



ROWNER INFANT SCHOOL

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Headteacher: Mrs Jo Bedson

20th January 2021

Dear Parents and Carers

The last year has been extra stressful, especially if you're a parent. As we enter another lockdown over the first two months of 2021, it's normal and entirely understandable if you're feeling overwhelmed frustrated, worried or exhausted about the situation. The children are also trying to make sense of what is going on and the loss of structure, routine and ability to see their friends can feel devastating for them.

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. To support our own wellbeing, regularly talking to friends, family members or professionals has never been more important. Talking with people who are supportive and good at listening (without judging, criticising or competing) is a very human need. We can still find ways to reach out and to support one another.

Keeping in touch with our families and continuing to support you while the children are not in school is of vital importance to us. We are already doing this in a number of ways: Teachers are uploading learning onto Tapestry and Seesaw and communicating with the children at home through the feedback they are giving. They are also posting short videos of lesson inputs.

From next week, the staff will also be calling home to 'check in' with you and your child. This conversation will enable you to share your successes but also to ask questions or raise any concerns you might have linked to your child or family situation. As a school, we have the opportunity to sign post you to the appropriate support if this is needed.

We have also set up a new email address which will be monitored by Mrs Bedson, Ms Woodford and Miss Parker. This email address can be used if you have a concern or a question and need to get in touch more quickly with a member of the school team.

homeschoollink@rowner-inf.hants.sch.uk

Please continue to use the office admin address for general enquiries, questions and for sharing information.

adminoffice@rowner-inf.hants.sch.uk

We look forward to speaking with you over the next couple of weeks.

In the meantime, please do not hesitate to get in touch by using one of the email addresses above.

Other sources of support

There are many organisations currently offering advice and support for parents and carers. We have listed them below:

Chat Health – School Nursing Text Message Advice Service

For advice and support for parents and carers about sleep, behaviour, toileting, emotional wellbeing, health conditions. Available 9 – 4.30 Monday to Thursday and 9 – 4 Friday.

07507 332417

parents.actionforchildren.org.uk

This website has information on subjects such as behaviour and learning, nutrition and eating, sleep.

There is also live chat facility which enables you to have a free and confidential chat with a parenting coach.

askus@familylives.org.uk

Helpline 0808 800 2222

youngminds.org.uk

Samaritans

116 123

nspcc.org.uk

0808 800 5000

Take care and stay safe

Jo Bedson

Headteacher