

# Sending you Nurturing Christmas Wishes



All of the staff at Hevingham and Marsham Primary schools, would like to take this opportunity to say a huge thankyou and well done to our staff, children and families.

This has been a difficult term but everyone has made such a brilliant effort to ensure that we are all keeping one another and ourselves safe. The children have continued to work really hard and have shown amazing resilience in what will be one of the most difficult times in our generation.

The Christmas period this year is undoubtedly going to be different. With finances being impacted as a result of Covid-19, and the challenges to meet with our families, we may feel that the festivities will not follow our usual traditions and that's ok. The magic hasn't been lost and we can use this Christmas to think of, and begin, new traditions. The most important gift that can be given is the gift of love and care. Presents do not have to be lavish, expensive gestures. The smallest handmade bauble will bring Christmas love year after year, as it repeatedly gets chosen to be the first one on the tree each new Christmas.

Don't worry if the Christmas present pile is smaller than usual this year. Don't worry that the Christmas dinner table is smaller this year. Try instead to turn memories into presents and enjoy the time together. For those of us who cannot see our families because of restrictions, make a date for phonecalls and face times and trust that 2021 will give us opportunities to see each other face to face. Try out some new activities to do with your family or dig out those board games that have been hidden in the cupboard. There is a list of suggested activities attached to this document aswell.

As ever, our schools promote The Five Ways to Wellbeing model. The benefits of nature are immense for positive mental wellbeing. Practising mindfulness or taking a simple walk can quickly improve how we feel. Brace the cold days, wrap up warm and enjoy walking around our beautiful countryside. Top it off with a yummy hot chocolate, snuggle in a blanket and watch a Christmas film!

Please also be mindful of those who find Christmas a difficult time of year. Check in on a friend or family member who may be feeling alone this year. An unexpected phone call or message may be the one thing that helps them through the festive period. If you, or anyone you know are struggling at this time of year, please follow, the links below to gain support for mental wellbeing, financial support and bereavement charities.

Norfolk Assistance Scheme:

<https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

General health and wellbeing support:

<https://www.justonenorfolk.nhs.uk/>

Anna Freud charity for Mental Health

<https://www.annafreud.org/>

If you have an immediate concern or need, please remember the Samaritans, The police, and 111 NHS Direct. Don't feel alone, there is always someone to listen.

Finally, we would like to say, have a magical time and be kind to yourselves. Our gift to you is a PDF story called "The time we Muddled through."

It is a beautiful story about how we made it through such difficult times. Maybe it can be added to a Christmas tradition of stories on Christmas Eve.

Best wishes and peace to you all. Have a lovely break, and we will see you all next year.

### **Christmas Activities for Children and Families.**

#### ***Norwich Mumbler***

Various activities that are ongoing during the festive period within Norfolk. Please visit the webpage [www.norwich.mumbler.co.uk](http://www.norwich.mumbler.co.uk)

***The Tunnel of Light Norwich*** will be in Norwich until the new year, with new social distancing measures in place to ensure visitor safety.

#### ***Home Learning activities:***

FREE Christmas Activities Mega Pack | Festive Resources

[www.twinkl.co.uk](http://www.twinkl.co.uk)

#### ***Activities for children***

Christmas Activities for Kids [www.activityvillage.co.uk](http://www.activityvillage.co.uk)

### ***Craft ideas***

20 Easy Christmas Crafts for Kids - Bright Star Kids

[www.brightstarkids.co.uk](http://www.brightstarkids.co.uk)

### ***Good Food and cooking***

Christmas for kid's recipes - BBC Good Food [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

Festive baking recipes: Kids Pot Kitchen [www.kidspot.com.au](http://www.kidspot.com.au)

### ***Games***

The Spruce: 13 Christmas Party Games for Kids of All Ages

[www.thespruce.com](http://www.thespruce.com)

***Indoor & outdoor festive activities.*** National Trust

[www.nationaltrust.org.uk/lists/christmas-in-norfolk](http://www.nationaltrust.org.uk/lists/christmas-in-norfolk)

If you do any of these activities, please record them and share them with us in the New Year. We'd love to hear what you have been doing over Christmas!!