



Friday 19th January 2024

Dear Parents and Carers,

Family Workshops

We are working in partnership with CAMHS Early Intervention Team to provide family workshops relating to many different issues over the next year. This will include anxiety, wellbeing, behaviour, anger, understanding emotions and Family Forest School sessions. These sessions are aimed at families and children/parents can attend together.

The first session is about understanding anxiety (details below) and it is on Tuesday 23rd January (next week) - please follow the link to sign up. We have limited spaces, so we will let you know if you have got a space this time or if you are on the waiting list for the next session.

Understanding Anxiety Workshop

Early Intervention CAMHS Team will be running a workshop on understanding anxiety

Date: 23rd January 2024

Time - 3pm - 4.30pm

Who for - parents and their children to attend together

Where - Samares School Hall

Organisation - pick your children up after school and then all attend together

Families will work together to learn more about anxiety and will leave with an individual family shield for them to use to help them manage anxiety together in the future.

Please register your place on this link:

<https://forms.office.com/e/uRYymjPGXZ>

Samares Gets Talking!

Our next Samares Gets Talking is all about achievement. It is a chance to use your oracy skills and discuss topics at home.

Website link: <https://www.samares.sch.je/page/?title=Samares+Gets+Talking%21&pid=86>

Careers Event

Our very first Careers Fair was a great success! A huge thank you to Miss Deveau for organising and the team of people who volunteered their time to inspire children at Samarès with information about their careers. At Samarès School, we aim to ensure that our children are exposed to a large range of careers, meet and be able to speak to, members of society with different careers and set aspirational goals for their careers in the future. At the Careers Fair, we welcomed visitors from a range of careers such as plumbing, television presenting and midwifery. The children thoroughly enjoyed learning about different careers and asked our volunteers key questions relating to their jobs.

Term Dates

You can find the term dates by following the link below. We break up for half term on Friday 9th Feb at 3pm and return on Monday 19th February.

<https://www.gov.je/Education/Schools/SchoolLife/pages/termdates.aspx>

As always, please do not hesitate to contact me if you have any questions, comments or queries.

Many thanks,

Mrs Jenny Posner

Headteacher

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