



SAMARÈS SCHOOL
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Head Teacher: Mrs Jenny Posner

Thursday 4th December 2025

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.

Our theme for this month is:

“Keeping Busy and Supporting Positive Mental Health Over the Christmas Holidays.”

Christmas can be a joyful time, but the change in routine can sometimes feel overwhelming for children, parents, and guardians. Without the structure of school, some children may experience feelings of anxiety or boredom. While the festive season brings plenty of fun and excitement, it also disrupts daily routines, which can impact a child’s emotional wellbeing.

Many children find it difficult to cope with the lack of structure, such as not attending school, having irregular bedtimes, and not knowing what each day will involve.

Planning ahead and staying active can make a big difference to both your wellbeing and theirs.

Here are some ideas to help keep the festive season calm and enjoyable:

1. **Create a simple holiday plan:** Include family activities and quiet time. A little structure helps children feel secure.
2. **Stay active:** Fresh air and exercise are great mood boosters. Try a walk, a bike ride, or a trip to the park.
3. **Use the Christmas bingo sheet:** We’ve attached a fun bingo sheet full of ideas to keep children busy, including some free local events.
4. **Talk and listen:** Check in with your child about what they’re looking forward to and any worries they might have.
5. **Focus on experiences, not expense:** Christmas isn’t about costly gifts, it’s about making memories together.
6. **Look after yourself too:** Your wellbeing matters. Take time to rest and reach out if you need support.

Keeping safe online:

Many children receive new devices or games at Christmas, so it’s a good time to review online safety:

- Check Age Ratings on games and apps before downloading or buying. Check using <https://www.commonsensemedia.org>
- Set Parental Controls on devices and ensure safe search settings are enabled.
- Be Aware of Adverts on YouTube – talk to your child about adverts and in-app purchases.
- Monitor Screen Time and encourage breaks for offline activities.

Other support available throughout the holidays:

Food Banks:

If you need support with food over the holidays, local food banks are available.

Grace trust [01534 631667](tel:01534631667)

Samaritans Jersey [01534 116 123](tel:01534116123)

Other support and agencies:

Mind Jersey [01534 880584](tel:01534880584)

Children's and family hub [01534 519000](tel:01534519000)

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

Wishing you a Merry Christmas and a Happy New Year

Miss Rowland

Deputy Headteacher