

29th March 2020

Dear Parents/Carers and Staff,






**Updates**

- Alex’s ‘inbox’ has been flooded with messages and videos over the weekend, so there will be plenty of postings on our School Facebook account next week. Thank you to all the staff teams that have contributed to this – your messages are going down an absolute storm with everyone! We are sure you’ll agree that Casey’s (Cherry Class Teacher) inspired dance routine took it to a whole new level on Friday....have you met the challenge she set you all?! Please also remember that some staff are unwell at the moment, so they may not be in a position to post a message right now.
- Our Facebook page will be packed with lots of other surprises next week, so please keep a close eye!

*#TogetherStronger*

- Our fantastic Patron – Adrian Webster (motivational speaker and best-selling author) sends the following message....

During these incredibly challenging times I think it is more important than ever that we stay connected, we stay motivated and we stay focused. Here are some practical ideas for helping do that....

<b>1</b>		<b>Stay In Touch</b>
As well as texting, pick up the phone or FaceTime each other for a quick chat. We may not be able to physically connect but we can still stay in touch and we can most certainly stick together.		
<b>2</b>		<b>Daily Routines</b>
Have daily routines. Don't go to bed thinking "I'll do that tomorrow" otherwise your days will drift by. Write your goals down, you'll be far more likely to achieve them. Your days will go by quicker and you'll feel a lot happier.		
<b>3</b>		<b>Avoid News Feeds</b>
Don't keep checking your news feeds on your phones. Only listen to the main news headlines once or twice a day. Most of the time there is nothing new to tell you! Constantly hearing or reading the same old stuff, especially all the fake news on social media, will depress you more than anything.		
<b>4</b>		<b>Big Picture</b>
Stay focused on the big picture. Eventually this awful time we're going through will pass by. Start doing whatever you can now, so that when things do change, you're best placed to help those who will need you most.		
<b>5</b>		<b>TNTs</b>
Don't lose sight of the difference you make. And, never forget that it's all the tiny noticeable things, the TNTs that we don't need to do, but DO do, that make the biggest differences of all.		

- Adrian signed off by emphasising that we “are all superstars.”

*#BeingTheDifference*

- One of our members of staff (Abbie Timms) has been in touch, to let us know that her mum works for Maidstone and Pembury hospital, where one of the medical units has been turned

into a COVID-19 ward. Black temporary walls have been built; we have been asked if we can support this local cause by drawing pictures and messages to help to make these bright, vibrant and colourful walls, with positive thoughts and messages. Please send any pictures into School (by Royal Mail or e-mail to [office@five-acre.kent.sch.uk](mailto:office@five-acre.kent.sch.uk)) and we will ensure they make their way to the hospital, to offer our support.

*#CommunityMatters*

Take care all.

Kind regards

The Senior Leadership Team

