



## Scoil an Spioraid Naoimh

Laytown, Co. Meath

*Dear Parents/Guardians,*

*It's been a week now since we closed the doors of the school and I just wish to check in with you hoping you and your families are slowly adjusting to new routines & structures during this extraordinary time.*

*I'm mindful that you may be finding this period stressful, overwhelming and perhaps anxious for a variety of reasons: - juggling childcare, employment concerns, exam worry, not to mention focusing on your own health and that of the wellbeing of your families.*

*Over the last week our Staff have worked tirelessly to plan and prepare home based activities for your children in the absence of normal school routine. They have been looking at remote learning resources, evaluating each of them before selecting a number of websites and apps that may be useful and worthwhile.*

***Remember this is not home schooling .This is an unprecedented emergency situation impacting the whole world. Let's keep perspective. This is at best distance learning.***

*The activities that your child's teacher is posting on class dojo are suggestions in line with the curriculum, they serve as reinforcement or revision exercises, to a large degree. Some activities will be based on new topics and strands also, endeavour to do your best to support your child's learning at home, however do not be overly anxious or worried.*

*Our focus at the moment should be on staying well, establishing a new routine where our children have adequate exercise, fresh air and some constructive activities to do during the day.*

*Reading daily, free writing, keeping a diary, maths games, fine motor skills, cutting, lego,playdough, art/music (therapeutic & calming), project work, imaginative free play.*

*You are already doing so much for your child's wellbeing, loving them & supporting them through a difficult time. Look after yourselves. Minimising stress is vital in a time such as this to support our mental health.*

*To quote Goethe: "We are re-evaluating what is important to us, what it is that we hold dear, what it is that makes us who we are, and we are acknowledging and cherishing these values." Blessings in abundance. I will continue to keep in touch with updates.*

*Bláithín Maguire Principal*