

NEWS

MAY ISSUE 2020

FRIENDS OF HIGHFIELD

Hi All,
We are in our second month of lockdown now and people have started to adapt to their new routines and ways of working. I hope whatever you have been doing is working for you. I know it's not easy!

UPCOMING EVENTS

The Committee are still working behind the scenes to think of ways that we can support our school during this time, albeit, remotely!
We will keep you posted....

Easy shortbread recipe:

4oz flour
2oz butter
2oz sugar
Mix together roll and cookie cut!!



Easyfundraising Reminder

Just a reminder that at a time when most of us will be doing an increased amount of shopping online you can still use easyfundraising to help raise funds for our school at this time:

www.easyfundraising.org.uk/causes/fohpri/payments/59

For purchases on Amazon please go to: www.smile.amazon.co.uk
log in and search for Highfield Winchmore Hill



Working from home tips

- On a laptop, the FN button on the keyboard allows you to use the F1-F12 keys.
- Walk about when you are on teleconferences to help increase your daily steps. Every little helps!



Mental Health & Social Media

At a time when there may be increased use/reliance on social media platforms just a reminder of how they can impact on our mental wellbeing.

⊗ Negative impacts of social media platforms:

- Increased levels of depression and anxiety
- Poor sleep quality
- Dissatisfaction with body image
- Cyberbullying
- “FOMO” i.e. fear of missing out on activities/opportunities
- Social media addiction

-Try to think about what posts/tweets you interact with?

-Don't forget the mute button & unfollow buttons

-Set aside time to be OFF social media

FUNDRAISING UPDATE

We continue to offer support to Help Highfield Families during this time.

Helping Highfield Families

Just a reminder that we are still here to help over the coming weeks if there are any families that might need a bit of extra help at this difficult time.

If you feel that you may struggle over the coming weeks and may need some additional support for food supplies, please do get in touch with the Friends of Highfield at:

friendsofhighfield@hotmail.com

We have assigned some funding for this cause and we will try and do our best to help support our most vulnerable families at this difficult time.



JOIN US AT OUR NEXT MEETING

NO MEETINGS UNTIL THE SCHOOL RE-OPENS

Thought of the month...

*“Coming together is a beginning;
Keeping together is progress; working together is success”*

Henry Ford

parentkind.org.uk

is brimming with articles for parents, to help you support your child's school life and learning, and it's open to everyone!



friendsofhighfield@hotmail.com



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'The Friends of Highfield'



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