

7th Parents' Newsletter – June 2025

Subject: *“Closing a Year of Connection with Gratitude & Wishes for the Summer”*

Dear parents and carers,

With this seventh and final newsletter, we are bringing to a close a shared journey that began with the aim of standing beside you, in a way that was respectful, encouraging and meaningful. The name of the project: *“Supporting and Strengthening the Socio-Emotional Development and Resilience of Pupils through Monthly Newsletters for Parents (School Year 2024 – 2025).”*

I did not intend to offer absolute answers. On the contrary, I aimed to open space for reflection, connection, and inner movement toward your child. If at any moment you felt that you stood differently beside your child, even slightly, or offered a new way of seeing, then something deeper happened – and that is valuable. In other words, I didn't wish to tell you *what* to do, but instead to invite you to see and connect with your child in a slightly different way. If this occurred to a minimum, then our goal has already been fulfilled.

The six previous newsletters were:

1. **Socio-Emotional Development and Resilience through the Magic of the (Christmas) Holidays**
(December 2024)
2. **Together in the Return: Routines, Stability and Connection**
(January 2025)
3. **Resilience & Emotional Intelligence in Children: The Role of Parents**
(February 2025)
4. **The Importance of Outdoor Spaces for Children's Social Interaction & Resilience**
(March 2025)
5. **Rhythm, Relationship and Spring: Supporting Your Child's Self-Regulation through Present Parenting**
(April 2025)
6. **Transitioning, Learning, Growing: Supporting School Transitions from the First-Year to the Second-Year Kindergarten Class and from Kindergarten to Primary School**
(May 2025)

Antonios Pentidis
Social Worker

4th, 107th, 122nd, 123rd & 148th Kindergartens of Athens

These six steps formed a path toward gradually strengthening emotional maturity, parental presence, and children's resilience. Through words, images, and ideas, I sought to awaken the voice of the relationship.

Summer has now arrived, and I hope it brings every child opportunities for relationships and growth. It is the season for spontaneous play, peer friendships, conflicts, and reconciliations, as well as time in nature, free from clocks and pressure.

According to respected research in the field of social-emotional development (CASEL, Harvard Center on the Developing Child), unstructured social interaction among peers, free play, and movement foster life skills like self-regulation, empathy, and cooperation.

I wish for September to find you with strong relationships and children who are ready and resilient to continue their educational journey. As school restarts in September, it's helpful to:

- Gradually reintroduce routines and rhythm.
- Speak positively about school.
- Give your child the message: "I'm here for you again this year."

For children moving to second-year kindergarten (nipio) or primary school, safety is not about information – it's about presence. It's like when a child knows you are there, even without saying a word. That continuing relationship is what gives meaning to every transition.

At this point, I'd like to talk about parental presence, which is vital in a child's life. If you're a father, mother or caregiver and wondering how to support your child, remember: you don't need to do much. A look, steady presence, or quiet shared time is already enough. You don't need perfect words or ideal solutions – and if you ever feel uncertain, that's human. Summer is an opportunity to strengthen the bond of trust, not through rules or goals, but through being together, asking questions, playing, and listening. Even a simple moment, like sharing an ice cream, can become a bridge. And let's remember that tenderness and care are not gendered.

As we close (or maybe continue) this project, it was not a formal obligation. It was my personal choice for a relationship between you and me. It was a path written with care and belief in the value of collaboration between parents and educators.

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Thank you sincerely for walking alongside me this year. I hope these newsletters acted as a small bridge between the school and your everyday life.

To complete this action, you will soon receive a **short feedback questionnaire**. I would genuinely appreciate your participation, as your voice helps me evaluate and improve the current action. **Your opinion matters!**

I wish you a summer full of light, joy, and moments of connection with your child.

With respect and gratitude,

Antonios Pentidis

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