Dear Parents/Carers,

 I hope you are all well and that you had a lovely weekend. It was great to see the engagement with the assembly and to see lots of families getting out of their PJs and into their glad rags and party gear!

 Next Monday, 18th May, is an In Service Day so there will be no online learning in the google classrooms.

 We are busy planning transition programmes for our new P1s and our P7 leavers and we will update you with more information as soon as we can.

 You’ll be delighted to hear that we are planning for a week at camp! So whether you had signed up to camp or not for this year we would like everyone to join us on our Virtual Camp. We will be setting off for our virtual camp on Monday 26th May and returning on Thursday 28th May! More details to follow soon! Please note it is virtual so all activities will take place in your own or local area.

 Attached to this email are information booklets created by CAMHS (Child and Adolescent Mental Health Service) to help parents and children with their feelings through this COVID period. They have some good examples of activities you can do to help manage worries and feelings around COVID. I have also attached an update from Midlothian’s Educational Psychology Service regarding children’s worries about going outside.

Midlothian’s Educational Psychology website has lots of information about how to look after your emotional and mental wellbeing during this time. It has lots of resources for both parents and children. You can visit it at <https://mideps.edublogs.org/>

Please continue to use the school email address if you have any questions or queries or require support in any way. If we can’t help you then we have lots of groups we can refer you to who may be able to, no ask is too big or too small.

 For those who are unwell, or who have family members unwell, please know that our thoughts and prayers are with you and we hope you get well soon.

I hope you all have a lovely week, please continue to send us your photos on google classroom and/or twitter. It is lovely to see the children’s smiley faces and fantastic lockdown outfits!

Be kind and stay safe

Miss Chidgey

#kindnessmidlothian

