



Newsletter No 25

20<sup>th</sup> April 2020

Dear Parents/Guardians,

I hope you all had a restful and safe Easter break.

I acknowledge that this has been and continues to be a difficult time for you all.

**Parents are advised to stay responsible and informed.** There is quite an amount of inaccurate information available online. Please stick to reliable and trustworthy sources of information such as the HSE, Department of Health, WHO and trustworthy mainstream news sources such as RTE news. If the Department of Education issues any official update in relation to primary education, I will inform you without delay. At present, we know that school will remain closed until further notice.

Secondly, **stay connected with friends and family and stay active at this time.** Routines and schedules for children are very important. During this Covid-19 crisis we need structured and predictable days to help us feel reassured and secure. Creating a plan each evening for the next day will enable pupils to feel a sense of purpose in the day ahead. Feeling in control and keeping busy is important. Include the following in such plans:

- Include physical activity each day and enjoy some outdoor playtime.
- Include all basic activities such as mealtimes, exercise, sleep, breaks, etc. in your plans.
- If possible factor some time for school work into your week days. This should not be your first priority. Maintaining a sense of calmness and security in the family home should always be your first priority. If parents are still going out to work, school work may not be an option at all at this time and this is ok. Spend whatever time you have with your children engaging in enjoyable activities.
- If you are engaging in schoolwork, break your study periods into 20/30 minute sessions. Gauge the attention span of your child. Older children will be able to attend to work for longer periods than younger children. Take breaks and reward yourself in between sessions to help stay motivated.
- Stay connected with friends remotely via technology at an assigned period each day. Connect with your own families during this time also.

Teachers will continue to send **suggested work to each of their classes** for the duration of the closure. Please be aware that no parent or child should be under pressure to complete this work. Many parents have requested this work so that they can maintain a routine for their children at home. These are new and challenging times. This is a great time for people who are well to try new activities with their families. Learning can take place in the garden, on a walk, while playing games or making a phone call. Many people are using this time to enjoy home cooked family meals and chat times – these can be rushed when we are busy. Don't compare your family situation with another. Everybody is doing the best they can in the present time and your best is good enough. Talk to your children and enjoy spending time with them if that is an option. To the many parents who are still going out to work, please don't worry about schoolwork. We will meet every child where they are, on return to school. No child will be left behind.

**Please complete the survey that is being sent to you this week.** This will help the teachers to gauge the needs of the pupils and parents at present. Remember that you can avail of RTE's School Hub for some really good audio-visual lessons at 11am each morning. TG4 are also starting a new educational show from 10-10.30am called Cúla4arScoil.

**School Bus Applications**



# Robertstown National School

Robertstown

Naas

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The deadline for applying for a bus ticket for next September is next Friday, 24th April. Apply at [www.buseireann.ie](http://www.buseireann.ie)

Remember Covid-19 will pass and life will get back to normal. In the meantime we need to stay as focused as possible. Maintain the necessary planning and structure as advised in your days and most importantly take care of yourself and your wellbeing. There will be difficult times ahead, but rest assured we are here to support you.

Take care of yourselves and stay safe.

Regards,

Marion Sherlock