



Cringleford Home Learning

Headteacher's daily blog

Date: Thursday 16th April 2020

Dear all,

Having sent out a link yesterday about mental health support, the Local Authority wish to point parents to a new section from Just One Norfolk that covers similar issues.

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

From my office it has been good to see families going past the window doing their various exercises or taking their daily walks. It is so important to try to keep fit during the lockdown - a really good way to clear the mind and enjoy the sunnier weather!

Wishing you all the best,

Mr Henery