

What's the bravest thing you've ever said?

This one is for the grown-ups.

So, we're two weeks in and we would probably all agree that lockdown is tougher this time around. That's what you're telling us.

It's hard.

The days are dark and cold and wet! The hours are filled with your work, housework, school work. TV, radio, newspapers and the internet seem to be constantly bombarding you with information. Some of it seems to make sense. Some of it is just downright confusing. You might be an expert in the COVID rules. You might be struggling to keep up with updates and advice that seems to change daily.

Some of you have become experts at juggling it all. Some of you just can't keep the plates spinning, no matter how hard you try. Some days, things work out ok. Some days they don't.

Guess what?

It's fine.

However you're feeling, it's fine. It's ok to feel sad, frustrated, helpless or useless (you're not, by the way). It's ok if you're feeling ok. It's ok to feel great. It's ok to feel not so great. It's fine to have good days, bad days and in-between days.

It's understandable if you are anxious, frightened, confused or tired. It's understandable if you don't know what to do next, which way to turn or who to go to for help.

But you can turn to us. We're here for the children always; but we'll always make time for you too.

Last lockdown, we advertised our chatline, for you to call if you felt lonely or if you just needed to hear another adult voice. This time around, we've been calling you, messaging you and encouraging you to join us for daily assembly. That's been great. It's been enough. But now we feel that you may need more support again. You'll soon start to see reminders that you can call us if you need us. Our chatline is back - in fact, it never went away. Lots of you have continued to use it throughout the pandemic. But maybe more of you need reminding that we're there and that, if you need support, you can reach out to us.

It's been amazing to see not only the fantastic staff team helping you, but to see you offering advice and support to each other too. That gave us an idea. So, you will soon receive an invite to a weekly adults' (virtual) coffee morning. There will be a couple of our amazing LSAs and the parents from your child's year group there. It's a chance for you to stop for half an hour (or whatever you can manage). Bring a cuppa. Bring cake! You can chat or you can just listen. You can have cameras on or off. You don't have to join in, but you may feel better for being amongst adults for a while. It's some dedicated time for you.

This is hard, but we're all in this together and it's ok to lean on others when you need to.

(Picture copyright of Charlie Mackesy, who continues to help us all to get through this.)

"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.