



Hanwell Fields Community School

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Hi,

It feels slightly strange that we are now entering the Easter Holidays and there hasn't been the usual countdown of how many days to go and then the excitement of leaving school wishing everyone Happy Easter. For my family not having to hide a shop full of Easter Eggs given to us by relatives!

I read this interesting article the other day that talks about adjusting to the new norm, that it is ok to stop and pause so that we can readjust. If you want to read it then go to:

www.chronicle.com/article/why-you-should-ignore-all-that/248366

It linked really well to a vlog that a girl who used to be in a youth group that I ran (ok she is in her mid to late 20's!) spoke about. She said, (this is me paraphrasing) that it is like we are in the wrong season, though it is spring, the start of new life, trees are in blossom, lambs are being born. At this time, we have the temptation that we must also fill our lives with new learning and activities. Though there is nothing wrong about this, it is also ok to stop, be like winter where we have to dig deep like the roots of plants, for our nutrients and emotionally adjust to the world around us. It is ok to just be, as someone once said (I don't know who) we are called human ***beings*** not human ***doings!***

I have also put the links below to a couple of free downloads that the blurt foundation have released this week.

https://www.blurtitout.org/product/free-download-your-sensory-self-care-toolkit/?mc_cid=1e37f5ac23&mc_eid=aaefbb8b1c

https://www.blurtitout.org/product/free-download-getting-to-know-you-workbook/?mc_cid=1e37f5ac23&mc_eid=aaefbb8b1c

Happy Easter - Hop is a great film to watch!