



**SAMARÈS SCHOOL**  
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**Head Teacher: Mrs Jenny Posner**

Tuesday 3<sup>rd</sup> May 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.

Following April's theme of Children's Mental Health, the theme for the **month of May** is **Sleep**.

**Please see the following links to resources which may be of some help:**

<https://parentingsmart.place2be.org.uk/article/my-child-has-trouble-going-to-sleep>

<https://thesleepcharity.org.uk/information-support/children/> - there are lots of practical resources on this website which can help with routines, bedroom environment, relaxation tips, nightmares, diet, and sleep problems. There is lots on here, but well worth a look for some really useful information.

If ever you have any pastoral, welfare or safeguarding concerns, 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](mailto:j.posner@samares.sch.je)

Mr George Lumley – [g.lumley@samares.sch.je](mailto:g.lumley@samares.sch.je)

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Many thanks,

Mr Lumley  
Deputy Headteacher