



Soaring Skies Federation



Thursday 17th September 2020

Dear Parents/Carers,

Virtual parents'/carers coffee morning

We are facing a challenging time at the moment and this can affect everybody's mental wellbeing and put a strain on relationships. Perhaps you or your family are having more screen time than you usually would. This might cause arguments or strain at home. It is also a time when we as adults feel a lot more vulnerable and anxious. As a result, we are increasingly connecting with the world through digital media.

With technology constantly changing, it can be hard knowing how to keep your children safe and healthy online. We would like you to discuss these issues in an interactive online discussion with one of our school's therapists on either **Tuesday 22nd September or 29th September at 9:30am.**

In these **interactive workshops** we will discuss what you can do to help decrease the negative impact of screen time on your child, while encouraging healthy internet habits to maximise the benefits.

You can access these workshops from the comfort of your own home as they will be run online using the Zoom (<https://zoom.us/>) platform and led by our **Child Psychotherapist Paulina Treanor.**

If you would like to attend, please contact Paulina directly. State which date you would like to attend in your email title and she will send you a link with instructions.

Title: virtual coffee morning

Email: ptreanor@thomasfairchild.hackney.sch.uk

Best wishes,

Ms Ryan

Federation Deputy Head