

HANDSWORTH NEWS

BRANCHING OUT, GROWING TALL
HAND IN HAND, ONE AND ALL



Dear parents, carers and friends,

When I think of our school community and how we have come together to support each other, I am filled with pride! I am sure we are all going through the same stages - days where we feel we have it all worked out and the children are a joy, to days where we are longing for normality to resume. However you are getting through, **well done!** Remember we are always here for you so, on those tough days, please drop us an email or give us a call if you need support.

Thank you for continuing to share what you have all been up to; it brightens our day. Miss Addai and I have both uploaded assemblies to the website this week and you can also see the birthday celebration song on the school news page. We have daily story time with a variety of staff and ideas on how we can keep ourselves healthy and active during this time. There are also some great resources on the CAMHS (Child and Adolescent Mental Health Services) website www.camhs-resources.co.uk. Please note, next Friday is Bank Holiday and teachers will not be uploading activities for the children.

You will see in this newsletter, our Child Psychotherapist Vanessa is offering parents support and a safe place to connect. One to one phone calls are also an option. Email lighteducationtraining@gmail.com if you are interested or have any questions.

I hope you are keeping well. I am missing chatting to you and seeing the children. Please remember the most important thing is the wellbeing and mental health of you and your family. Please don't get stressed or anxious if your child isn't completing all the tasks set. They are there if you need them but there is no pressure. Like I said before, you have to do what is best for your family and we will support you with that. **We are not all in the same boat but we are all in the same storm.**

I miss you all. Stay safe.

Mrs Nairne



"We don't need to fight the storm," said the horse



"If we are still, it will pass"

Creating some space to connect, breathe, feel and talk.

In a times like these it is beneficial to make connections so you realise you are not alone and a lot of what you feel is normal.

We are really pleased to offer support for your mental health and wellbeing in the form of weekly Zoom group meetings or one to one phone calls with Vanessa McHardy. Vanessa has been part of the Handsworth community for 15 years. Vanessa aims to create a safe space to talk and share and will provide practical tools to enhance wellbeing.

These are disorientating times where life is not how we know it and not knowing when things will return to the routines we were used to can feel stressful and cause tension. Whatever the situation we know human beings thrive when we are connected to others, we know this is true and remains the same even in an upside down world. We can create ways for you to connect with those in our community so you are supported and feel even more part of the whole when we do get back to normal.

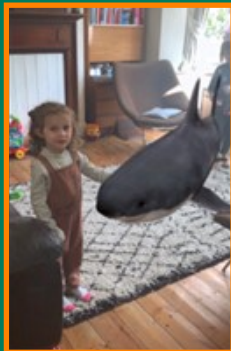
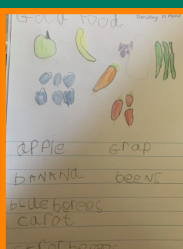
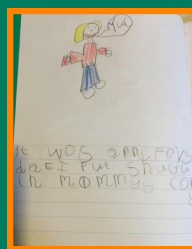
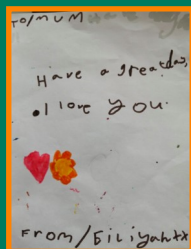
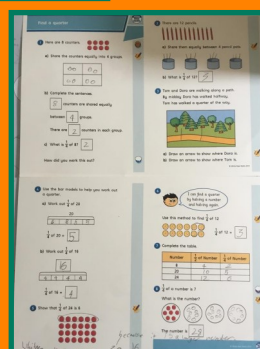
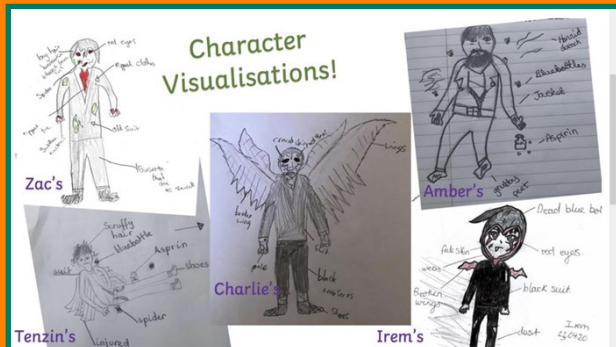
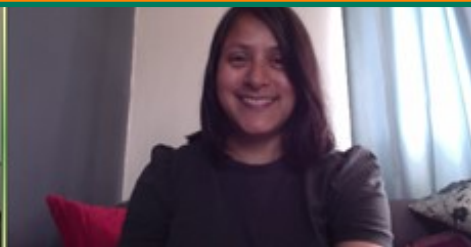
This is not a therapy group but rather a supportive space where you can say hello and share experiences. Vanessa will introduce various exercises to help connect you to your breathing and body these will allow you to release tension whilst supporting nervous systems and allowing you to be calm and still.

If you are interested, please email lighteducationtraining@gmail.com and we will send you the consent form and provide you will additional details.

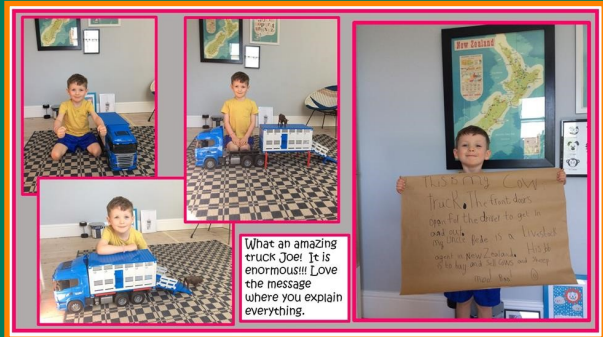


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WE ARE
SO PROUD
OF YOU



Harry G brings you "PE with me!"