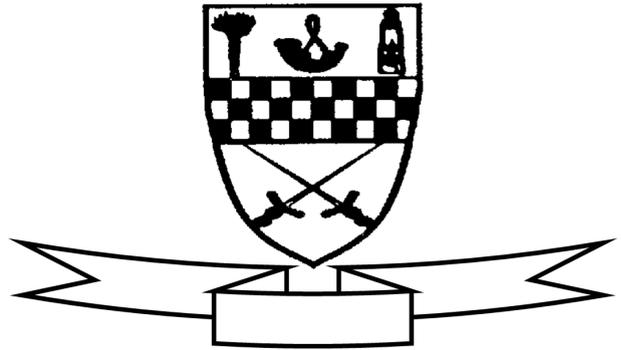


Dear Parents/Carers and Children

As we settle into a different routine, we know that it can be a hard task to adapt to a new situation. Please do not worry if your routine is taking longer to establish - no one can learn when they are unhappy or stressed.

You may have seen some information around social media telling us that there is no “Academic emergency” to get learning and we believe this to be true. Take your time to get to know what works best for all of you. Nobody should be too hard on themselves when we are all learning to work in new ways.



The topic for today, then, is Positivity. Our children have discussed thinking positively in their Health lessons on Bounceback. Bounceback is our school resilience programme which focusses on knowing that setbacks happen to everyone and that they will not last forever. Thinking positively and using humour are good strategies for helping in difficult times. The letters of BOUNCEBACK each spell out a different resilience strategy; one of the C's is

Concentrate on the positives (no matter how small) and use laughter

Here are 3 ideas to get you thinking of being positive while learning at home.

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| 1. Begin a Positivity Jar or Box - talk together about what has been a positive feature of the day and draw or write them down to look back on. |
| 2. Pop a rainbow in your window as many news stories are suggesting to do as a symbol of hope and positivity. How many can you see from your window? Can you find a unique way to display one? |
| 3. When we work together in Mauricewood in talking partners, we often write a Compliments slip thanking the talking partner for their help over the week. Give everyone in the family a slip of paper and ask them to write a compliment for another person. |

Parents, we know this is a difficult and unusual time. Please remember that although you can't see our staff face to face, we are here and working each day and can be contacted for any question, big or small. Send any emails to the school email address or J.Mathers@midlothian.gov.uk and they will get to the right person. If you have any other worry our Educational Psychology service has set up a consultation phone helpline which can be used anonymously. Details are attached.

We urge you all to stay safe - and positive.
The Mauricewood Team