

# School Closure Newsletter 3

Week beginning 27th April 2020



## What's been happening at school?

### Dear families...

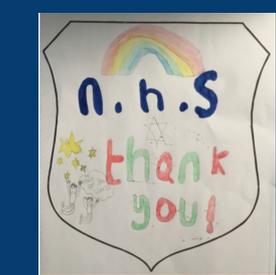
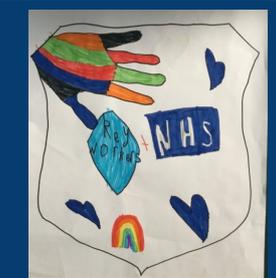
Hope you are well and coping at home during these difficult times.

### Parents' worries and concerns:

During our phone calls to check in with children, many parents have expressed worries and concerns. We know that parents are struggling to balance home-schooling and working from home while at the same time keeping their own worries under control. Our daily lives have changed considerably in recent weeks, and none of us are sure what tomorrow might bring. The nonstop news and coverage on social media (both truthful and fake) isn't helping either. Therefore we wanted to offer some advice to you on how you can manage your worries at this difficult time.

- **Be careful what you read online.** We all need to keep informed about what is going on and how to keep our families safe but if reading/watching this information is adding to your stress levels, consider how helpful this really is. Our advice is to limit how long you spend reading/watching about the coronavirus and, if you feel anxious, take a break.
- **Rely on routines.** Having a routine for both yourself and your children will help regulate your day and your ability to deal with the irregularity of life at this time. A daily routine is great but make sure the whole family knows how it works. Keeping to an routine and completing tasks will help keep you grounded. But with all things, moderation and common sense must prevail, so a little flexibility is good too.
- **Don't compare yourself to others.** Every family is different and will be able to work differently. Social media is a great place to get ideas but remember people often only share the good stuff!
- **Keep in touch.** Technology can however be a great way to keep in touch with friends and family and that can help with feelings of isolation and anxiety. Set aside regular time for phone calls or video calling.
- **Talking is good.** If your child wants to talk about coronavirus, encourage them to, keeping information simple and factual. Try to focus on positive stories about people working to keep everyone as safe as possible. Listening and praising them for sharing their worries can also help reduce anxiety.
- **And..... Never lose sight that life is carrying on and things won't stay like this forever.**

We recognise that for many parents dealing with their own anxiety is proving tricky and at the same time we recognise that the most powerful way to keep our children feeling secure is that their parents remain calm and positive. Learning how to deal with these anxieties in a healthy way is paramount in ensuring the whole family becomes more resilient. As parents, we need to do our best to always react in a healthy way during these stressful times. Sharing your worries will help you feel less anxious or stressed. It's important to look after yourself! We all know that you're trying your best in an extremely challenging situation. Tell yourself that you're doing a good job, you are, and seek support from your friends, family or school when you need it.





# More of what's been happening at home?

