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Dear Parents,

I am thinking of you all and hoping that you all remain healthy and well. These are challenging times but St. Comán's Wood Primary School community is here to help you. If you have any concerns please email me ufeeley@comanswoodprimary.ie or the Deputy Principal, Patricia Morris at pmorris@comanswoodprimary.ie We will reply to your email within twenty-four hours and help you in any way we can or direct you to those who should be able to help you. If you don't have internet access you could write to us. We read the post every day and we will contact you as soon as we receive your letter. If you want to collect books from the school please email or write to us.

Please let your children know that we are thinking of them and they too can email or write to Mrs. Feeley or Mrs. Morris. We think especially of grandparents and family members on their own at this time. They could be in hospital or nursing homes. How happy would it make them feel if they received a letter or postcard from our children?

We really appreciate and thank all in our school community who are health care workers and volunteers helping those who are sick or making preparations for those who may get sick. We also remember all those working in essential services such as grocery stores, pharmacies etc. If there is anything at all that the rest of us could do for you, please email or write to us. The staff and parents in our school community have always supported each other when the need arises and I know they will only be happy to do so now.

Please check our school website daily www.comanswoodprimary.ie All teachers have suggested work for the children to do at each class level and I am very thankful to them for this. It is important that your children try to do some of this work. There is no need for you to be sitting beside your child all the time while they work. Remember the work is for your children to do, not for you to do! If they get something wrong, so be it. That's how they learn.

However, while we want you to make an effort, we don't want to put undue pressure on parents or make them feel guilty. You know best what you are able to do taking into account your circumstances. School work can be particularly challenging for parents with a number of children or for parents who have to work from home or outside the home. We've seen some of the videos on-line of distressed parents!! We want our parents to enjoy this time with their children. If the school work causes upset in your house, then leave it for a while, get outside, go for a walk or take 'time-out' and come back to it at another time. It is important that the children experience learning as a positive activity. ***If you are going to get cross with the children while they are doing school work, it is better to leave it.*** Sometimes we think our children aren't concentrating or trying, when genuinely they are doing their best. Truth is, if a child knows how to do something they will gladly let you know that they can do it. If they can't

Chairperson: Fr. Kevin Fallon

Principal: Dr. Úna Feeley

do it, accept that they can't and move to something different or email the teacher about the fact that your child is finding the work challenging. Praise goes a long way.

Any of the on-line activities we recommend, support your child's learning and are worthwhile. However, balance is important. Use this time to get outside with your children. The weather has recently been very wet and the children need to get outside. They may complain about going out but from once they get out, they will be fine. They will be more inclined to go outside if you join them sometimes.

I advise you to sit down with your children and come up with a time-table. For positive mental health for both adults and children, It is important that during these difficult times that routines are in place. It may seem easier sometimes to stay in our pyjamas and watch the TV but this is not good for us. It is also important to keep up a healthy eating routine.

The following time-table is only a **suggestion**. It may help you to put some structure on your child's day.

9am	Get up, get washed, get dressed, say a morning prayer and/or reflect on doing your best today to make this world a better place because you are in it. Make your bed.
9.30am	Have breakfast and tidy up.
10.00 - 11.00 am	Do some school work from list
11.00 - 11.30 am	BREAK with some exercise (outside preferably)
11.30 - 1.00pm	Do some school work from list
1.00 - 2.00 pm	LUNCH BREAK with some exercise (outside preferably)
2.00 - 3.00pm	Do some school work from list
3.00 - 9.00pm	Help around the house, Cook/Bake, Read, Exercise, Paint or Draw, Relax.
9.00pm	Read a book or story (from school work list if you like), say a night prayer and/or reflect on your day, be thankful and SLEEP

Take care and mind yourselves,



Dr. Una Feeley (Principal)