



Executive Headteacher - Mrs. Judith Jones
Chair of Governors – Dr. Kirsty Byrne
Carleton Rode - Email: office@carletonrode-primary.norfolk.sch.uk
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Tel: 01508 530506



17.12.20



Dear Parents and Carers,

As the autumn term draws to a close, I would like to take this opportunity, on behalf of the school communities, to wish you all a merry, peaceful Christmas and a healthy, happy New Year.

We are sorry that you haven't been able to experience the usual Christmas excitement and activity in the schools such as the church services, Friends events and Christmas Fairs etc. but we have tried hard to give your children a magical and exciting Christmas experience in their bubbles, which we feel they are thoroughly enjoying.

Thank you for your patience and understanding and for all the messages of support and goodwill we have received. It has been a hugely challenging time for everyone in school, just as it has for everyone outside it too, but your amazing children and our wonderful team of staff have risen to the challenge and the 'new-normal' has now embedded into a smooth routine.

We are very aware that this Christmas may be a particularly difficult time for you or someone you know, so we sincerely hope that it goes as well as it can and that you all stay safe and well. There are some useful links lower in the newsletter that may be of help.

We look forward to welcoming the children back on Monday 4th January 2021.

With all good wishes to you and your family,

Judith Jones



Positive Cases Action

A reminder that should your child should test positive for Covid-19 after we have broken up from school, please contact me - Judith Jones - on either head@carletonrode-primary.norfolk.sch.uk or head@forncett.norfolk.sch.uk to report it to me as soon as you can so I can take the necessary action to swiftly notify any close contacts. A copy of the letter I emailed about this in detail is available on both schools' websites.



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Online Safety over Christmas

For an excellent, user-friendly guide to keeping up with the latest in helping your child safe online over the holidays please go to:

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>

You're not alone this Christmas: Mental Health Campaign

Is there someone you could support by sending them an e-card?

A new mental health campaign called 'Not Alone', has been launched to help people who will find this Christmas particularly difficult to deal with. Norfolk County Council, the Norfolk and Suffolk NHS Foundation Trust, local mental health charity, Norfolk and Waveney Mind, and the county's NHS Norfolk and Waveney Clinical Commissioning Group (CCG) are working in partnership with the support of Archant to encourage people to reach out to those who may be struggling. Christmas is often a difficult time of year for people and, with measures in place to prevent the spread of coronavirus, we may not be able to do the things we normally do and to be with friends and family, especially if they are vulnerable and feel they need to be alone to be safe, this year. The campaign offers support and advice, via an e-card. This digital card can be sent to people who may be struggling, to show that they are being thought of and to signpost them to a range of services that can give them some extra help and support. A paper version of the card will also be free in next Friday's edition of the EDP and Evening News. To send the e-card to someone, please click <https://t.email.archant.co.uk/lp/notalonethischristmas> .

Free Mental Health Support for All

One of the available services is the NHS Wellbeing Service, which offers a range of talking therapies, employment support, peer support and social activities by telephone, video call, instant messaging and webinar. The service is for anyone experiencing common mental health and emotional issues, such as low mood, depression or stress. People can self-refer by visiting www.wellbeingnands.co.uk or by calling: 0300 123 1503.

