

TODDINGTON ST. GEORGE CHURCH OF ENGLAND SCHOOL

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Dear Parents and Carers,

Just a couple of things for you this evening.



It has been great to see photos and clips of so many children enjoying cycling. We wanted to let you know about the launch of **Sustrans Outside In**, a free resource to help parents who are looking after their children at home. Walking, cycling and scooting are great ways to keep active and healthy in body and mind. During this time where we are mostly required to stay at home, these activities become harder to do. This provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.

Take a look on <https://www.sustrans.org.uk/campaigns/outside-in/> .

Is it tough in your house with some of your older children? We fully understand some families are juggling a range of ages at home. This information may be of use for you. Home-Start have been commissioned to deliver sessions to South Beds parents on Understanding the Teenage Brain. Due to lockdown they aren't able to carry on delivering these sessions physically so have made it into a short film on You tube.

Here is the link <https://youtu.be/XgQX0mbrvt4>

Have a good evening and stay safe,

Jane Spencer

Head teacher