



Dear Parents/Carers and Children

We hope that this finds our families well, knowing you are in our thoughts as we continue the term in our online classrooms.

There has been a lot of information from the Government and media about the next stage of the “new normal” and how schools will look when they reopen in August. Please be reassured that we will continue to communicate when we have further information and at the moment are seeking your views on concerns you have as a parent for the children’s return. You can share your views on the Mauricewood Parent and Fundraising pages on Facebook and our Parent Council will share these with us on the 4th June. It is important that we hear your views as we endeavour to keep our school community updated.

For this week, however, we focus on looking after each other and building our community on Kindness.

As you may have been aware, last week was Mental Health Awareness week. We focussed on this aspect of health a few weeks ago in our Connects and I have included the link to the government article which has important advice should you wish to have a look again.

One suggested way we can improve the mental health of ourselves and others is Kindness and this has been a major focus throughout Midlothian and beyond. You and your family will probably be able to list more than 10 ways lockdown has brought out the best in people... Captain Tom and his fundraising, clapping for carers on a Thursday....there are many ways in which society has been showing appreciation for others and the kindness they have been showing.

On Twitter, #KindnessMidlothian is being used to celebrate the very best from our communities. Have a search for it on Twitter and be amazed with how people are giving the best of themselves during these difficult times.

We are also seeing Kindness in our Google classrooms each day as we know we would have been in our real life classrooms. Our teachers and children are welcoming each other each morning and examples of children connecting and helping each other in learning are everywhere!

So far we have given examples of Kindness from across the nation, across our community and in our school classrooms, however it is just as important to show kindness to...YOU! Being kind to our own self can sometimes be the hardest part of the kindness journey. It is

equally important in the kindness spectrum and it has important mental health status too. You may, as a parent or carer, be interested in **10 Days of Happiness** - a free online coaching program which guides people through daily actions for happier living, all based on the latest research. Click the link to find out more at 10daysofhappiness.org

For children, some of our classes produced gratitude posters and positivity jars/memory boxes and taking time to be kind to yourself would be an opportunity to look at these once again and connect with the positive feelings these hold. Emma from P6W created a Kindness calendar and has allowed me to share it with you in the hope that we can inspire others to take some small actions to improve someone else's day! Thank you Emma!



I have also included the link to our School Evaluation Survey - if you would be kind enough to take 5 minutes fill it in!! <https://forms.gle/CzAhpQeDHwDeZFWMA>

Stay safe - and be kind to yourselves and each other,
The Mauricewood Team

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting->

[children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak](#)