

Dear Parents/Carers

Today I write to you as a mother first. Week 3 of this current period of school closure, and as a parent I have found it difficult this week. My own two children have struggled with working online again, and they are missing their friends. Between juggling my own job and my children's school work, I have really felt the strain this week.

The main purpose of this letter is to say well done! Whatever your personal circumstances, we think you are doing a great job. We know our students are safe, loved and cared for, and that is the most important thing at the moment.

Please do not let school work put any extra pressure on you during this time. Everyone's circumstances are very different. Be kind to yourselves - our mental health can be affected if we do not take care of ourselves.

Finally, we may be currently operating online but we are still here emotionally for all our families. If you need support please get in touch.

Take care

be kind to yourself

7 TIPS FOR PARENTS SUPPORTING REMOTE LEARNING



1 MODEL HOW TO FACE CRISIS WITH COMPASSION

- Model with courage and compassion
- Model how to take care of yourself



2 HELP YOUR CHILD MAINTAIN A SCHEDULE

- Have a set time each day when kids can do their work.



3 DEDICATE A SPACE IN YOUR HOME FOR SCHOOLWORK

- Identify a place in the home where your child can sit and do work.



4 ASK YOUR CHILDREN ABOUT WHAT THEY'RE LEARNING

- What are the three most important things you learned today?
- What is one thing you learned in science today?



5 READ WITH YOUR CHILDREN

- Read a book or an article
- Read in your family's home language



6 TELL FAMILY STORIES

- Every family has stories to share
- It enhances identity and self-esteem



7 WRITE ABOUT WHAT YOU'RE GOING THROUGH

- Start a diary to share what you're seeing, feeling, and experiencing during this historical time
- Write together in your family language to process what everyone is going through

Please contact us if you have any queries:

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