



**WELLBEING WEEK**

Times are tough at the moment and we hope that this week has helped you to take time to be mindful, explore new strategies and helped refocus.

Your work has been fantastic and you should feel proud of yourselves!

Today is Family and Friendship Friday.

So from our families to yours, and as part of the St Margaret's family... we are all in this together!

Stay safe, stay well and have a lovely weekend

