



Friday 15th January 2021

Dear Parents and Carers,

Support from the School Counselling Service

I hope this message finds you safe and well. Since I last wrote to you, our dedicated team of staff has worked extremely hard to ensure that remote learning activities are in place for our children and continued to support our school community through these extremely challenging times.

Once again we have all had to adapt to the many covid-19 restrictions that have been imposed and effectively managed remote learning. We appreciate how difficult this can be and recognise that many of our parents and carers are working from home, caring for family members, or suffering from illness, themselves.

We are committed to working in partnership with you to ensure that your children feel safe, happy and cared for and that they are provided with the best remote learning opportunities possible this term. It is important that the children regularly participate in remote learning activities at home and we hope that over time, they will become more confident and independent in their use of the online classrooms. Please do not worry if they cannot complete all of the work that has been set, just encourage them to do their best and where possible, help them to find fun and creative ways to learn. Reading is one of the most important things you can do with your child so if you have little time to do anything else, listen to them read a book or support them to access their teacher's reading videos in their Google Classroom.

As you may be aware, we have an excellent School Counsellor, Belinda, who provides an important service for our staff, pupils and families. I am pleased to let you know that Belinda is able to offer telephone support for parents and carers in need over the coming weeks.

With all the conflicting information from the media, experts, and those who are trying to manage this pandemic, it can be worrying to say the least for you, your child/ren and your family as a whole. It has gone on for nearly a year now and even the strongest of us can feel exhausted, disheartened and alone at times, in knowing how to cope. If you would like some help to reduce anxiety and worry and to feel more in control, then the School can offer some emotional and practical support in the form of two telephone conversations with our caring School Counsellor. The first call will provide you with an opportunity to share any concerns you may have about your child/ren and to discuss ways to support them. The second call will be to follow up and see how you are getting on. During these calls you can talk about what is currently most difficult for you/your family and be offered a listening ear. Belinda will be able to offer some practical advice which will be tailor made to you and your needs. The call will not be with your child/children as the aim is to support you as parent/carers. Belinda will be able to advise on the following matters:

- Ensuring that there are good daily routines in place
- Helping you to set and manage boundaries
- Helping your child to have a good night's sleep which will help them feel ready to begin the day's learning and play

Headteacher: Natasha Rezai BA (Hons), PGCE
Earlham Primary School, Earlham Grove, Wood Green, London N22 5HJ
Tel 0208 888 2780 Email admin@earlham.haringey.sch.uk www.earlham.haringey.sch.uk

- Helping you to monitor and keep a limit on their use of social media devices
- Helping you with knowing what to say when they are anxious or upset
- Talking about your concerns and worries and ideas and suggesting where to get more help if needed

If you would like to know more about this service or to speak to Belinda, please send an email to our school office marked 'For the attention of the School Counsellor' or contact the office by telephone to share your contact details.

Keep well and keep safe.

Yours sincerely,

N Rezai

Natasha Rezai
Headteacher