



**St Dallan's Primary School**  
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Dear Parents/Guardians

## #StDallans#staysafe#staypositive

As *Coronavirus* continues to affect every aspect of our daily lives, we really hope you and your children are managing to adjust to the very difficult circumstances in which we all find ourselves and are now maybe even getting into this new rhythm of life.

As we now are into our final school term we will continue to support the educational needs of our children however we also care greatly about the mental health and wellbeing of all at this time and plan to share resources and advice that may help in this area.

When in school we have our PATHS lessons as part of our ethos and school life and our F.A.M.E. groups too (Friendships and Managing Emotions) as we have always believed that all our children benefit from learning to understand their feelings, the importance of talking to their 'trusted adults' and the benefits of developing an emotional vocabulary; never has this been more important than at this present time. To help continue to support our children in this way we have added the section 'Well Being' to our Home Learning Hub on our school website where you will find some of the activities from our FAME Booklet, some mindfulness colouring and positive thinking activities that promote the well-being of our children.



In this area we also have a book written by the United Nations alongside other international agencies to help children understand Covid-19 and to help them not be afraid. It is called 'My Hero is You' and is aimed at children aged 6 – 11 years. It is a book to be read by parents/carers alongside their child but NOT for a child to read alone, as it is an opportunity for parents/carers to reassure their children at this time. Copy the link to read the book online <https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html> or you can print off your own copy by going to our website where you will find it in the section on Wellbeing.



In the meantime, if you feel your child is becoming more anxious and stressed about the current situation, then please look over the following points. We hope that these points might help you and your child feel more positive during these most unprecedented times.



**LISTEN** - Listen carefully and encourage your child to express their feeling, talking about any worries they may have could help to alleviate their stress.

**REASSURE** - Reassure your child that their feelings are completely normal considering the difficult circumstances ... this too will pass.

**HELP** - Help your child to focus on positive thoughts. Share your own positive thoughts, and encourage them to talk about their own positive experiences.

**PLAN** - Plan together, or as a family, simple activities that might divert your child's attention and engage them in paying attention to things which might make them smile and feel good about themselves.

**SEEK** - Seek Professional advice from your GP/Health Visitor if you continue to have any concerns about your child during these very difficult times.

Please be in contact at any time via the school email [info@stdallans.warrenpoint.ni.sch.uk](mailto:info@stdallans.warrenpoint.ni.sch.uk) if you have any worries or concerns that myself or members of my staff may be able to help you with. Overleaf we have made available phone numbers, websites and information that you may require for support, advice etc from other professionals.

St Dallan's staff continue to update all sections within our Home Learning Hub on our website so please keep an eye to this for additional activities/areas of support that we can offer.

I will continue to text out updates to pinpoint you to additional content.

Please pass on our love and best wishes to the children – we miss them very much and look forward to our new norm back in school in the not too distant future.

For the time being please look after yourselves, your families and **'Stay Safe'**.

Kind regards

Mrs U Farrell  
(Principal)



## **Support for Parents/Carers during the Coronavirus Period**

- Parentline NI – 0808 8020 400 – [www.parenting.org](http://www.parenting.org)  
You'll find their latest update at <https://mailchi.mp/cfe0812b01d1/parenting-ni-update-4333516?e=1893b9f612>
- Lifeline – 24hrs/7 days a week – 0808 808 800 – [www.lifelinehelpline.info](http://www.lifelinehelpline.info)
- Thinkuknow – online safety at home – home activity packs – 15min activities for parents/carers to do with children age ranges 4-5 yrs, 5-7yrs, 8-10yrs, 11-13yrs and 14+ - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- ASCERT - In response to the growing need for parent support groups within Northern Ireland, ASCERT are adapting face to face support to provide on-line parent support. They have developed 8 support sessions with specific subjects so you can access the ones you are interested in or attend them all – it's entirely up to you.  
**Sessions will begin Tuesday 28th April @ 7pm- 8.30pm via Zoom.**  
To join this group please follow the link below which will direct you to the ASCERT Parent/Carer closed group  
<https://www.facebook.com/groups/883771135427888/>
- The NSPCC have updated their website and have provided advice for parents and carers <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- **Childline** have told us that they have experienced an unprecedented demand for its services since schools have closed. Bases have remained open with staff and volunteers available directly via chat and voice calls. As you know children and young people under 19 can speak to a counsellor online at [childline.org.uk](http://childline.org.uk), free on 0800 1111 between 9am and midnight or via message boards <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

### **FOODBANK SUPPORT**

General information on foodbank support is available at <https://www.trusselltrust.org/>

### **NEWRY & MOURNE AREA**

The Larder (run by Newry Helping the homeless)	→ Self-referral and referral from other agencies	→ 07477660575
Cornerstone Food-Bank Kilkeel	Opening times are Tuesdays 12noon to 2.00pm & Thursdays 6.00pm to 7.30pm but in emergency there is flexibility for collection.	Helpline 07856888701 Email : cornerstonefoodbankkilkeel@gmail.com.
St Vincent De Paul	→ self-referral and referral from other agencies, voucher scheme	→ 028 3026 7590
Newry Christian Centre/Trussell Trust Food Bank	→ Referral from other agencies but considering self-referrals	→ 07512946911 028 3083 2896

