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Forngett C.E.V.A. Primary School

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26th March 2021

Dear Parents and Carers,

As the spring term draws to a close, I would like to thank you all so much for your support since the return full school opening on the 8th March. The systems of pick up/drop off, using face covering on site, and all hygiene and ventilation controls in school, seem to working smoothly to keep everyone as safe as possible.

We are so proud of your wonderful children! They have settled back into routines and learning really well and we have noticed how much extra effort they are putting into their learning in their eagerness to get on and back to business. Their behaviour has been excellent too. We are all aware there may be some heightened anxieties due to the uncertainties of the last year, so we are always watching out for anyone who needs additional support and TLC. We will be sure to contact you if we have any concerns about your child's mental health and wellbeing in school.

The classes all enjoyed an Easter Assembly Zoom 'get-together' on Tuesday afternoon where Rev Lydia was able to join us. It's hard to believe this is our second Easter with no church service and we are looking forward to the day when we can resume these special times which I know so many of you enjoy joining us for.

A big thank you to Jockey Wilson, owner of MACMNET Ltd. The company has kindly donated an Easter egg for every child in the school. It's lovely to be spoiled now and then, isn't it?

If you haven't already ordered some NHS lateral flow Covid-19 testing kits for the adults in your household, please consider doing so, as regular testing will help our communities to spot and deal with any cases speedily. Details of how to order your free kits are in this link: <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>

Finally, I would like to let you know about an amazingly informative and supportive website for all parents and carers of 0-19 years <https://www.justonenorfolk.nhs.uk/>
This site accompanies Norfolk's **Just One Number** telephone service **0300 300 0123**.

Just one Number, is Norfolk's single point of access for all Norfolk Healthy Child Programme services where you can find a wide range of support and care that's on offer. The website offers masses of help and advice on a wide range of parenting topics.

There is also free access to an excellent online course called **Solihull Online Learning**, [Online Learning \(justonenorfolk.nhs.uk\)](https://www.justonenorfolk.nhs.uk/) It's really user-friendly and helps you to you recognise emotions in yourself and your child to see how they can impact on their behaviour.

Solihull Online can help increase confidence as a parent or carer so that difficulties encountered in everyday life are reduced by seeing a child's behaviour from their point of

view. A closer relationship between you and your child can develop, resulting in a calmer and happier household for everyone.

I did this course myself years ago when my children were young and it was face-to-face, I found it was very helpful.

I hope you have a wonderful Easter break and that you get an opportunity for some rest and relaxation.

Best wishes,

Judith Jones