



Principal:
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Deputy Principal:
Mrs. AnnMarie
Hearne

Dear Parent/Guardian,

We, the Principal and staff of Castlebridge NS, just want to touch base with you all during this unprecedented, and most definitely, uncertain time. We could never have anticipated this happening and as you are well aware, this is a very new, and unexpected, reality for all of us.

First of all, we miss our pupils and we are thinking about them and you, their families, during this time.

We want you to know, we are very aware that every family circumstance is different at the moment. Some of you are still working. Some of you have younger children to entertain and care for. Some of you have older children, who may be worried about exams. Some of you are missing families and loved ones. Some of you are experiencing high levels of anxiety and worry. Some of you have had to temporarily close businesses you have worked so very hard to build. Some of you may appreciate the chance it is giving you to spend time with your family.

With that said, we want you to know- We believe, now is not a time for stressing about your child's academic education. In our opinion- right now, is a time for looking after our own mental health and that of our loved ones. We have come across a piece that really resonates with us.

This post has been shared on social media, so we cannot credit the author, but wish to share it with you all.

Dear parents with school aged children

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...



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Our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off of school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behavior issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day.

Stay safe. X'

If you are still not convinced- no problem. We are here to help as best we can. Keep in contact with us if you wish. Ask us questions, ask for help, ask us for advice- give us advice!! We are all in this together.



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The school closure is continuing, we will be in contact after the Easter holidays with more suggestions of school work. We will not be doing this to put any parent or child under any pressure to get it done. It is completely your choice. Some homes will need the routine and appreciate the work- others will find it daunting, understandably so. As we said, we understand every household and family unit are different and we respect that.

We wish you all well, and will be in contact soon. Follow the HSE guidelines, stay safe and healthy and be kind to each other.

Mr Lyons and all Staff of Castlebridge NS



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