



Aspire, Believe - Together Achieve

Head teacher:
Miss Sarah Sheppard
Tel: 01454 862233
Email: office@stbarnabasprimaryschool.co.uk

Poplar Close
North Common
Warmley
BRISTOL
BS30 5NW

AMENDED - FINAL NATIONAL LOCKDOWN ROUNDUP – 5th March

Dear Parents and Carers,

Support for parents and carers

My apologise but I have not sent the correct information for the workshops and mental health support.

Please find the correct links below:

Free online workshops for parents

In response to many questions from parents on how best to support their children during this Covid crisis, Prof John Sharry of Parents Plus will be giving two free online workshops in the coming weeks. The workshops will focus on two age-groups of children – one for parents of 2-12 year olds and one for parents of 13-18 year olds. Feel free to refer this information to parents who might benefit.

Supporting your Child's Mental Health during the Covid crisis

A free workshop with John Sharry for **parents of children aged 2 to 12 years**.

Monday 8th March 2021 (7-8pm online via Zoom)

With lockdown and school closures, the Covid-19 crisis has disrupted family life and negatively impacted the mental health of young children and their parents. During this workshop, Professor Sharry will provide some practical principles on how you can cultivate your children's well-being and resilience in the face of these challenges. To book your place, please complete [this form](#).

Supporting your Teenager's Mental Health during the Covid crisis

A free workshop with John Sharry for **parents of children aged 13 to 18 years**.

Monday 15th March 2021 (7-8pm online via Zoom)

With the loss of school and the social world that is so important to their development, teenagers have been acutely impacted by the Covid crisis. During this workshop, Professor Sharry will provide some practical principles on how you can cultivate your teenager's well-being and resilience in the face of these challenges. To book your place, please complete [this form](#).



The Local Authority have produced videos and support materials to help schools, communities, parents and families better understand what to do. This guides them through some of these changes:

- Watch a local primary head teacher guide you around their school to explain the extra measures in place and help prepare you and your child. Visit: [Covid-19: Blackhorse Primary School tour - YouTube](#)
- Hear from teachers and a parent about how they are feeling about the return to school, to reassure you if you or your child feels anxious. Visit: [Covid-19: Raysfield Primary tour - YouTube](#)
- See what taking a Covid-19 test at your secondary school or college is like. Visit: [Covid-19: Brimsham Green School tour - YouTube](#)
- Read further information about the return to school including testing: www.southglos.gov.uk/return-to-school

South Glos Educational Psychology service have produced a video on the experiences many parents and carers are having. There is some great advice within the video. I hope you will find it reassuring. As a school we have used this research to inform our approach to returning.

Follow this link <https://youtu.be/g6PZu2I1b0Q>

Assuring you of our best at all times,

Miss Sheppard and Team St Barnabas

