

18.03.20

Dear Schools, Teachers and Parents

As you know, we are in the middle of a very tough period in time – one which has obviously thrown many challenges and difficulties our way. It is becoming increasingly more likely that schools *will* close, and when that happens we know it will add to the challenges parents and teachers are already facing.

In order to try to alleviate some of that pressure, the Barnardo's team who support the delivery of Social Emotional Learning (SEL) and in particular *The PATHS® Programme for Schools (UK & NI Version)* are thinking carefully about ways to continue supporting children's health and wellbeing and social emotional learning at home – whether or not schools will be able to continue learning online.

To that end, we will be sharing blogs, resources and games to help support children at home. These resources will comprise of a range of SEL activities which will also support children's learning in all areas of the curriculum. We'll share these regularly across our social media channels – and we would encourage you to make use of them as much as possible. We'll also share any great articles we find related to supporting children's health and wellbeing during this time. The team will be working remotely, and will be available to respond to any queries you might have about supporting children with any of these activities or skills.

During this time, it's also important that we – as school leaders, educators and parents – focus on our own social and emotional wellbeing as we try to support children with theirs. We talk a lot in the work we do about the importance of adults 'modelling' key skills; and in times of crisis it's important we model resilience, strength and optimism where we can. The SEL skills your children have been taught through their regular *PATHS® Programme* lessons will be really important now, and we want them to be able to check-in with you with their feelings and self-management strategies.

Lastly, we want to thank all our schools and parents for their continued commitment to SEL and *The PATHS® Programme* and hope that we will see all of you very soon to continue to support you with the programme.

With very best wishes,

Barnardo's Team - *The PATHS® Programme for Schools (UK & NI Version)*



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