

ParentMail

Cyfarchion y Tymor Seasons Greetings

Dear Parent/Carer

With Christmas upon us and after another highly challenging year, I thought it appropriate to pause and reflect for a moment. When we take time to reflect on the small things to be grateful for, this can help us to simply be more content and potentially overcome feelings of uncertainty and negative thoughts.

Research into positive thinking, illustrates that gratitude is strongly and consistently associated with greater happiness. Gratitude helps people to feel positive emotions, relish good experiences, improve physical and mental health, deal with adversity, and build strong relationships. Gratitude can also be used to combat stress and anxiety. Further information about how we can all help ourselves overcome challenging times can be found [here](#).

We are grateful to our school community for your loyalty, patience and support in times of uncertainty and special thanks to those who attended our face to face events recently. The Cinderella performance a couple of weeks ago and the Christmas concert this week were a great success and importantly gave pupils an opportunity to perform to a live audience for the first time in a long time!

For those of us privileged to be in the audience, the students truly lifted our spirits, soothed our souls and gave us hope for the future! This year, these events had to be restricted to ensure the safety of all and the invites were limited to the families of those pupils who participated. In the new year we are hoping to extend our performances to involve more pupils so that additional members of our school community can benefit from the joys of live performances. A recording of the Christmas Concert will be made available in the next few days for all of our community to enjoy, albeit remotely.

"Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside."

From all the staff at Cowbridge Comprehensive School, we wish you a happy and safe Christmas and hope that you are able to enjoy the simple things to bring about peace and serenity in uncertain times.

Mrs Thomas

Executive Headteacher

Nadolig Llawen