



November Newsletter: 2021

ST PATRICK'S PRIMARY SCHOOL



Dates for your Diary for November:

Monday 15th November, 2021

ODD SOCK Day Fund-raiser.

£2 per child

All money will go to NI Anti-Bullying Forum and towards raising funds to allow them to support schools in this crucial area.

Monday 15th - Friday 19th Anti-Bullying Week.

Encourage your child to chat about the work they are doing in school this week for raising awareness on bullying and how to manage this.

Each pupil will create a poster for the theme

'One Kind Word' and we will have our annual competition to highlight the most creative posters in each class. These will be put onto the website for all to see.

Flu Vaccine via nasal spray.

Monday 29th November

This year especially, with COVID still very active, it is vital to vaccinate all children to avoid a combination of COVID and flu hitting any child at the same time. We urge all parents to take up the opportunity for their child/ren.

School Closed for all pupils.

Thursday 25th November (Staff Day)

Friday 26th November (Optional Closure)

Morning Club for 2021 - 2022

Thank you all for your patience and response to our letter of interest for Morning Club.

Morning Club starts at 8:00am.

In response to some parental requests, children will be able to enter after 8:00am but they must still be registered for Morning Club as this is the only supervision available before 9:00am.

All children will enter by the back door into the hall for the club.

All parents/carers are asked to remain off the school premises in line with ongoing COVID19 restrictions.

Cost £5 per week per child signed up.

Daily Register will be kept of all attendees and weekly payments recorded.

Toast and pancakes are back on the menu also for all who are at Morning Club to avail of and enjoy.

Local GAA Support

Thank you to Shane McCann and Clonoe O'Rahilly's for accessing coach for P3 - P5 pupils for each Tuesday until Christmas at least.

We will operate timetabled sessions that will be outside, weather permitting, as much as possible

Christmas Dinner

Thursday 9th December.

Cost £2:60 for those paying.

This will be a full day.

£2 per pupil fundraiser for PTA for Christmas Jumper Day!

Swimming Opportunity - Term 2/3.

We have submitted our request for swimming lessons for P4 - P7 classes for Terms 2 and 3.

Once pool has finalised dates/times of sessions available I will let parents of each class know dates, times and cost by letter.

Healthy Kidz Programmes.

P2 - P7 pupils are more than half way through their Healthy Kidz sessions and well done to all participants for their energy, commitment and attendance at all sessions to date!

We hope to send out letters of interest for Term 2 and see if there is demand for other programmes.

Daily Mile

Every class in the school are involved in doing the Daily Mile with their teachers and Teaching Assistants each day this term. Some jog while others walk at a pace but all are involved and enjoying the experience. This is all part of the mental health and welfare programme this year for our pupils alongside other initiatives above.

PTM.

Teachers will contact parents via telephone on designated days/times after school next week to discuss children's progress. Text messages will be sent out to let you know when a call can be expected and these will be no more than 10 minutes long.

Should there be any issues arising that require more time to discuss, alternative arrangements will be made to follow this up.

The numbers we will call from will be unknown caller ID and only make out-going calls. Any missed calls can only be returned via the school office number 02887740661.

Funding from DE/EA for 'Healthy, Happy Minds' initiative.

DE/EA have made available a small sum of money to support children and their Mental Health in the coming weeks until end of February 2022.

In order to identify and then prioritise children for this support, we will look towards our register of SEN children but would also appreciate if you have particular concerns regarding your child at this point in time and how they are coping with school, that you let us know by sending in a note to their class teacher.

While it will not, unfortunately, be possible to support each child individually, we may look at class or small group support also, if appropriate.

In addition to this, Upper KS2 pupils will be able to put themselves forward for support should they feel the need for it.

All participants will be confidentially supported through a fully recognised and accredited professional in the field of therapeutic and counselling support services.

Should your child be prioritised for this support, your consent will be sought in writing. The number of sessions given will depend on the professional judgement of the counsellor involved and not the school and your evaluation regarding the success of the intervention provided will be sought at the end of support provided.

DE/EA do hope that this pilot programme will provide the information required for extending the 'Healthy Happy Minds Initiative' for a more extended period of time next year.

Once again, your opinions are vital to demonstrating the need and importance for this provision at Primary School level and for accessing funding to support it and make it happen.

The Neuronimo Programme.

Over the coming weeks you will hear your child talking about the Neuronimo Programme we are involved in as a whole school across Term 1 this year.

Neuronimo Program was launched to tackle mental health issues in children, and has been opened to schools in Northern Ireland. The Education Authority has created links for schools to become part of this programme and we have membership to access it for the 12 weeks.

Created by the 'Reverse The Trend Foundation', the 'Neuronimo' program uses neuroscience to tackle this important issue of mental health in children; the evidence base for this program is supported by research undertaken by Ulster University and the University of Southampton.

"During the pandemic there has been an increase in mental health issues among children and difficulties have been heightened as restrictions have persisted. There is substantial evidence that good mental health and wellbeing are critical precursors to learning," said Reverse The Trend Foundation Chief Executive Cait Hall.

"The Neuronimo program offers children an understanding of their mental health, helping them to connect the dots between mind and body. When young people understand why they feel a certain way - why their mind goes blank, why they cannot sleep or get a tummy pain before an event - they can do something about it.

"The Neuronimo program equips young people with the knowledge and the skills to manage both mental and physical health."

Neuronimo has already been rolled out in Great Britain where 75,000 children have benefited from the program.

"Schools consistently highlight mental and physical health as key issues for our children and young people," said Nicola Topping, Head of Pupil Wellbeing Services with the Education Authority.

"We also know however that school staff have many demands on their time. The Neuronimo program is flexible and many of the mental health tasks can be completed in under five minutes. These tasks develop important life skills that support pupils' ability to cope with and negotiate their way through difficult situations, build positive relationships and help prevent mental health difficulties from developing."

Information can be found at www.reversethetrend.org.uk

Please see your **link for Neuronimo at Home**

https://www.neuronimo.co.uk/enroll/1620225?th_uq=37545df5

This link is unique to St Patrick's Primary School.

Neuronimo at Home can be accessed any day at any time.