



EVERYONE INCLUDED, EVERYONE VALUED

London Colney Primary and Nursery School

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26th January 2021

Dear Parents/Carers,

I hope that you and your families are well and safe. During the first lockdown, we shared many resources with our families designed to support the mental health and well being of both young people and parents. We have included the link to our Wellbeing website page here:

<http://www.londoncolney.herts.sch.uk/learning/wellbeing/>

We continue to support our students and parents/carers by sharing resources that are sent to us. We are promoting mental health through our London Colney School story on Class Dojo with ideas to support your child's mental health and wellbeing.

<https://teach.classdojo.com/#/schools/4f0e08ec3b7c029066dc636e/story>

The Daily Live Meets are popular amongst our children. They give them a chance to reconnect with their friends and have daily contact socially with others. Often there is a mental health theme which runs through the meeting as well as an opportunity for the them to play games and consolidate learning. Live meets are also a good time for children to share how they are feeling and how they are doing with their remote learning

Next week, we are participating in children's Mental Health Week. The theme for this year is 'Express Yourself' and more information can be found here:

<https://www.childrensmentalhealthweek.org.uk/about-the-week/>

Finally, we have attached a very useful guide that has been sent to us by 'Safe Space' therapy whom we work very closely with. This guide provides some great ideas and resources about how parents/carers can support their children during this challenging time.

We hope to be able to welcome our children back into school in the very near future. In the meantime, many thanks for all your support not only with your children and their engagement with their remote lessons, but also your kind words of encouragement and appreciation to our staff.

Best wishes

Alison Baskerville
Mental Health and Wellbeing Lead

Head Teacher: Ms S Joyce