's coming to the end of Children's Mental Health Week and there has been a lot of activity in and out of the building to promote self-worth, self-expression and the feel-good factor in these difficult times. Well done for joining in and keep it up! Having a healthy mind is not just about a week ... the mental health and inner peace of us all is vitally important; we deserve to feel good about ourselves and however hard it is at times we must keep striving together. This weekend, where you can, do something to express yourself – sing together, bake together, dance and strut your stuff to your favourite tunes, dig out and wear your favourite outfit, write a poem, a story or a song, but whatever you do, children and adults alike, feel great about your uniqueness and celebrate who you are.

Keep talking to us with your lovely films, pictures and messages – and keep up the good work. I am once again staggered by the commitment and dedication of this parent body in how you are rising to the challenge of home learning, and if you are someone who is struggling, with time or resources or just need reassurance – please get in touch and ask for support. Between us we'll keep children learning, until we are back together again where we belong. Remember the help available on the [remote learning page](#) of the website, Seesaw and Teams chat in school hours and the office phone and email too. We are here to help.

Resources Please don't forget you can collect individual packs of exercise books and resources from the reception area at school should you need them. Should you need any other physical resources to help with remote learning please email the school office.

Activities To help get families through this prolonged period of lock down and worry, Raring to go have produced a digital-only edition of the winter Hereford & Worcester magazine. There are plenty of activities, and features relevant to your families.
<https://magazines.raring2go.co.uk/herefordandworcester/winter/>

To mark children's mental health week Dekko Comics have released a free digital copy of their magazine that you might like to share with your children:
https://dekkocomics.com/mental-health-wellbeing-free?utm_campaign=tomorrows-webinar-3rd-feb-2021&utm_content=online-edition&utm_medium=email&utm_source=activepipe

Remember [Worcestershire's Here2Help](#) line for Covid-related pressures and the Wyche website's [mental health and wellbeing](#) page to help with those days when you're just not ok.

Spring is just around the corner, and I wish you a contented, and mentally healthy weekend, full of togetherness.

Take care of yourselves.

Stephen Murphy, Headteacher