



30/08/2021

Gratitude and Lockdown

Dear Parents/Carers

I hope you and your families are safe and well.

There is a vast bank of evidence testifying to the value and benefit of actively practising gratitude day-to-day. And in the midst of a second lockdown and its associated challenges it seems fitting that we reach out with the community in this way.



We've started a **Concord West Gratitude Wall** for all our students, parents and staff to contribute to.

Anyone in our community can post a message to this wall. It can be:

- a message of gratitude such as, a lesson a student is enjoying, a teacher that they're grateful for, or something they've enjoyed doing
- words of encouragement, kindness or appreciation.

Click [here](#) to add your own gratitude post.

Click [here](#) for a video explanation on how to add your gratitude post.

If you would like to read more on the importance and benefits of practising gratitude in this time, please click [here](#).

Yours Sincerely
M. Cidem



Links:

Gratitude Wall: <https://padlet.com/ConcordWestPS/gsvxfg6saqszgnb>

How to Video: <https://www.loom.com/share/95cb7f8bdd954d83b483db442a0b0614>

Gratitude article: <https://www.verywellmind.com/why-gratitude-is-important-during-covid-19-5097076>