



Carnaross National School, Kells, County Meath
Telephone 046 9245598
email:office@carnarossns.ie

1st February 2021

Dear Parents/Guardians,

I hope you and your families are keeping safe and healthy.

As you know classes reverted to remote learning on Monday 11th of January. This is so disappointing for us all and not what we were hoping for at the start of a new year. However, we are hopeful that with the roll out of the vaccine we will in time return to more normal day to day living. Today, being St Brigid's Day and the start of Spring, fills us with hope and we continue to look forward to better things including the long awaited return to normality which will bring with it the re-opening of our school. At the moment I don't have any further information on when we are returning. However as soon as I have, I will pass it onto you. In the meantime please remind your child how much they are missed by all in our school.

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.

With the announcement that schools will not be reopening this week, we in Carnaross N.S. will continue to do our very best for our pupils. We recommend that pupils adhere to their daily schedule and as advised by their teacher upload what each teacher has prioritised. The chosen Seesaw app and regular Zoom calls afford pupils the opportunity to engage in learning and to liaise with their teachers and SNAs. This contact is encouraged and video clips and voice recordings are welcomed. Staff will do their utmost to maintain pupils' interest and to maximise their learning with worthwhile lessons. We are available to assist your child and to support you at this time. Please feel free to contact teachers by email and we will endeavour to help as much as possible.

On the following page, NEPS (National Educational Psychological Services) have created links to a range of resources which you may find helpful.

Thank you all for your continued support. As always, I am available to talk to you. Please do not hesitate to contact me if you have any concerns at office@carnarossns.ie or by calling 087 9984612.

Stay safe and take care.

Kind regards,

Dervilla Finnegan

The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#)



Plan for a Day

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.



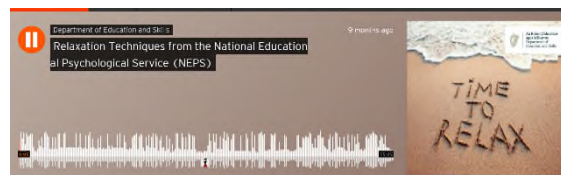
Advice for Young People

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



Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



Advice for Parents

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](#)

