



Ard Rí Community National School

Ard Rí C.N.S, Balreask Old, Navan, Co. Meath.

Principal: Darragh Roe

Roll No 20352T



12.03.2020

Dear Ard Rí Community,

Taoiseach Leo Varadkar has announced that from 6pm today schools will close. The restrictions will take place until 29th March.

I am very aware this will be a stressful time for families. Talk to your children. They need factual, age appropriate information about the virus and concrete instruction about how to avoid spreading of the virus. Without the facts, they often imagine situations far worse than reality [More info](#) Reassure your child that everyone is working hard to keep them safe.

Let the child/young person's questions and their age guide as to how much information to provide:

- Very young children need brief, simple information and reassurance that they are safe and that the people they care about are safe.
- Reassure them that the Government is working hard to ensure that people throughout the country stay healthy.
- Explain that at the present moment very few people in this country are sick with the virus.
- Tell them that not everyone will get the virus and that the vast majority who get it recover fully.

(NEPS)

Teachers have prepared small work packs for the children. Do not worry about your child falling behind. A little bit of reading, board games, colouring, LEGO and jig saws will keep them occupied.

Most of all look after each other. Focus on the present moment. Reflect on what is important to you and treasure it.

Kind regards,

Darragh Roe
Príomhoide