



Companions on the Journey

Dear Parents,

I hope everyone is safe and sound.

We were of course all very much looking forward to seeing the children again and to welcoming you back – hopefully this won't be too far away.

While it is not the start to the school year we were all expecting, the priority at the moment is of course to remain safe and well – both physically and emotionally.

In the meantime, many of you may be dealing with some children who are feeling sad that they can't start school, while other children will be thinking all their wishes have come at once!

If you want a short, simple, positive e-book to share with your children about the COVID virus, here is a good example: <https://parent-to-parent.org/site/assets/files/1033/hello.pdf>

Tips for promoting wellbeing during this time:

- Talk to your children simply and honestly – 'It is disappointing we can't be back at school yet but it's important that we all work together to help our whole community stay safe and well. Hopefully things will change soon. In the meantime, let's think of all the bonuses to having extra time at home!'
- Encourage children to use mindfulness apps, such as, 'Smiling Minds', to help them work through any stress or feelings of anxiety.
- Limit their exposure to news coverage and adult conversations about the outbreak. • Keep up exercise • Get children involved at home e.g cooking, special jobs and reward with a family game, going for a walk etc
- Speak calmly and reassuringly and try to keep home as calm as possible!

In case the lockdown is extended, our teachers have started preparing for the possibility of a move to remote learning should the need arise in the future.

Please rest assured that we will continue to keep you updated. Stay safe and take care.

Kind regards

Sam

Sam Fontaine
Principal