**Our Lady of Victories Girls’ School,**

**Ballymun Road, Dublin 9. Roll No: 18911R**

**Principal:** Lorna Greene **Telephone:** 018379833/ 0861805158

 **www.olvgns.ie** **Email:** office@olvgns.ie

 1st February 2021

Dear Parents/Guardians,

Having spoken to many of you over the last few weeks, I know that some have huge concerns about the impact of the current climate on your children. Many of you have suffered bereavements within your family, and may also have been affected by bereavements within the community. I would urge you to contact the HSE Psychology Advice Clinic if you have concerns about yourself, your child or any other family member and would like some advice. Many of our parents contacted them last week and found them to be hugely beneficial. I have added the contact details below for this clinic and also the details distributed to schools by the Department of Education last Friday that you may find beneficial.

Please don’t hesitate to contact the school if you are struggling, and we will help in any way we can.

Kind regards,

Lorna Greene

School Principal

**Are you concerned about yourself, a child or another family member and would like some advice?**

“She’s not herself lately and she won’t talk to me”

“I get stressed at the smallest things”

“I am just so worried about him”

“I can’t cope with the behaviour”

**WHEN:** The **Second & Fourth Tuesday** of each month

**HOW**: Contact reception by phone between 9:00 & 9:30 on the morning of the clinic only to register for a 30 minute telephone or video appointment with a Psychologist.

This clinic is for adults or for parents who have concerns about their child. Please note, we do not provide assessment or therapy at the advice clinic, but we can discuss onward referral if this is required.

**Numbers to call for your area:**

Ballymun Civic Centre (01) 846 7109

Wellmount Health Centre, Finglas (01) 856 7700

**Department of Education Supports for Parents**

**Continuity of schooling guidance**

Continuity of schooling guidance for parents is available at this link in several languages:

https://www.gov.ie/en/collection/965639-continuity-of-schooling/

**Online safety**

Extensive information and guidance on online safety is available to for parents and students at www.webwise.ie. The information contained at

https://www.webwise.ie/parents/covid19-online-safety-advice-for-parents/ might be particularly useful.

**Curriculum Tagged Resources**

The Department’s Education portal Scoilnet (https://www.scoilnet.ie/) contains some 21,000 curriculum tagged resources that can be used by teachers, students and parents to support the continuity of learning in the remote environment.

**Wellbeing supports**

The National Educational Psychological Service of the Department of Education, NEPS, has developed an updated series of resources and animation videos for parents and students during this period of school closures.

These build on previous materials that proved popular with parents.

The videos feature important updated wellbeing advice and guidance, and include tips on how students can stay positive, active and connected, and how parents can support their child’s daily routine.

Irish language and sign language interpretation versions are also available and are posted on the Department’s twitter feed on @Education\_Ire and on gov.ie/schools.

The pdf resource guides are available here:

https://www.gov.ie/en/publication/af24b-wellbeing-guidance-documents-for-parents students-and-schools/e

The videos are available here:

https://www.gov.ie/en/publication/a04fc-advice-for-students-and-their families/#wellbeing-advice-for-parents-during-covid-19

**Supports for parents of children with special educational needs**

The National Council for Special Education has a range of resources for parents of children with special educational needs, including useful material on a broad list of supportive topics, and short focused video materials designed to provide advice and guidance to parents. These are available on ncse.ie and disseminated through their twitter feed @ncseirl.

The NCSE is also operating a dedicated phone line for parents of children with special educational needs during this period of school closure, offering support and guidance; the number is 01 603 3456 and it is open during office hours.