



23rd March 2020

National Day of Reflection 23rd March

Dear Families,

I hope that you are well. It hardly seems believable that today marks a year since we went into national lockdown in March 2020. To mark this day in our history, we will be participating in the National Day of Reflection on Tuesday 23rd March 2021.

It is important that we mark this day as since then, millions of people have been bereaved, both as a result of COVID-19 and due to other causes. We know that some of our families have been affected in this way too. The restrictions that we have all been living under have meant that many of us – including children and young people – have had to grieve without the comfort of having friends and family around them.

As a nation, the National Day of Reflection will give us time to unite and reflect on this tragic loss of life and our collective grief as a nation. Therefore, in school, we will take a few moments to reflect and connect with the country at midday.

Please 'take a minute to reflect and a moment to connect' on 23rd March at 12.00pm midday.

Have a chat with a friend/family members, send a card, a message or spring flowers.

As well as reflecting on the grief of the past year, the National Day of Reflection is also about hoping for a brighter future.

Full information can be found on The Marie Curie website:

<https://www.mariecurie.org.uk/get-involved/day-of-reflection>

Miss Viegas, our art teacher, will be working with all Swift children to create a shared piece of artwork to mark the National Day of Reflection. The piece of artwork will use the symbol of the daffodil and we look forward to sharing it with you soon.

Together, we can pull through these challenging times. Stay safe, stay positive and stay well.

Kind regards,



Daniel Upfield
Principal

