



Brentnall Community Primary School

Northumberland Street, Salford, M7 4RP

Tel: 0161 792 4317

Headteacher: Mr. M Thompson
Chair of Governors: Rev. S Fletcher

Wednesday 13th January 2021

Parents' Update – Wednesday 13th January 2021

Dear parents,

I would like to take the opportunity to, once again, thank you for working with us to provide the best for your child. The staff – who have been working tirelessly – have received fantastic feedback so far, regarding the remote learning which has been sent home. We are pleased to see that the children are engaging well and communicating with staff to receive feedback. I am so proud to see that the children have continued to show the utmost resilience, during a challenging time.

As well as continuing learning at home, it is vital that your child, your own and your families' wellbeing is paramount. Why not try some of the following activities as a family:

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS www.actionforhappiness.org Happier · Kinder · Together

Please find a range of wellbeing advice on our school website and additional resources which can be utilised.

Welfare Calls

We will be continuing with regular phone calls to families each week. Please remember that these calls will be from a withheld number, so please do try to answer. We will call



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back later in the week if we are unable to get through. If you miss a call, please let us know you are safe and well by email to info@brentnallschool.uk. We are in the process of getting a mobile phone so we can share the number with parents for emergencies. In the meantime, please ring the school office phone between 9:00am-3:00pm, on 0161 792 4317. If this call is not answered, please leave a message and we will contact you back.

If you have any concerns regarding remote learning or the wellbeing of your child/family, please remember to contact us via info@brentnallschool.uk

Reminder: please ensure you continue to follow the government guidance to protect yourself and others. Please see our website for full guidance on how to stay safe during the pandemic.

And lastly, a note to leave you with...



Thank you for your continued support.

Mr. Matt Thompson

Headteacher