



Some thoughts as we start a new week...

At this time of separation, there is a sense of unity and coming together on a Thursday evening when we hear the sound of clapping. A joint celebration and tribute to key workers everywhere for all that they are doing. However, we are also reminded that we are all playing our part at this difficult time.



Let's celebrate our school community by giving out some

Balmuildy Star Awards to:

Our amazing children who are:

- ★ staying at home and missing their friends, family, and social activities
- ★ washing their hands ALL THE TIME
- ★ trying their best with all of the learning activities being sent home
- ★ being kind to their parents, brothers and sisters, even when it's hard
- ★ remembering that bad times don't last forever and we will all bounce back
- ★ keeping their bedrooms tidy and helping with the housework - OK I was taking a chance with this one but you never know!

Our wonderful parents who are:

- ★ Staying at home and missing their friends, family and social activities
- ★ Supporting their children with learning while working from home
- ★ Going out to work to keep us safe and our country running as much as possible
- ★ Cooking, cleaning, washing, ironing, gardening, tidying, hoovering..... let's be honest there isn't enough space for all the things parents do!

Our fabulous staff who are:

- ★ Staying home and missing their friends, family and social activities
- ★ Working hard to prepare learning activities to send home
- ★ Working in the learning hub looking after the children of key workers
- ★ Making plans for supporting children back to school when the time comes



Thank you to everyone for all that you are doing



Just one last thing to finish. This was shared by a member of staff last week. You may have seen it elsewhere, but I thought it was worth sharing again. Take care and stay safe this week.

Northamptonshire Healthcare

NHS
Central and
North West London
NHS Foundation Trust

Working Remote - COVID 19 Principles

1. You are not "Working From Home", you are "At your home, during a crisis, trying to work".
2. Your personal physical, mental, and emotional health is far more important than anything else right now.
3. You should not try to compensate for lost productivity by working longer hours.
4. You will be kind to yourself and not judge how you are coping based on how you see others coping.
5. You will be kind to others and not judge how they are coping based on how you are coping.
6. Your team's success will not be measured the same way it was when things were normal.

Wellbeing for life