

Broadwood's Wellbeing Newsletter



Message from Mrs Mitcheson

Dear families,

Can I start by saying a huge 'well done' for supporting your child/ren with their home schooling during these challenging times. As a parent of 3 children, I know how difficult it can be. I hear comments from my children such as "mam you are doing it wrong because my teacher showed me a different way, I am not doing it your way" or "I will do it in a minute" or "I can't do any more work, my brain is hurting" after 3 minutes of doing work. My list is endless and I guess what I am trying to say is just try your best, everybody is in the same boat! We are always in school during the day if you need our support.

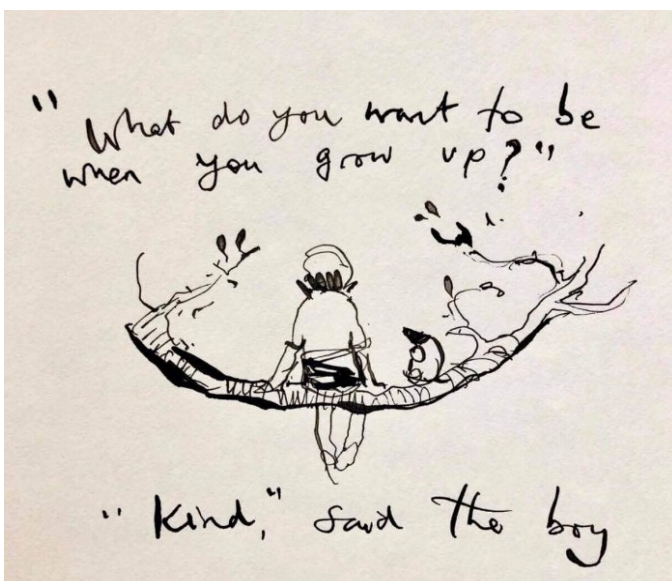
Please, keep reminding your children they are doing such an important role in staying home and therefore keeping people safe. We at school, are unbelievably proud of you all!

**Welcome to our Wellbeing Newsletter.
If one person find's something useful in
it to help them through this difficult
time then it will be worth it.**

**We have a quiz, some book recommen-
dations and some activities to try at
home.**

**There is lots of great work being done
at home and school and in workplaces.
We can only ask that you try your best-
your best is good enough!**

Love, patience and kindness will get us



Reading is the theme this week. It's a great way to relax.

The Reading Agency has revealed that the nation read more

during the 1st national lockdown with **1 in 3 adults** reading more than usual.

Joe Wicks MBE - He's back!

Join Joe on Mon, Wed, Fri @ 9am for regular PE

You'll find him on



**Can you do the
Emoji Quiz as a
family?**

**They are all titles of
children's books**

How many can you get?

**Let us know through
seesaw how you got on.**

Music



Put on your favourite piece of music and dance! You might want to just dance or you might want to invent a dance sequence which goes with a piece of music. Maybe you could perform it for your family and share it with us on Seesaw!