



Hi All, Welcome to a weekly 'how are we all doing?' collage board.

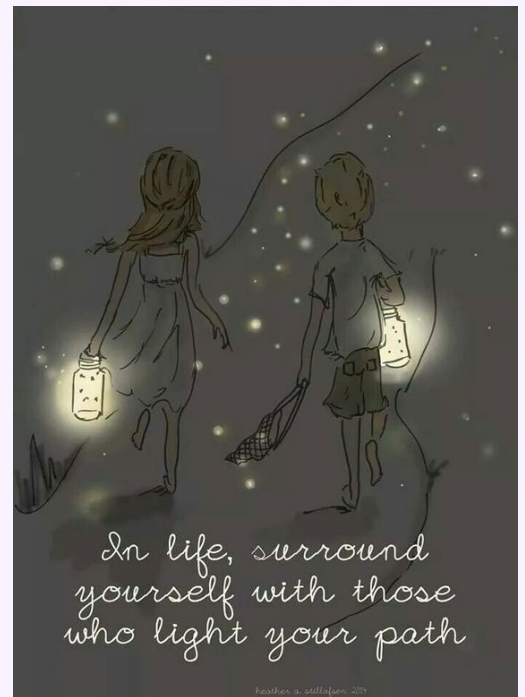
From Mark:

We are now moving officially into a period of time away from school that is longer than the Summer holidays – we are in uncharted territory. There is no need to feel hugely anxious about this – everyone is in the same place. Instead we need to congratulate ourselves on our significant achievements. We have set up a new kind of education system. We have kept key services going by our selfless and uncomplaining sacrifices. We have provided for those who are most in need at such a challenging time. And we have continued to do our very best to manage the pressures of home. There is much speculation about what will happen next. Try to ignore it as best you can and focus on each day/week as they come. Rest assured that in the background we are working hard to be prepared for what comes next. When announcements come, we will be ready. Try to rest too in the love and protection of God in all he promises to us:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

This issue of 'How are we all doing?' has a particular focus on working at home, especially for those of us who are trying to maintain work/life balance with our own children at home to look after, care for and support with home learning. We all recognise the challenges that come with this, especially at a time when our usual support networks (Grandparents for example) can't be part of the picture. Juggling the needs of children, getting the timing right, managing the household, preparing mealtimes, supporting your child/ren's home learning, and more, is demanding, and within all of that, we need to look after ourselves, and offer ourselves a little self-care and self-compassion.

We hope that the content in this issue, enables you to do that, if even for only a little time each day.



For staff who are supporting the home-learning of their own children, whilst working from home.

Take a break (with or without children). If you feel overwhelmed, find a way to give your stress response a rest. Take a walk around the block (in your garden/up the street). Try a few minutes of meditation or deep breathing. Call a friend.

And, **give yourself a break**. Remember you're not alone—everyone is struggling with these unexpected changes to our lives, and many of us need some extra support from our communities. Be kind to yourself and understand that you can't do it all.

Why? When you can find ways to give yourself a break, you'll return to your children better able to meet their needs and support their development.

<https://www.actionforhappiness.org/take-action>

Here are some more great action ideas for ways we can make a difference:

1. **Set an intention** - make a personal commitment to make a positive impact each day for yourself and those around you, even if it is something small.
2. **Look after your body** - move your body each day even if indoors dancing round the living room. Load up on healthy fruit & veg to support your immune system.
3. **Nurture relationships** - Reach out digitally by sending messages to friends; remind them of a memory or let them know something you're grateful to them for.
4. **Help others** - make some extra food and drop a meal off on the doorstep for a friend who is unwell. And encourage friends to make wise & kind choices too.
5. **Look for what's good** - take some time to notice the world around you and be grateful for the good things. What can you appreciate even in difficult times?
6. **Make the most of it** - how can you make the most of that time? E.g. learning a new skill.



And remember to be willing to **reach out and ask for help** when you need it too.

We have attached two documents which you may wish to read or dip into:

- 1) Caring for yourself and young children during Coronavirus
- 2) How to support children (and yourself) during the COVID-19 outbreak

A point for reflection...



The skies have cleared. For the first time in decades, the Himalayas have become visible on the Indian horizon.

My Dad remembers this view as a boy, it hasn't been seen since. (Jane)

Take care everyone.