

Wellbeing Check Up

During this time of uncertainty, we are aware that many families and individuals may struggle to cope with maintaining their mental wellbeing. At Maryland Primary School we work hard to promote positive wellbeing and mental health of all those who make up the Maryland community - our children, their parents/carers, staff and governors. We want to ensure that our focus on wellbeing is not lost during this time. Therefore I have shared some guidance and resources which you may find useful – click the following link <https://maryland.newham.sch.uk/news/coronavirus-school-closure/> and then scroll down on the web page.

We are very proud of all members of our Maryland community during this time, especially our pupils as they continue to demonstrate [Maryland school values](https://maryland.newham.sch.uk/wp-content/uploads/2020/01/School-Motto-and-Values.docx.pdf) - please continue to reinforce these values at home and please thank the children on our behalf.

Stay safe and see you all shortly.

Regards,

*Mr Lock*

Deputy Headteacher

Maryland Mental Health Lead