



Executive Headteacher - Mrs. Judith Jones
Chair of Governors – Dr. Kirsty Byrne
Carleton Rode - Email: office @carletonrode-primary.norfolk.sch.uk
Web: www.carletonrodeprimaryschool.com
Tel: 01953 789384
Fornsett St. Peter - E-mail office@fornsett.norfolk.sch.uk
Web: www.fornsettschool.org
Tel: 01508 530506



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Dear Parents and Carers,

I hope this letter finds you all safe and well.

I am really aware that you have a great deal of school correspondence dropping into your in-boxes and on to SeeSaw or Tapestry to read and deal with for home-learning as it is, so I have tried to hold off writing to you before now.

However, I really wanted to write to thank you all so much for the amazing job you are all doing with home-learning or if your child is in school, for supporting our work with them. For those home-learning, I understand that this is far from easy or straightforward. I know from recent conversations with several of you that some are finding it incredibly hard going and are trying to balance and juggle many different things each day at a time when it's often hard to stay positive and upbeat. I also understand that some of your children are running out of steam a bit and really miss school and their friends in-person. I wanted to reassure you that the staff and I really understand that there are these challenges and pressures and to remind you that we are here to help and support you in any way we can.

We have been overwhelmed and heartened by the sheer number of you engaging with the daily Zooms and the variety of learning we are sending home. At the same time, we completely understand that for many different reasons, some of you are not able to do as much of the home-learning as you would like to. Although we have a duty to send home the learning activities and of course, hope that they can all be done, it's really important that you all know that we understand it cannot always be done. For us, the most important thing is that you look after yourselves and do not become overwhelmed by it all. If it's getting too much for you or your child/ren, take some time out to have a break and try again as soon as you feel able to. If it's a difficult day, it's probably better to do one thing well than lots of things under a cloud of frustration.

Two events have been brought to my attention which are designed to help and support you and your children's mental health and general wellbeing. One is the EDP sponsored 'Open Up Event' which is running **tomorrow 12/2/21** (I am sorry for short notice but only just saw this myself). To find out more and book any of the events, please follow this link: <https://www.edp24.co.uk/news/health/open-up-eastern-daily-mental-health-event-timetable-7306976> The other is the 'Feel Good Fun' site which Norfolk has created with lots of great ideas and activities for half-term wellbeing. Please do take a look by following: [Norfolk Feel Good Fun - Norfolk County Council](#)

I wish you all a happy half-term break from home-learning and hope that you and your families keep well and safe. Please do let me or any member of staff know if there is anything you think we can do to help or support you through this difficult time.

Best wishes,

Judith Jones

Carleton Rode CEVA Primary School - Church Road, Carleton Rode, Norwich, Norfolk NR16 1RW

Fornsett St. Peter CEVA Primary School - Aslacton Road, Fornsett St. Peter Norwich, Norfolk, NR16 1LT