



**A Thuismitheoirí/ a Chaomhnóirí dílse** Dear Parents/Guardians,

Mar atá fhios agaibh seo am dúshlánach do thuismitheoirí/caomhnóirí/páistí agus do mhúinteoirí. Tá díomá orainn go bhfuil an chuma go bhfuil an cianfhoghlaim le leanstal don mhórchuid. Tá muid réidh lenár rang speisialta a oscailt nuair a tugfar cead dúinn. Le cuidiú Dé beidh an vacsaín lárnach in oscailt seirbhísí riachtanach cosúil leis an oideachas.

Tuigimid na deachrachaí atá ag tuismitheoirí atá ag obair ón bhaile agus atá ag glacadh ról an mhúinteora bhaile ag an am céanna.

Seo litir a cuireadh amach ag **NEPS- National Educational Psychological Services:**

The continued school closures announcement is disappointing for us all and not what we were hoping for at the start of a new year. We are awaiting further information re Additional Education reopening, particularly for our new class for autism needs.

However, we are hopeful that with the roll out of the vaccine we will in time return to more normal day to day living. For information on remote learning see our school website [www.scoilfhionain.ie](http://www.scoilfhionain.ie).

**We are aware of the difficulties faced by our families during this pandemic and we know that on-line education is a challenge. We wanted to remind you that we have no expectation that during this time you become your child's substitute teacher. We also do not expect you to be doing hours of tutoring with your child every day. We encourage you to be realistic about your child's needs and your own needs.**

When trying to think about how we can support ourselves, our families, our communities and our country in the coming weeks, it can be helpful to remind ourselves of these three key messages:

- Stay Responsible & Informed
- Stay Active & Connected
- Stay Positive & Calm

On the following page, we have created links to a range of resources which you may find helpful. Please feel free to contact us by emailing [scoilfhionain.anfalcarrach@gmail.com](mailto:scoilfhionain.anfalcarrach@gmail.com), or making contact with your child's teacher, if you have any concerns.

Fan sábháilte/Stay Safe.

le meas, Caitriona 'Uí Cheallaigh, príomhoide

**A plan for the day template is available [here](#) to help you and your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.**



NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



**This link** will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)

