



Safeguarding Team

Principal: Mr Woolsey
Designated Teacher: Mrs McGuire
Deputy Designated Teacher: Mrs Heaney
Nursery Deputy Designated Teacher: Mrs Mulholland
Designated Governor: Mrs Loney
Chairperson: Mr Fleming

News Sheet – February 2019

Diary Dates for February 2018

4 th	Credit Union Quiz – 7pm – Pastoral Centre
5 th	Safer Internet Day Year 7 'Your Life Programme'
6 th	Year 1 Shared Education Session with Bocombra PS
8 th	Nursery & Primary Admissions Documents to be in school – Birth Certificates and Benefits Forms
12 th	Year 7 'Your Life Programme'
13 th	Year 1 Shared Education Session with Bocombra PS
15 th	Soccer Tournament: Football Warehouse
18 th – 20 th	School Closed for Half Term
26 th	Diocesan RE Visit – Year 4 & 7 pupils Year 6 'Your Life Programme'
27 th	Year 1 Shared Education with Bocombra PS – final session Pupil Council Meeting

School Closures – February 2019

A reminder that school will be closed for Half Term from Monday 18th to Wednesday 20th February 2019.

Office Hours Reminder

Please note the office hours are as follows until the end of May:

Monday – Thursday: 8.15am – 3.30pm

Friday: 8.15am – 3.15pm

The office is closed daily between 10.45am and 11.00am and 1.00pm and 1.30pm. We would be very grateful if you did not call at the office or phone the school during these times unless there is an emergency as there will be no-one available to speak to you.

Christmas Jumper Day

A big thank you to everyone who supported this event in December. A total of £145.00 was raised for Cancer Focus NI.

Breakfast Club

A reminder that our Breakfast Club operates in the dinner hall daily from 8.15 - 8.45am. The cost is 50p per day.

Healthy Eating

As you know Ballyoran Primary School is a Health Promoting School and there are a number of ways that we ensure this.

Healthy Breaks

Nursery to Year 2 get a healthy snack provided by the school, Year 3 – 7 must bring in their own healthy snack. To help parents we have created a table of suitable and non-suitable healthy break snacks:

Suitable healthy break snacks	Not allowed at break
Pieces of fresh fruit	Any type of confectionery, eg chocolate products and sweets
Fruit pots of sliced or chopped fresh fruit	Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers;
Canned fruit in natural juice	Cakes, buns or pastries
Salad pots	Cereal or fruit bars
Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber	All biscuits
Bread, pancakes or scones with a thin spread of margarine	Fizzy drinks
Breadsticks or crackers with cheese	Dried fruit that has been sugared or coated in yogurt or chocolate;
Sandwiches, bagels, baguettes, pitta bread, tortilla wraps or rolls	Pretzels
Yogurts	Nuts

Lunch Boxes

We encourage parents who prepare a packed lunch to ensure it is balanced and healthy and includes sandwiches and fruit. No fizzy drinks are allowed in packed lunches. A leaflet giving guidance on packing a Healthy Lunch is available in the foyer.

Water

The School has a number of water coolers for the pupils and we encourage pupils to drink plenty of water during the day as hydration is very important for children's concentration and learning. To do this pupils must have their own water bottle in school and we ask that you send in one with a non-spill lid.

Eatwell Guide

We have included a copy of the Eatwell Guide on page 6 which we would ask you to talk about with your child/ren.

More information on Healthy Eating can be found on the EA Website under '**Find out about school food**'

Year 7 Transfer to Post Primary School

Over the past month Year 7 pupils have had visits from various Post Primary Schools and have attended Open Days and Nights as they prepare to choose a school to move to next year. We wish our Year 7 pupils well as they make this very important decision.

Safer Internet Day

This year we will celebrate Safer Internet Day on 5th February 2019. Children will be involved in a special assembly and complete various activities throughout the day to help inform them of some of the dangers of being online.

Parent/Teacher Meetings

The second Parent / Teacher Meetings of the year will take place on the week beginning Monday 4th March 2019. School will close at 1pm for all pupils this week and there will be no after school clubs. More information will be sent out soon regarding these. We would encourage you to attend as they are an important of our partnership with parents.

Applications for Nursery and Year 1 for September 2019

The closing date for these was midnight on Thursday 31st January 2019. All Birth Certificates and Benefits Forms must be in school by Friday 8th February 2019

Book Appeal

Year 5-7 Parents will be aware of the new independent Reading programme that we have started to use in school called Accelerated Reader. For this programme to run successfully we need a good supply of books in all levels of difficulty. With this in mind we would ask that if you have any old books at home that you no longer use, would you please send these into school. Any donation would be very welcome.

Car Parks

Unfortunately too many parents, particularly from Nursery are still parking in the school car parks and walking through these when dropping off and picking up pupils. A reminder that both car parks are not to be used by parents and pupils and the only access to the school is via the pedestrian entrance. This is for health and safety reasons as there are constantly vehicles coming in and out of the car parks, parents and pupils are at risk of being hit by a vehicle if in the car parks. A number of near misses have been reported recently. Please respect school policy in relation to this matter and thank you to the majority of parents who do this.

Year 7 Your Life Workshops

Year 7 are completing five sessions with Jeanie Graham (from the Temperance Society). They have been thinking about topical issues such as making the right choice with regards to alcohol, drugs and smoking and coping with peer pressure. They have been thinking about how they should act before they face difficult real life situations. As usual the lessons have been interactive and great fun but have valuable message within them. Use this opportunity to talk to your child about what they have been learning.

Shared Education

As part of our Shared Education programme, year 1 children visited Bocombra School on Thursday 17th January for a 'getting to know you' session. Then on Thursday 24th January, the children paid another visit to Bocombra where they enjoyed a morning of drama followed by some games.

Catholic Schools Week

Some year 7 pupils attended a ceremony to celebrate Catholic Schools Week in St John the Baptist Church Drumcree on Tuesday 22nd January. Many schools from across the diocese were in attendance.

Illness

A large number of pupils have gone home sick over this past couple of months. We would encourage you not to send your child / children to school if they are unwell as the sickness will spread to other pupils and staff. The Public Health Agency recommends that pupils are kept at home for at least 48 hours after the last episode of vomiting or diarrhoea.

Nursery Soccer Coaching

On Monday 14th January, the children in the Nursery enjoyed their second visit from Coach Chris. We developed our football skills and look forward to his next visit.

Clubs

A reminder of the Clubs list for Term 2 which has been published on page 6.

Picking Pupils Up

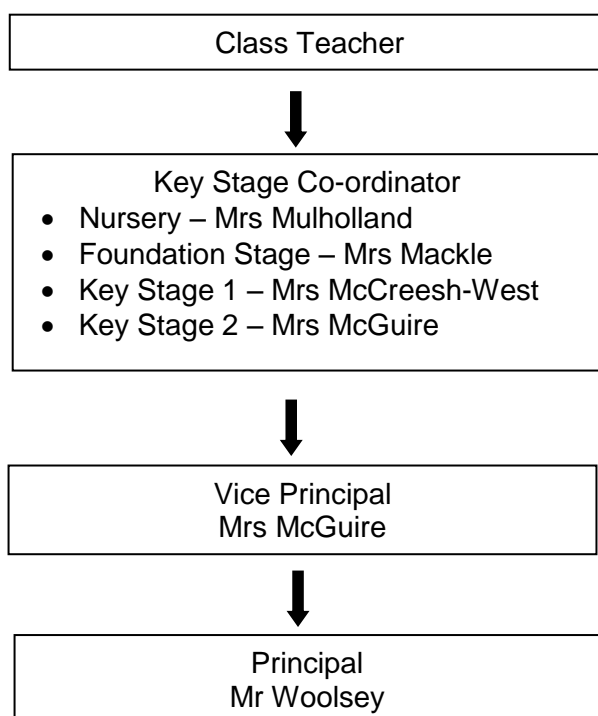
A significant number of pupils are not being picked up at the end of the school day on time. It is vital that parents are punctual when collecting their children otherwise they get anxious. If you are running late we would ask that you phone the office and inform us of this. If a child is not collected and we are unable to make contact with parents/carers we have no option but to phone Social Services and/or the Police.

Emergency Contact Details

It is vitally important that we hold up to date emergency contact details for our pupils. An increasing number of parents are not informing us when they change their mobile phone numbers. This is unacceptable and leaves us in a very difficult position if for example we needed to contact you if your child was seriously ill. I cannot stress the importance of this enough, please keep us up to date. Again as with late pick up, if we are unable to contact a parent/carer in the event of an emergency we will have no option but to refer this to Social Services.

General Queries / Concerns

At Ballyoran Primary School we believe in a strong partnership with parents and communication between home and school is a vital part of this. Meetings can be arranged with staff at any time and we would encourage you to follow the flow chart below when raising general queries / concerns:



Obviously parents are free to make an appointment to speak to the Principal at any time.

Extra-Curricular Activities Term 2

(See page 5)

Menu for February 2019

(See final page)

R Woolsey
Principal

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Extra-Curricular Activities 2018/2019 Term 2

Club	Day	Dates	Time	Class	Staff	Location
ICT	Monday - Thursday	Weekly Commences Monday 8 th January	3 – 4pm	Yr 4 - 7	Mrs Glavin	ICT Suite
Gaelic	Monday	Weekly Commences Monday 14 th January	2 – 3pm	Yr 2	PC Coaching	Pitch/ Playground/ Hall
Gaelic	Monday	Weekly Commences Monday 14 th January	3 – 4pm	Yr 3 - 7	PC Coaching	Pitch/ Playground/ Hall
Soccer	Tuesday	Weekly Commences Tuesday 15 th January	3 – 4pm	Yr 5 - 7	Ambassadors In Sport	Pitch/ Playground/ Hall
Construction Club	Tuesday	22 nd & 29 th Jan, 5 th , 12 th & 26 th Feb & 12 th Mar	3 – 4pm	Yr 3 - 7	Miss Nelson	Miss Nelson's classroom
French Club	Tuesday	29 th Jan, 5 th , 12 th & 26 th Feb, 12 th & 19 th Mar	3 – 4pm	Yr 5 - 7	Mrs Baxter	Nursery 2
IPads: Photography, Film and Animation	Tuesday	22 nd , 29 th January 5 th , 12 th , 26 th February, 12 th March	3 – 4pm	Yr 5 - 7	Mrs Biggerstaff	Mrs Biggerstaff's classroom
Introduction to Irish Folk Dancing	Tuesday	22 nd , 29 th January 5 th , 12 th , 26 th February, 12 th March	3 – 4pm	Yr 3	Mrs Mackle	Hall
Irish Dancing	Wednesday	16 th , 23 rd & 30 th Jan, 6 th , 13 th & 27 th Feb & 13 th Mar	3 – 4pm	Yr 4 - 7	Mrs Heaney	Hall
Girls Soccer	Thursday	6 weeks (10 th , 17 th , 24 th & 31 st Jan, 7 th & 14 th Feb)	2 – 3pm	Yr 2 & 3	PC Coaching	Pitch/ Playground/ Hall
			3 – 4pm	Yr 4 - 7		
Healthy Kidz Club	Thursday	28 th Feb, 14 th , 21 st & 28 th Mar, 4 th & 11 th April	2 – 3pm	Yr 2 & 3	PC Coaching	Pitch/ Playground/ Hall
			3 – 4pm	Yr 4 - 7		
Board Games	Thursday	31 st Jan, 7 th , 14 th & 28 th Feb, 14 th & 21 st Mar	3 – 4pm	Yr 4 - 7	Mrs Wells	Nursery 2

Please note there will be no Clubs during the following weeks:

1. Half term week: 18th – 22nd February 2019
2. Parent/Teacher Meeting Week: 4th – 8th March 2019
3. Last week of term: 15th – 19th April 2019

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 200kcal 200kcal	Fat 3.0g LOW	Saturated fat 1.0g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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