

Lockdown 5.0

“Always look on the bright side of life.” Monty Python

Dear Families,

As we appear to be having a lockdown every term this year, it’s great to get this one done early, even though it’s been extended. Let’s hope it ends next week. I’ve contacted my mate Dan and we are currently negotiating a time for our term four lockdown. We are looking at some quiet weeks next term so as to disrupt our kids as little as possible. But seriously, some families, this will be a chance to connect and spend time together. Others will find lockdown challenging.

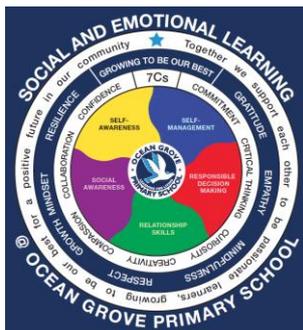
To help us all stay positive during another lockdown, here are a few things you might like to try over the next few days, following COVID-19 protocols of course:

- Learn to bake bread and deliver it to a neighbour.
- Complete some ‘Random Acts of Kindness’ to friends or family members.
- Play some board games or card games together.
- Watch a family movie together.
- Set up a restaurant in your house. Plan and cook a meal and have family members act as waiters and chefs. Think about dressing up too.
- Write a card or letter to your teacher and let them know what you love about them.
- Pick some flowers from your garden and drop them at someone’s doorstep next time you are exercising.
- Cook a cake and give it away.
- Make a phone call or video call to a family member you haven’t seen for a while.

Next time you are eating dinner together as a family, think about all the good things about another lockdown. What are all the great things you have done together as a family? What is the best thing that happened to you today? Make a list of all the special people in your family that you have contacted in lockdown.

“Family is not an important thing. It's everything.” Michael J. Fox

Thanks for your support,
Andy McNeilly
Mental Health and Wellbeing
Coordinator



Andy’s fresh home-baked sourdough for Kristy and Ann