

## EDUCATIONAL PSYCHOLOGY SERVICE

### SUPPORT TO ISOBEL MAIR PARENTS DURING COVID-19

#### ONE-TO-ONE DROP IN SESSIONS FOR PARENTS – every Wednesday, 11-1pm

One-to-One 'drop in' slots with the school's Educational Psychologists, Nick Smiley and Kirstie Rees, will take place on Microsoft TEAMS on **Wednesdays** between **11am-1pm**. These will provide you with the opportunity to discuss any issues which have arisen as you support your child during this difficult period. Should you wish to book a slot, please contact the school. Your details and email address will be forwarded to Nick and Kirstie who will email you with a confirmed time and a link.

(Please note that the school psychologists will continue to keep in touch with parents of those children and young people with whom they are actively involved and these 'drop-in' sessions are in addition to other phone calls and meetings.)

#### GROUP SESSIONS FOR PARENTS – Fridays, 1-3pm

(\*15<sup>th</sup> January, 5<sup>th</sup> February, 26<sup>th</sup> February, 19<sup>th</sup> March)

Four online parent group sessions will take place this term and will be facilitated by Nick Smiley and Kirstie Rees (\*see dates and times above). These will be very informal and will allow you to connect with other parents and discuss any issues which have arisen during the current period, and to talk through ways of managing the lockdown and supporting your child. Given the current restrictions, it is fully expected that your child may be there with you, or that you may only be able to attend part of the session etc. The first session will take place on **Friday, 15<sup>th</sup> January** at 1-3pm.

If you wish to join one of the group sessions, please email the school to confirm that you will be attending and they will forward you the link.

#### HEALTHIER MINDS WEBSITE AND ONLINE SESSIONS

The Educational Psychology Service is continuing to update the ASN Section of the Healthier Minds website.

<https://blogs.glowscotland.org.uk/er/healthierminds/additional-support-needs/>

This provides information and strategies to support children and young people's mental wellbeing and includes resources and videos which address anxiety, bereavement, behaviours, sensory needs, and learning at home. We will continue to update this during the coming weeks. The website will be supplemented with **online sessions** focusing on some of these topics. These will be available later on in the term and the links will be provided to enable you to access these.