



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

Thursday 10<sup>th</sup> November 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 send a short update around a specific welfare issue with resources to support you as parents.

Our theme for this month is **Parenting Support**.

Parenting doesn't come with a guide book and sometimes it can be difficult to know where to turn and who to turn to for advice or support. The intention of this month's newsletter is to provide some signposts for you which may be of help.

**Online** – There is an overwhelming amount of resources online and it can be really tricky to find what it is you are looking for. Parenting Smart - Place2Be <https://parentingsmart.place2be.org.uk/> is a really helpful website with parenting advice from child mental health experts. There are lots of short videos and articles covering a wide range of every-day issues – from **bed time battles**, to **sibling rivalry**, to **family meal times** and advice for dealing with lots of **behavioural, social and emotional** issues we may encounter as parents. It is well worth a good look

**Jersey based support – Triple P Parenting** – This is a Jersey based course aimed at parents which offers ideas to help deal with the big and small parenting challenges that are part of family life. Triple P doesn't tell you how to be a parent but offers a range of strategies which can be really useful. There is more information on how to sign up to a Triple P course or attend one of their seminars through the following link [www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx](http://www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx)

**Jersey based organisations – Brighter Futures** - [www.brighterfutures.org.je](http://www.brighterfutures.org.je) - Brighter Futures is a charity that supports parents, carers, children and young people in Jersey. They provide key worker support alongside a number of free programmes and services to help support the parents and carers. There is lots of information on the website and has a detailed overview of the programmes they offer.

**Children and Families Hub** – This is a service that offers information, advice and support for families and young people. You can get in touch through 519000 or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je).

A final signpost to our school website – <https://www.samares.sch.je/> we update this regularly with information and there are further links to resources and support that is out there.

We are here to support all of our families at Samarès – please get in touch with us if there is anything you would like to discuss.

Many thanks,

Mr Lumley  
Deputy Headteacher