



26th June 2020

Dear Children,

How are you doing? I hope you and your families are well and that the incredibly hot weather this week with temperatures soaring into the 30s, hasn't left you too frizzled and frazzled!

When we're hot and bothered, it's easy to let relatively small things bother us; our emotional 'fuses' get shorter and are easier to blow (ask your parents or grandparents – they'll be able to explain what that means!). We don't have quite the same levels of tolerance - perhaps because we haven't been able to have quality sleep with the quilt on/quilt off through-the-night dance!

Storm clouds gathered across the country last night: the thunder growled for hours and the sky was peppered with lightning bolts. Of course, some of you may not have heard the commotion as you would have been cheering and whooping too loudly – if you are a Liverpool fan, that is. If you're not a fan but still enjoy football, you will be aware that yesterday, Liverpool were officially crowned Premier League Champions, ending their 30-year wait for the title. No doubt, the team's 'anthem' was sung loudly by thousands of fans across the country. Unfortunately though, some people took the celebrations too far and the police have criticised the thousands of fans who ignored social distancing rules by gathering outside Anfield, Liverpool's stadium, last night. How irresponsible! We may all be tempted to bend the rules a bit because we're so close to seeing the light at the end of the tunnel, but it's still crucial we stick to what the government tells us to do, so we can all stay safe.

Whether you support Liverpool or not, the words of 'You'll Never Walk Alone' (Liverpool's anthem) are particularly relevant to our lives at this moment in time:

'When you walk through a storm, hold your head up high, and don't be afraid of the dark. At the end of the storm there's a golden sky and the sweet silver song of a lark.....Walk on, walk on with hope in your heart and you'll never walk alone'.

The message is one of hope and the words remind us that there are people who care and love us, no matter what. Over the week, as temperatures rose, you may have said some unkind words to someone - maybe shouted at them (or worse). If you



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have, say sorry, forgive yourself and start afresh. If a member of your family has fallen out with you or your parents have told you off – snapped at you perhaps, then forgive them too! We're all human after all and tomorrow is another day – hopefully cooler again!

Be kind to yourselves and each other.

Thinking of you with love,

Mrs Nicholas