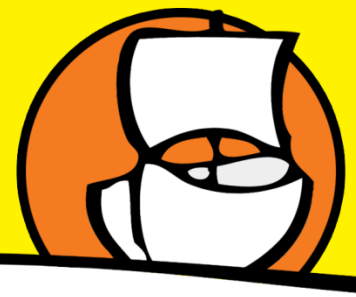


Penpol School

2 St George's Road, Hayle, Cornwall, TR27 4AH



Thursday 28th January 2021

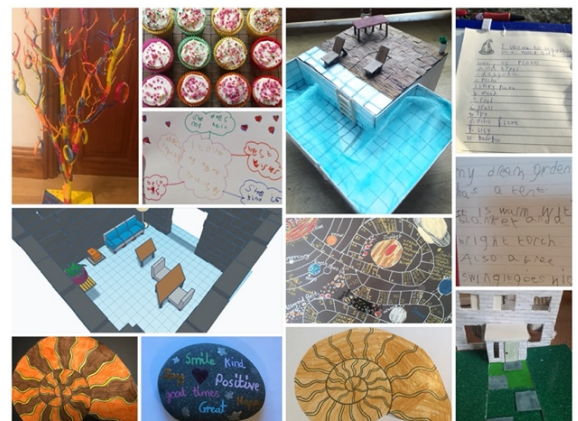
Dear Parents/Carers,

Speaking with many of you this week, it is fair to say that this lockdown feels universally more challenging than the first. Juggling multiple pressures at home without a confirmed return date can feel particularly overwhelming. Please know that you are not alone in feeling this way and that you are doing a hugely difficult job with far more success than you are likely giving yourself credit for. Our number one priority, now and always, must be the **wellbeing and mental health** of our children and of ourselves. Keeping learning going is vital too of course but, only when they are feeling safe and happy will children be ready to learn. If you need support for any reason, we are here to help – **please do not hesitate to get in touch**.

Rachel Perris will be running her **Time to Talk** sessions again this Thursday at 10am, 1pm and 2pm. Those who attended the sessions last week found them relaxed, positive and incredibly useful. It would be great to see more people using these sessions this week so that we are able to continue running them long into the future. The Zoom link will be sent out again via text shortly.

We are continuing to adjust our **remote learning** provision so that it provides children with all that they need to thrive without overburdening them or others at home. This is a difficult balance to strike and we would very much appreciate your views. Please do complete this short **survey**: <https://forms.gle/Tix2U8NSH3LSvQu6>

Cornwall Council is keen to use the **Covid Winter Grant** to support those families most in need. Please see the contact details below and do take advantage of this support if it will benefit you.



For items relating to home heating such as fuel bills or breakdown in heating equipment such as oil tanks or boiler repair please contact Community Energy Plus by emailing advice@cep.org.uk or phoning 0800 954 1956.

For help with food and other essential household items visit our website here:

<https://www.cornwall.gov.uk/advice-and-benefits/benefits/crisis-and-care-awards/>

Thank you all for your continued support.

Best wishes,

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