

Dear Parents/ Guardians,

I hope you are keeping well and safe during these difficult times. The last six months have been complex and changes were implemented suddenly for families to follow in order to protect themselves and loved ones. This may have caused great stress and anxiety to your house holds. As we now return to school, it may be difficult to return to a new normal. This is perfectly normal for many families especially with the reintroduction of boundaries and school routines.

To support you through this process the HSE and Department of Education are providing a number of beneficial resources to assist the process. Below is a link to numerous free resources that may support you, articles, stress relief courses, handouts and worksheets. In addition, I would recommend the following tips and advice:

- Be kind and gentle to yourselves as this return to school may be difficult for both you and your child. It takes time to adjust back to a routine, so it may not be perfect in the first few weeks.
- Build a routine at home. When your child returns home from school try to set a routine that works to provide a steady transition back into school life. This routine may include specific times for dinner, exercise (Hobbies), homework and study, packing the bag for the next day, preparation of lunch, helping around the house and a set bedtime. (I have provided a template timetable that you may want to fill at home with your son/ daughter)
- Boundaries- this is perhaps one of the most difficult issues to follow through in parenting. Recently, there has been a radio advertisement portraying it perfectly. We can sometimes feel like the 'bad guy' asking for the television to be turned off or the mobile phone to be handed over at night. However, these small changes can have a great impact on your child's over all wellbeing. As a result, they will get the recommended eight hours sleep required to function fully the next day and allow the mind to relax peacefully for proper night's sleep. Boundaries are not easy, but once established can create more positive energy for your child.
- Check in- Don't be afraid to check in with your child as they go back to school. Open ended questions may help them open up more with how they are experiencing going back to school. Questions like- How was your day? What lesson did you enjoy today? How are you friends? Is there anything you are finding difficult? Sometimes, we may not be able to fix or change these difficulties but sharing the problem with a loved one may provide a sense of relief. If issues, are seriously persisting and you are overly concerned please do not hesitate to contact the school.
- Exercise- research is constantly informing us that moving our body is important to our physical and mental health. Try to encourage, at least 40mins exercising each day. This can be in the form of a walk (maybe with a pet dog) or a sport that your child enjoys. Students will be asked to stay in base classes this year (so they may not be getting all their 10,000 steps, that we often count walking around the school). Make time during the evening to get out into the fresh air and move your body.
- Remember, you are doing enough by simply focusing on getting through each day as best you can.

Resources from HSE and Department of Education, click link below:

[file:///C:/Users/James/Downloads/85799\\_1deca32b-454f-4834-81c5-97eea99a83fb.pdf](file:///C:/Users/James/Downloads/85799_1deca32b-454f-4834-81c5-97eea99a83fb.pdf)

Kind regards, Mr. Mc Nicholas (Guidance Counsellor).

TIME	MON	TUES	WED	THURS	FRI

**Third & Sixth Year students**  
 should construct a separate  
 timetable for the weekends.  
 There is always time to do a  
 few short sessions!

Break your time into 20 – 25 minute blocks. Keep 10 min. each night for “Reviewing” (as explained at seminar). Do your easiest work last.

Don’t always do your homework first and then study, mix it around.

Always remember the best way to learn is to make mistakes and correct them = don’t just copy out the textbook!