



## Rothersthorpe C.E Primary School

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28<sup>th</sup> April 2020

Dear Parents/Carers

### 'Wellbeing whilst working and learning at home' session for parents

We politely request that one person from each family, if possible, please attends this very important well-being session as being proactive during these challenging times with COVID-19 is vital

On **Wednesday 6<sup>th</sup> May from 4-5pm, we will be offering a Zoom session** for parents who have children at Rothersthorpe School about mental health and wellbeing whilst working and learning at home. We have commissioned the company – Dragonfly Education who have over 30 years' combined experience working with young people. School will not be charging parents for this session. The talk will cover:

-  What learning involves
-  How parents can best support their children
-  Keeping children motivated and engaged
-  Helping children to manage anxieties, frustrations and other 'big feelings'
-  How to safeguard your own mental health when juggling new pressures

*To learn, grow and reach our full potential, we need to be equipped with the tools to support our emotional and mental wellbeing. We work with parents, carers, schools and children and young people to ensure that they have the foundations they need to be successful. With over 30 years' combined experience working with young people we have a broad range of expertise to share, so that you feel prepared to help your child navigate their way through difficult feelings.*

If you have questions or particular areas of concern that you would like School/Dragonfly to cover, please email me, and I will ensure the session is tailored to your needs. There will be also be a Q&A at the end of the session. If you would like to invite another extended family member or friend whose children attend another school, please let me know as we may be able to include them too.

Please complete the reply slip below and email back to Mrs Fountain's email – [head@rothersthorpe.northants-ecl.gov.uk](mailto:head@rothersthorpe.northants-ecl.gov.uk) so we can ensure everyone is invited to the Zoom meeting.

Kind regards

*Nicola Fountain*

Mrs Fountain – Headteacher  
Claire Pass & Rachael Bushby - Co Founders, Dragonfly: Impact Education

**Dragonfly - Wellbeing whilst working and learning at home**

I would like to attend the Dragonfly Zoom Meeting on Wednesday 6<sup>th</sup> May from 4-5pm

Name.....

Email address.....

Signature.....Date.....