



Newsletter

Friday 23rd April 2021
No.3

Qwell



With many of us starting to return to work, we may be experiencing mixed emotions.

If you feel like you need some support, explore our supportive mental wellbeing community for adults.



Chat online to qualified counsellors



Read and write articles



Get online support from the Qwell community



Set personal goals and record how you feel

[qwell.io](https://www.qwell.io)



In March, we signposted parents and carers to an online wellbeing platform called Qwell. This service is being provided by Liverpool City Council and is free of charge.

Two online sessions are being run for adults to learn more about the service. The sessions last 45 minutes and cover:

- An overview of the Qwell service
- A sign up demonstration
- A tour of the site
- Opportunities to ask questions
- Further resources and support

The dates and times are below and a place can be booked by following the link.

Thursday 29th April at 4pm: <https://www.eventbrite.co.uk/e/150871351273>

Wednesday 5th May at 11:30am: <https://www.eventbrite.co.uk/e/150872233913>



Wearing Face Masks on Site

Whilst we all begin to enjoy the relaxing of some lockdown measures, we ask that parents and carers continue to wear a face mask or covering when on the school site. Thank you for your support with this.

Nursery Places for September



We still have places available for our Nursery in September. If you have not yet registered or know somebody who is looking for a place, please get in touch with school office by phoning or emailing.

School phone number: 0151 525 2751

Office email address: barlows-ao@barlows.liverpool.sch.uk

End of the School Day

Please do not allow your children to play on the slide by the office entrance at the end of the day. We are going to great lengths to keep year groups separate during the school day and to limit contacts. Allowing children to mix on the equipment hinders these efforts.

Once you have collected your child, we ask that you leave the school site immediately. If you are collecting a sibling from the hall, please keep any other children with you at all times.



Have an enjoyable weekend