



SAINT MARY'S PRIMARY SCHOOL & NURSERY UNIT

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19th November 2020

Dear Parents,

We are delighted to be able to announce that the school is embarking on an exciting new Resilience and Well-Being project, led by our Parents Support Group and generated through funding received by The Community Foundation and Comic Relief. We very much look forward to the opportunities this will bring for the school over the next few months.

The bulk of the funding will go towards wellbeing resources for pupils and staff as well as a range of training and information sessions for pupils, parents and staff on issues such as Children's Emotional Health, Return to School Wellbeing, Mindfulness, Helping Children Manage Change through the Pandemic and Promoting Resilience in Children.

As a parent, you are invited to take part too! We would love you to register for our online 'Wellbeing and Resilience' webinar for parents on Wednesday 25th November at 7pm delivered by "Parenting NI." (Details on the poster overleaf.) To register please contact stmaryspspsg@gmail.com

Together we will continue to empower all our Saint Mary's pupils to 'Let their light shine' even more brightly! Watch our school web site and Facebook page for more details of the project over the next few weeks.

We look forward to seeing you online on the 25th November!

Yours sincerely,

Mr P Gilchrist
Principal



HELPING CHILDREN MANAGE CHANGE THROUGH THE PANDEMIC

An online session which will help parents identify areas of change during the pandemic, explore the impact these changes can have on the child & the parent and help parents to develop strategies to help reduce the impact of change for both them and their child.

parentingni.org   



**Wednesday
25th
November**

at 7.00pm

to register please contact
stmaryspspsg@gmail.com