

## Dear Parents & Friends,

The Lockdown continues but there is real hope that it is working and the infection rate is beginning to slow. With the vaccination program being rolled out across the UK, there really is light on the horizon! In addition, there are more and more resources and sources of support, a few of which I have mentioned below. 😊



### Mental wellbeing while staying at home

Taking care of your mind as well as your body is really important if you are [staying at home because of coronavirus](#) (COVID-19).

You may feel [worried or anxious about your finances](#), your health or those close to you. Perhaps you feel bored, frustrated or lonely. It's important to remember that it's OK to feel this way and that everyone reacts differently.

Remember, for most of us, these feelings will pass. Staying at home may be difficult, but you're helping to protect yourself and others by doing it.

There are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel if you're staying at home. Make sure you get further support if you feel you need it. Search **NHS – every mind matters** or visit:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

### BBC Lockdown Learning

Learning at home? The BBC has got lots of new resources for you! Try their lessons full of videos, quizzes and practice activities to help you with home learning. There is also a **Parents' Toolkit** Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world.

You can also sign up for their **'Children's & Parenting'** emails. Over the coming weeks they'll be sending weekly newsletters with home learning tips and tools to minimise disruption to your children's education. Whether you've got toddlers or teenagers, we'll help out with creative ideas to keep them occupied and educated during these challenging times. <https://www.bbc.co.uk/bitesize>



### Kooth Virtual Sessions

Kooth is an online mental wellbeing community offering free, safe and anonymous support for children and young people. You can find out more by visiting <https://www.kooth.com/> or, if you are a parent or carer, why not join their virtual sessions, which will provide:

- An overview of Kooth and how we support young people's mental health and wellbeing.
- A live demonstration of the service.
- A Q&A to ask us anything you want to know about Kooth.

*A poster about these sessions is attached to this newsletter. 😊*

### 21 Minute Challenge & Gymnastic Competition!

January is often the month where people look to get active and improve their fitness. We realise that this is difficult during the current lockdown, however we would like to support pupils, families and staff to remain or to start to be more active over the next 5 weeks (at least). To help to encourage everyone is Rossendale to be active in 2021, the Rossendale Sports Partnership are launching a '21 Minute Challenge' where the aim is to take part in at least 21 minutes of continuous exercise every day.

There is a Gymnastic Competition which can be done as part of this challenge - If you think your child may be interested in taking part then please ask them to log into the school website and all the details have been added as a discussion. Please encourage your children to take part, it would be amazing to continue our success from the Lapland challenge with lots of children taking part in this. I know the children absolutely love competitions and it does give them a sense of pride to represent the school. If you have any questions then please let me know. Thanks. Mr Murtaugh 😊



### A Gentle Reminder

Please remember to wear a face mask when dropping off or picking up your child. Also, if you are a Critical Worker, please **only send your child into school if it is really necessary** and there is no-one at home who can look after them. We have one class with a possible 20 children in it next week!

*Stay Well 😊*

*Mr. J. DANSON*

To receive this Newsletter by email, simply contact [head@stubbins.lancs.sch.uk](mailto:head@stubbins.lancs.sch.uk).