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## High Down Junior School

Believing | Achieving | Learning for life

**High Down Junior School**  
Down Road  
Portishead  
Bristol  
BS20 6DY

1<sup>st</sup> February 2021

Dear Parents,

We want to say that we think you are doing brilliantly!

These are such challenging times and you are being asked to juggle so many different roles at the moment. Whilst we know that everyone's circumstances are different, the pressure on you currently must be immense.

For those of you with children learning at home, thank you for all of the support that you are giving to your child. We have been so impressed with the quality and quantity of the work being submitted everyday. You are truly awesome.

For those of you with children in school, thank you for all the roles you are performing to enable our society to keep functioning. Your children are working hard and are a real credit to you.

We have attached some Mindfulness activities, which we will be doing with the children next week. We thought that you may find it useful to have a copy at home.

With our warmest wishes,

Nicola Wright

Nina Bjergfelt

Rachael Taylor

