

Tower Hamlets Schools

Counselling Partnership

# Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

**Saying Goodbye**

Endings are important and can bring up a whole mixed bag of feelings for everyone: sadness, anger, confusion, worry, relief and/or excitement, to name a few. Often, we can feel several different feelings all at once. This year this is likely complicated by the fact that we have had to live through a global pandemic and national lockdown. As we approach the end of the school year, you may have noticed a change in your child’s behaviour: are they more sensitive or reactive than usual? Are they clingy and having trouble falling asleep or finding separations harder? More meltdowns or outbursts? Or perhaps they have withdrawn a little?

**How can parents help?**

First, understand that endings may be hard for you too and the end of a school year may bring up all sorts of thoughts and feelings for you. Use this insight to support your child: help them identify those feelings they are feeling and separate them into parts: “*It sounds like a part of you is excited for the summer and another part of you is sad to say goodbye to your friends…*” Endings are also a great opportunity to reflect back on the year and think together about their favourite times, what would they change/do differently? As much as possible, it is helpful to prepare for the ending so that they have a chance to say goodbye to those (people and places) who matter the most to them: could they create a card for their teacher/friends? Take photos of their favourite places? Create a box or book about this year? As social distancing is still in place and not everyone is returning to school before the end of the year, for various reasons, think of remote ways that you and they can mark the ending, particularly for those leaving school. Would zoom parties be possible both for the children (with parents being present to ensure online safety) and for parents? – because you too will be saying goodbye to mums and dads who you would see on a regular basis. Saying goodbye is never easy however they can be made easier by us thinking about and preparing for them.

Sometimes we could all do with someone to talk to.  If you would like to meet Khalida for a confidential and non-judgemental chat about you, your child or any other worries, she is available on Tuesdays 9-10am. To book an appointment, you can contact her using the details below

Khalida would also love to hear from you if you have any feedback on the newsletters and the topics that she has been sharing with you. Are there subjects that she hasn’t covered and you wish she would? What about workshop topics, what would you like to see sessions on? What ways are there that you can think of that ahe could help improve the service and the newsletters?

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