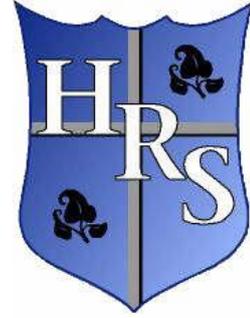


Holy Rosary Primary School

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14th October 2020

Dear Parents/Carers,

Barnardo's Time 4 Me has provided counselling to over 100 schools since 2008. It is available in our school this year. Time 4 Me supports children, families and schools when life gets tough. A Barnardo's counsellor will be coming to our school every week. Our counsellor is called **Jenna Cardwell** and she will be in school every **Tuesday**.

Counselling really adds to the pastoral supports we offer in school. It will be especially important this year as our pupils return after Lockdown and all the other recent disruptions to family life. As well as supporting children with Corona-related issues, counselling also helps with the other challenges children face that can affect their learning. It supports children and families coping with:

- Worries and stress
- Changes in the family
- Anxiety about school
- Bereavement
- Friendship problems

If you think your child would benefit from counselling speak to Mr McAllister or Mrs Burns or your child's teacher. Jenna will be happy to chat about the service and how it can help.



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