

## **'Parenting during a pandemic'**

Dear parents/carers,

I hope this letter finds you well in these difficult times. Whilst I am pleased to see plans for school moving towards more normal circumstances, it has been tough for us not to have our usual open door policy for parents in and I am mindful that returning to normal, includes welcoming you all back to see us too.

Recent months have seen us managing constant change and uncertainty, facing many restrictions in our day to day lives, navigating the joys of home schooling as well as supporting our children to adjust to new rules and restrictions placed on them, which has not come without its ups and downs.

Although I am unable to offer you a face to face chat and cuppa at present, we have decided to embrace technology and run some virtual sharing sessions for parents, to explore and reflect on the experiences of recent months of **'Parenting during a pandemic'**.

Starting after Easter, we aim to run 4 sessions, 1 per week via Microsoft teams, supported by myself.

The sessions will be facilitated by Sian Thomas, Paediatric Occupational Therapist, who works with Children and Young people in the community and has an interest in child and parental wellbeing. Sessions will last for an hour and a half and will be opportunity to share, offload and explore ideas from others of how they have coped over recent months.

Full instructions regarding how to connect to sessions will be provided and I'll be happy to support getting you connected, so don't let the fact that it's virtual put you off.

As with all our parent sessions, there is no pressure to talk if you don't feel comfortable and we aim to create a safe space to listen, share openly and will be happy to focus on certain topics should this be requested.

### **Session dates:**

**15<sup>th</sup> April**

**22<sup>nd</sup> April**

**29<sup>th</sup> April**

**6<sup>th</sup> May**

We hope to run the session at 10am but would be happy to consider alternative times if this is difficult for you. Please register your interest by emailing [HopkinsJ62@hwbmail.net](mailto:HopkinsJ62@hwbmail.net) by Friday 5<sup>th</sup> March.

Many thanks

J.Hopkins

Acting Deputy Headteacher/ALNCo