



HANDSWORTH NEWS

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

Dear Parents, Carers and Friends.

I hope you are all keeping well and have had a good week. I have seen such lovely acts of kindness in our community. Everyone pulling together to support each other! We have set up a voucher scheme for those of you who receive free school meals. You should receive an email from 'Edenred' inviting you to redeem your voucher for a supermarket of your choice.

Thank you to everyone who sent in photographs of our children with their colouring task, the staff enjoyed getting involved too. We all love seeing our children enjoying their activities. We are missing you all so much!

I have received some emails this week with ideas that parents want to share. One family decided to make a 'worry box'. They write their big worries on a scrap of paper and feed them to the Worry Box. Another suggestion is creating a 'Wins board.' Families write their names and then write down every little success they have e.g. making someone a drink, doing a Joe Wicks PE session. We all have our own ways, there is no correct way to deal with this, we have to do what is best for us and our family. So, however you are filling your days, whatever approach you are taking, you are doing amazingly well!

Mr Oakley is providing a very entertaining story time on the news page! The special effects are so impressive. I am slightly concerned many of our staff will become You Tubers after this! We have a very talented bunch.

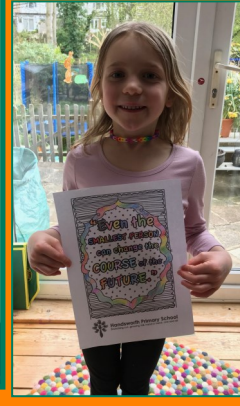
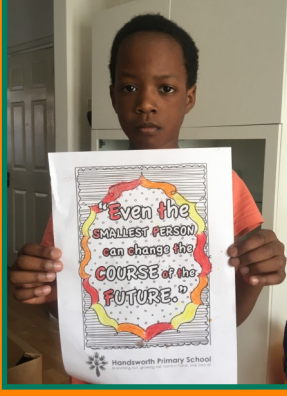
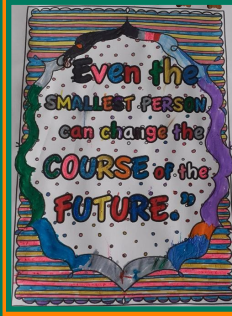
School will remain open over the next 2 weeks for the children of key workers, however, staff will not be updating the website with daily activities, I am sure you will agree they need a good rest. I am so proud of our wonderful staff and would like to take this opportunity to thank them for everything they are doing.

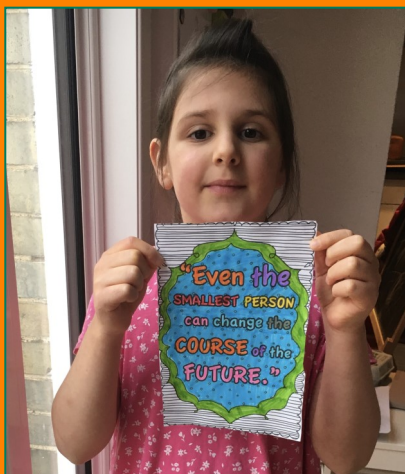
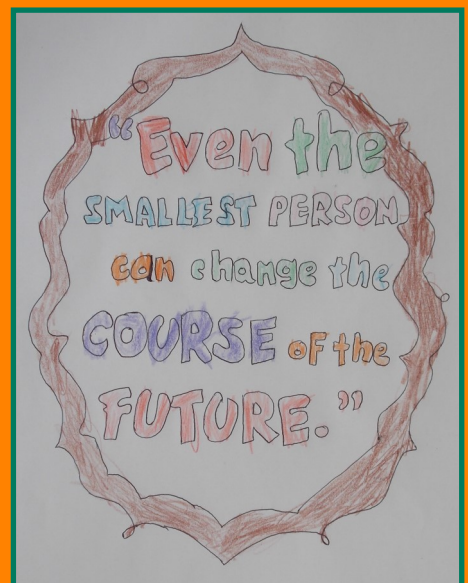
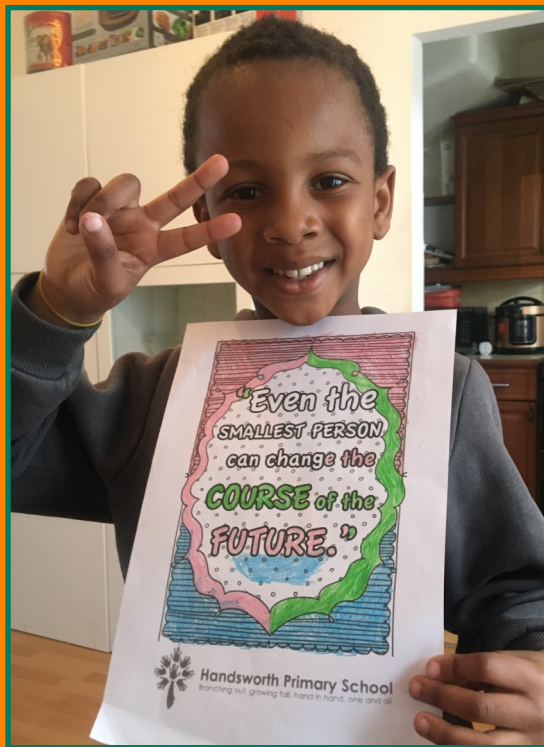
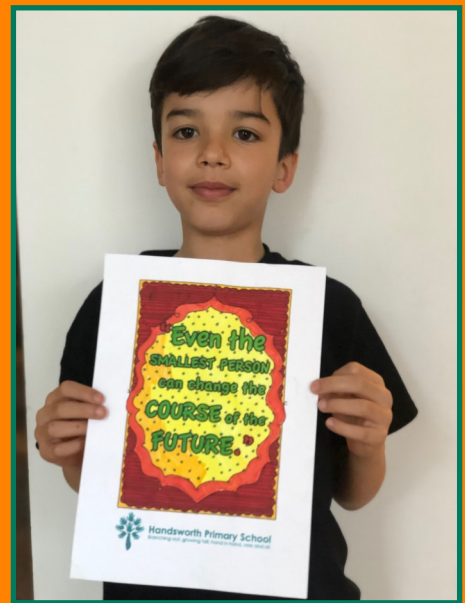
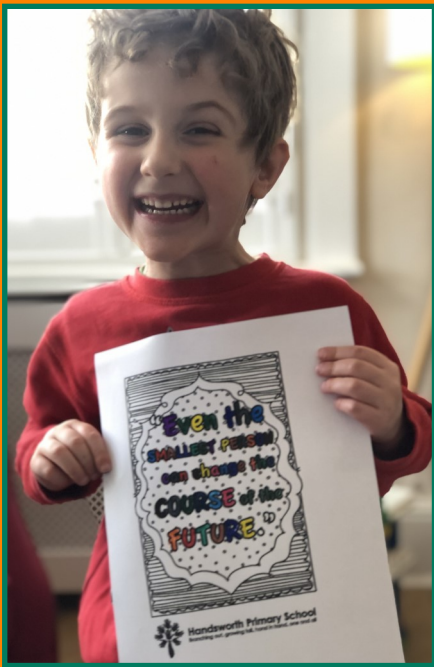
We will continue to check emails over the next two weeks so PLEASE email us if you need anything, even if you would just like to have a chat on the phone. We are here for you all and can help with anything you need.

Thank you once again for your ongoing support, we really appreciate it.

Take care and stay safe

Mrs Nairne





Managing Anxiety In Times Of Uncertainty

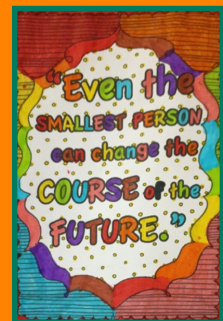
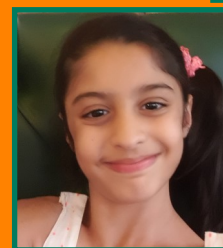
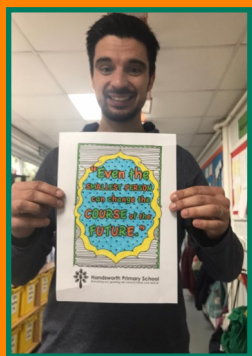
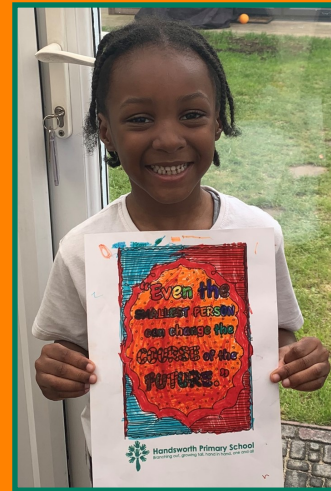
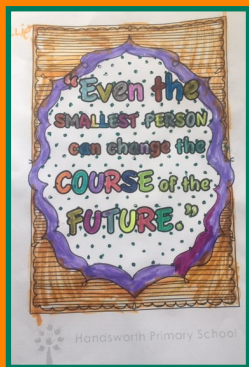
It is quite normal to feel anxious during times of uncertainty, as we all find ourselves in currently.

This is a very normal response to what is a sudden and *unexpected* change.

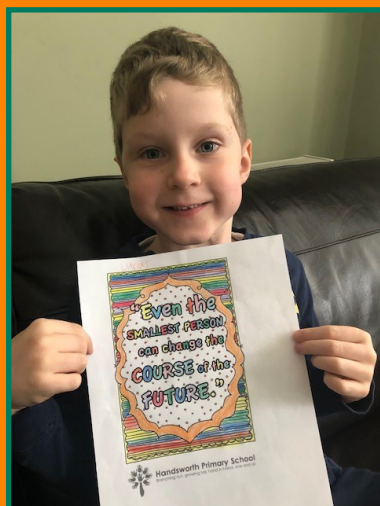
In everyday life, anxiety can act as a very useful or *adaptive* emotion, it keeps us alert so that we may plan ahead and be prepared for the future. However, when we lose this balance and anxiety begins to take over, we may struggle to focus, plan or function as we did previously and things can get very overwhelming.

The lack of *control* over what is happening around us at the moment, how long it will last and whether we can keep our loved ones safe, may feel very frustrating, confusing and even frightening.

However, an important thing to do when we find ourselves in situations where we have little control, is to focus our attention instead on all the things we *can* be in control of. If we look hard enough, we will find there are many.



Inaya was determined to have her wow day!
Super work!
Well done.



Enjoying story time!

