



29th January 2021

Dear Parents,

I hope that you and your families continue to stay well.

We are delighted that so many of you are staying in touch with us. It is wonderful to see the work that you and your children are doing at home. Thank you for your many messages of support and appreciation to our staff members.

We are aware of the challenges faced by children and their families during this time. We want you to know that we realise that on some days it is not possible for your child to complete all of the tasks set by his / her teacher. If your child becomes upset with a task, it is best to set that task aside and take a break. Try to stay calm and positive (again, not always easy!). Remember that a little work each day will keep your child in touch with his / her learning.

You will find below some of the very useful resources put together by the Educational Psychology Service (NEPS) which are available to assist parents through these difficult times. We hope you will enjoy looking at some of the wonderful work on our website which is being done from home by the children of St. Joseph's.

The priests of Navan Parish invite you to join them for Mass on Tuesday, 2nd February, at 9.30am via the parish webcam www.navanparish.ie/livestream. This Mass will be offered for all those in our school community. You might like to light a candle or place a sacred object by your device as you join with your child for Mass.

Stay well and stay safe and remember that spring, and better times, are coming.

Kindest regards,

Ann Murphy

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](#)

The screenshot shows the top navigation bar of the gov.ie website with links for Department, Consultations, Publications, Policies, and Language. Below this is the publication title 'Wellbeing advice and resources during COVID-19' with a sub-header 'Part of' and a list of categories: 1. Parents - Primary Schools, 2. Parents - Post-Primary Schools, 3. Students, 4. School Staff - Primary Schools, and 5. School Staff - Post-Primary Schools. There is also a 'Share' section with icons for Email, Facebook, and Twitter. At the bottom, a small text block states: 'The Department of Education NEPS psychologists have developed the following advice and resources for parents, students and school staff to support transitioning school closure due to COVID-19.'

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](#)

