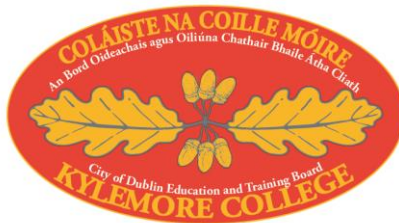


COLÁISTE NA COILLE MÓIRE

Bóthar na Coille Móire
Baile Thormaid, Baile Átha Cliath 10.
Fón: 626 5901
Epost: info@kylemore.cdetb.ie
Facs: 623 4780



KYLEMORE COLLEGE

Kylemore Road,
Ballyfermot, Dublin 10.
Telephone: 626 5901
Email: info@kylemore.cdetb.ie
Fax: 623 4780
Principal: Deirdre Nolan

Dear Parents/Guardians,

As you know all classes reverted to remote learning on Monday 11th January. This is so disappointing for us all and not what we were hoping for at the start of a new year. However, we are hopeful that with the roll out of the vaccine we will in time return to more normal day to day living. Information on remote learning is available on our school website or by contacting your child's form tutor or year head.

We are aware of the difficulties faced by our families during this pandemic and we know that on-line education is a challenge. We ask that you continue to encourage your son/daughter to engage with online classes and school work to the greatest extent possible, but encourage you to be realistic about your child's needs and your own needs.

We are especially mindful of exam students and the stress that school closure can bring. When thinking about how we cope with uncertainty and stress, it can be helpful to remind ourselves of these three key messages:

- Stay Responsible & Informed
- Stay Active & Connected
- Stay Positive & Calm

On the following page we have created links to a range of resources which you may find helpful. Please feel free to contact us on the numbers provided below if you have any concerns.
Stay Safe & Well.

Kind regards,

Deirdre Nolan,

Principal

Supports available to students & parents- contact us 9am-3pm (Mon/Tues/ Thurs) 9am-12noon (Wed & Fri)		
John Bermingham	Home School Community Liaison	087 1207678
Miriam Goodman	Behaviour for Learning Programme Teacher	086 2750445
Lesley Keegan	School Completion Programme Coordinator	086 2750444

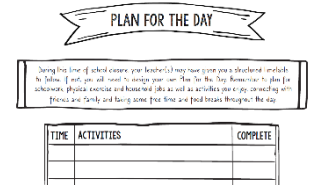


The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#) and include the materials listed below.



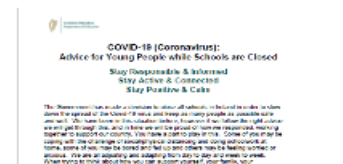
Plan for a Day

A plan for the day template is available [here](#) to help your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.



Advice for Young People

NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



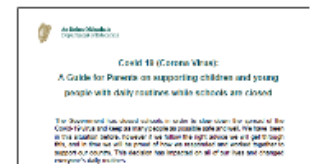
Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



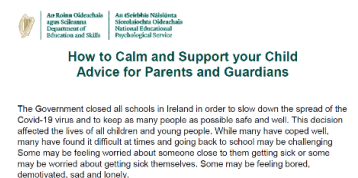
Advice for Parents

NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)



How to Calm and Support your Child – Advice for Parents and Guardians

This link [here](#) brings you to helpful tips and practical strategies to support your child if they become overwhelmed.



Managing Stress and Anxiety – A Guide for Parents and Guardians

Many young people have coped well with Covid 19 but many have found the ongoing situation upsetting and stressful. If they become more stressed and anxious the following information [here](#) may be helpful.

