



SAMARÈS SCHOOL
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Head Teacher: Mrs Jenny Posner

Monday 28th March 2022

Dear Parents,

At Samarès School we are committed to working with parents and the wider community to support every child in our school. The safeguarding and welfare of all children at Samarès School is of paramount importance and it is vital that school and parents work together.

Each month, we will send a short update around a specific welfare issue with resources to support you as parents – Mental health, E-Safety and Keeping Safe Online, Sleep, Bullying, Transition, Positive Parenting support, etc. If there is any area which you feel additional resources or support would be useful, please do get in touch.

Our first theme for the month of April is Children's Mental Health. Please see the following links to resources which can help you support your child:

<https://parentingsmart.place2be.org.uk/article/my-child-is-feeling-sad-or-low> - this link has a short video and some practical ideas of things you can try to help identify areas of concern and to support your child

<https://parentingsmart.place2be.org.uk/article/my-child-is-anxious> - A short video and areas to consider when supporting your child who may be showing signs of anxiety.

<https://www.annafreud.org/media/11452/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf> - tips for talking for parents and carers – Anna Freud National Centre for Children and Families

If ever you have any concerns regarding your child's mental health, please do let us know and we can support you and your child through school based support and our links to external agencies with whom we work regularly with.

Safeguarding Team at Samarès School –

Mrs Jenny Posner – j.posner@samares.sch.je

Mr George Lumley – g.lumley@samares.sch.je

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Many thanks,

Mr Lumley
Deputy Headteacher