

DAILY UPDATE

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SANDY'S DAILY MESSAGE

Today marks the beginning of Mental Health Awareness Week. This year's focus is kindness.

Kindness is defined as the quality of being friendly, generous, and considerate. Admirable qualities, which are definitely being highlighted during the current climate.

One of the Mental Health Organisation's strap lines is "even the smallest spark can brighten the way when someone feels in the dark" and this especially resonates at present.

Another positive of being kind, is that doing good is also good for you. An act of kindness can really boost your mental health.

I am so looking forward to reading our 'Linking Acts of Kindness' section this week and will enjoy celebrating just how kind our Link community is. Do share with us.

Sandy

ACTIVITIES / LINKS THAT MIGHT BE HELPFUL

With the weather heating up again, you will find attached a recipe for fruit lollies. A tasty alternative to traditional ice lollies, that are not only delicious, but far more healthy too. Give them a try and let us know what you think.

WHAT'S EVERYONE BEEN UP TO?

Devante from Hazel Class wanted to say 'Hello' to everyone at school.



He and Mum, Vanessa have been busy doing his school work and he tells us that he particularly enjoys the OT newsletter and activities that Emma is sending home. Well done Devante, those cakes looks scrumptious, we wish we could have a bite!!



Nana too, completed his baking task this weekend, producing a batch of fairy cakes, which look so light and airy. We bet they were delicious. Keep up the good work Nana.

You'll be pleased to hear that the Dino art installation at Lily's house has now been completed. Lily herself made the finishing touches and the design is now being enjoyed by both the family and their neighbours. The reflections of colours through the window when the sun shines must be beautiful.



Lily also shared with us her smaller 'Dino' design which although not quite as big, is a wonderful piece of art work. Thank you for sharing Lily.



MENTAL HEALTH AWARENESS WEEK

Michelle, Maple Class Teacher, has uploaded a video on kindness on Youtube specifically aimed at our pupils.

Do check it out - a shorter link than that we gave you previously is:



LINKING ACTS OF KINDNESS

We have been inundated with messages relating to kindness, all of which we will be sharing over the week.

Caroline, (SSA from Oak Class) and other members of staff have noticed that Reegan has shown great kindness to some of his peers. He has [shared](#) his own toys with others who have shown an interest, He has interacted positively and taken turns, this has resulted in new friendships being formed, with two boys asking "Where's Reegan?" on a daily basis.

Uzma (one of our SSAs) and her family decided to deliver a 'Stay Safe' bag with chocolates, dry food and bhaji's to the whole of her street. This has resulted in all of them responding with thanks. This gesture has made [relationships](#) in the street much stronger.

Helen, one of our Speech & Language Therapists wanted to report that Nic (our Assistant Principal) was very kind when she helped her with IT problems during an annual review meeting. She also feels that Nic has been kind to all the staff during this whole process; always asking

after everyone and [making sure the team are ok.](#)

Laura, another of our Speech & Language Therapists said that she has really enjoyed hearing about the children in the daily updates, but most of all loved seeing their wonderful smiles. During these uncertain times, she feels there have been more smiles and "Hello's" as people pass one another when out on their walks. It's sometimes easy to forget that this simplest act of kindness could make a difference to someone else's day.

[Keep smiling!!!](#)

Linda (SSA from Willow Class) said she has promised that she will keep the positive spirit that has enabled her and her son to get through each day throughout lockdown. This has been the most challenging period they could ever recall. She feels that although these times have caused lots of painful memories in many families, it has also provided a number of important lessons in our lives, for example the value of humanity - being kind to ourselves and each other.

Linda said that during the pandemic, she has [focused on the things she can do, rather than the things she cannot.](#)

What a wonderful thought to finish today's update on.