



BEARWOOD Primary and Nursery School

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22nd January 2020

Dear Parents/Carers,

What a busy start to 2021! I joined the Bearwood team at the start of January in the role of Pupil Engagement and Welfare Officer and have enjoyed a fantastic first few weeks getting to know the school, the staff and some of the children. I have been SO impressed by how well you and the children have settled into the new routines and taken the changes in your stride. It really has been wonderful to see so many children engaging positively with their learning - thank you for supporting them to do this.

As you know, Bearwood Primary and Nursery School has always placed great importance on the wellbeing of children, their families and this is as much a focus now as it has ever been. This most recent lockdown has brought with it, further uncertainty about COVID-19 and of course this is causing worry and anxiety for adults and children alike. For parents working from home themselves, supporting remote learning brings with it, additional challenges and potential stress.

During these extremely challenging times it is important for us all to prioritise our wellbeing and to do what we can to help ourselves and each other. With this in mind I have compiled some 'Top Tips for Supporting your Child's Wellbeing' which I hope you will find useful. These can be found on the school website under 'Helpful Sites and Numbers' on the Menu Bar or by clicking here: <https://www.bearwood.poole.sch.uk/wp-content/uploads/2021/01/Top-Tips-Supporting-your-childs-wellbeing-1.pdf>. Many of them are simple strategies but they really do have a positive impact on children's wellbeing!

In order to help our children at Bearwood develop effective strategies to support their wellbeing during these difficult times we will be holding a '**Wellbeing Afternoon**' next **Friday 29th January**. Further details about this will follow in a letter next week.



Following this, if you feel your child would benefit from additional support to understand and manage their emotions during this difficult period I am able to offer a limited number of emotional support sessions both in school and via Zoom. To discuss this possibility please contact me via the school office.

For other information and advice on supporting your child during lockdown please see the school website www.bearwood.poole.sch.uk, or arrange a telephone appointment with me via the school office on 01202 590703.

I look forward to meeting more of you and your children in the weeks to come!

Yours sincerely,

Olivia Prince
Pupil Engagement and Welfare Officer



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