

King Edwin Primary School



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Dear parents, carers and members of our KEPS community,

For many of us, I know at this time of year, there is pressure to create the perfect magical Christmas. I know that many will want to give our KingEdwinner children the magic of Santa, ensuring that he brings the best gifts and ***'all that they could possibly wish for'***. I'm also sure that sometimes this means a huge amount of stress for you all. My wife and I feel the same pressures too...but I'm writing to tell you a little secret.

I'm writing to tell you all that every January when your child comes back to school, after all of the decorations are put away and the festivities are over ; they tell us all about their Christmas holidays.

They tell us about the days when everyone stayed indoors and watched TV together. They tell us about the walk in the freezing cold with their family. They tell us about staying at Mama's or Grandad's and then about being excited when parents came back from working a shift... or having their works party.

Quite often, they tell us about how you snuggle them on the sofa or read them a story or simply have a chat about 'stuff'. They tell us how you played cards and took them swimming one day and forgot their towel. They tell us about a visit to a friends on New Year's Eve and how they stayed up until midnight. ***They also tell us what you got up too, this is especially interesting!***

They tell us how they loved staying in their PJs some days and having a trip out on other days. They also talk about experiences and feelings. They talk about laughter and fun times. They talk about falling out with siblings and making up with siblings...eventually !

Obviously they do mention their gifts but really, for all of our KingEdwinners, Christmas is just about **YOU** and **YOUR LOVE** that you give. It's the **TIME** that **YOU SHARE** with them and the **MEMORIES YOU MAKE TOGETHER**.

YOU ARE THEIR FAVOURITE GIFT!

So the next time you are feeling overwhelmed by it all in the next few weeks and in need of a bit of a reset, just remember , focus on this simple fact.

They **LOVE YOU** and that's all that really matters, isn't it?

Merry Christmas KingEdwinners

Mr CW

Please remember that our 'Help and Support' email is active all over the festive period. Don't hesitate to reach out.

Helpandsupport@kingedwin.notts.sch.uk



Useful contacts - Christmas and general health - Contact details for helpful organisations who can support your mental health over the Christmas period.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/useful-contacts/>

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-finding-things-hard-this-christmas-festive-season/>

<https://www.childrenscommissioner.gov.uk/blog/where-to-get-support-for-your-mental-health-over-the-christmas-period/>

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service/parenting-and-family-support>

Andy Callaghan-Wetton

Headteacher

