



News Sheet – February 2017

Diary Dates for February 2017

1 st	Yr 6 Shared Education Session – Bocombra Yr 7 Shared Education Session - Ballyoran
2 nd	Key Stage 2 Healthy Kids Year 6 Alcohol and Drugs Session
3 rd	5 A Side Tournament – Football Warehouse Deadline for Yr 7 Transfer Report Forms to be returned to school
6 th - 7 th	Intensive Support Parent/Teacher Meetings with Mrs Barkley: 9.15am – 12.15pm
7 th	Safer Internet Day Yr 5 Young Enterprise Day
8 th	Yr 6 Shared Education Session – Ballyoran Yr 7 Shared Education Session – Bocombra Pupil Council Meeting
9 th	Yr 6 Shared Education Session – Ballyoran Yr 7 Shared Education Session – Bocombra Yr 6 Alcohol & Drugs Session
10 th	Yr 6 & 7 Swimming Ends
13 th – 17 th	Half Term Holiday
24 th	Yr 4 & 5 Swimming begins
26 th	Yr 1 Shared Education Session - Ballyoran

School Closures – February 2017

A reminder that school will be closed for a full week for Half Term from Monday 13th to Friday 17th February 2017.

Office Hours Reminder

Please note the office hours are as follows:

Monday – Thursday: 8.15am – 4pm

Friday: 8.15am – 3.45pm

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.

Staffing

Mrs Molloy left Ballyoran at Christmas to take up a new post. We thank her for all her hard work and commitment to the school over these past 4 years and wish her well in her new post.

We welcome Ms Fusco to Ballyoran as a Special Needs Classroom Assistant in Year 5 McK.

School Meals Price Increase Reminder

A reminder that school dinner prices have increased as follows:

	From 1 st January 2017
Nursery	£2.45
Primary	£2.55

Christmas Jumper Day

A big thank you to everyone who supported this event for Save the Children in December. A total of £200.00 was raised.

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 and it is now open to Nursery pupils also.

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.

School Dinners

We are fortunate to have healthy school dinners cooked on site which meet the National Nutritional Standards. A menu is published every month in the News Sheet which is distributed to parents. It is also available on the school website. Recently we have noticed many children who are refusing to eat any dinner in school. This means that they are not getting the energy that is required to work in school. We would ask that you talk about school dinners with your child and refer to the menu. If there is a day where they do not like what is on the menu please send in a packed lunch.

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 7 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 '***I want to' '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.

A reminder that the completed Transfer Report Form must be returned to school by Friday 3rd February 2017.

Safer Internet Day

This year we will celebrate Safer Internet Day on 7th February 2017. The theme of this year's campaign is Be the change: unite for a better internet! 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. The Digital Leaders will also be announced in assembly. This group of children will work together as a team throughout the year to help inform their friends on how to stay safe online.

Parent/Teacher Meetings

The second Parent / Teacher Meetings of the year will take place on the week beginning Monday 6th March 2017. 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 in due course. We would encourage you to attend as they are an important part of our partnership with parents.

Credit Union Poster Competition

Congratulations and well done to the following pupils who have been successful in the Annual Credit Union Poster Competition. They will receive their prizes at a Special Award Ceremony on May:

- Ryan Lee Flynn - 1st
- Donald Lucas – 2nd
- Jamie Campbell – 1st
- Malachy Kofa – 2nd
- Caoimhin Barry – Joint 3rd
- Natan Sochan – Joint 3rd
- Baylee Blanton - Joint 3rd

Applications for Nursery and Year 1 for September 2017

The closing date for these has passed but if you have an application which has not been submitted please send it into the office as soon as possible.

Year 6 and 7 Alcohol and Drugs Workshop

Year 6 and 7 are following a 5 week programme on Alcohol and Drugs with Jeannie Graham. They are learning about the dangers of misuse of substances and how to avoid getting in situations where they are pressurised. They have a lot of fun in the sessions and also look at the seriousness of these topics.

'The Active Child' Parents Talk

It was very disappointing that no-one attended this talk by Community Paediatrics on 9th January 2017. It will be rerun on 13th March 2017 and we hope that there will be a better turnout. More information to follow.

Debbie Doolittle

On Wednesday 25th January Debbie Doolittle came to the Nursery with some of her animals. Thanks to all those who sent in items for Debbie Doolittle. Debbie really appreciated your help! The children really enjoyed her visit, have a look at our school website for some photos of the children with the animals.

One Land, Many Voices Project

On Thursday 12th January, Year 7 enjoyed a full school day at St John the Baptist's College, taking part in the 'One Land, Many Voices' project. This involved participating in four workshops, facilitated by three local writers and a performance poet from London. Pupils used creative writing, storytelling, poetry and spoken word to explore issues of identity, migration and belonging. This

was an amazing opportunity for the pupils and they made the most of it by participating fully. Well done everyone.

Dentist visit to LSC

Pupils from LSC enjoyed a visit from Dental Nurse Pauline Jackson on Thursday 26th January. Pauline was pleased that the pupils have been brushing their teeth in school every day after lunch and stressed the importance of brushing teeth regularly at home at least twice a day.

Healthy Kids

Key Stage 2 pupils have continued to benefit this term from the Healthy Kids programme, the aim of which is to improve the general standard of fitness and positive attitude towards exercise and a healthy lifestyle. The Healthy Kids team will return for another session of activities in Term 3.

Credit Union Quiz

Well done to the following pupils who represented the school at the Annual Credit Union Quiz on Friday 27th January 2017 at the Seagoe Parish Centre: Olivia Dunbar, Niamh Larkin, Paul Hendron and Filip Tyl.

Learning Mentor

Our Learning Mentor programme is now up and running again. Miss Claire Smith will be coming into school on a weekly basis to work with pupils who have social/emotional/behavioural difficulties.

Cash for Clobber Competition

The Eco Committee invites you to gather up your unused clothes and help us to raise money for our school with the 'Cash for Clobber' competition. The school could win up to £1, 5000 by collecting all types of clothing and shoes (pairs only). The school that collects the most clobber per pupil wins a cash prize. Cash for clobber will pay out 40 pence per kilo collected. The 'Cash for Clobber' scheme aims to raise awareness of clothes reuse among children. The scheme highlights the benefits of sending clothes that can be worn to the developing world and promotes the ethos of building a cleaner, brighter future for everyone. Currently, 75% of the world's population depends on second – hand clothing. We would be grateful to have your full support in this 'bag drop' collection scheme. Please bring any donations in your own bags and we will place these items into the collection bags provided by the scheme. The deadline for the clothes/donations to be in is Tuesday the 30th of May 2017.

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.

Advance Notice

Polling Station

The school will be closed on Thursday 2nd March 2017 as it is being used as a Polling Station for the Assembly Election.

Early Closure

School will close at 1pm for all pupils on Wednesday 15th March 2017 to facilitate staff training.

St Patrick's Day Irish Dancing Festival

This will take place on Thursday 16th March 2017 from 1.30pm and we would encourage you to support this.

Clubs

A reminder of the Clubs list for Term 2 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.

Parents and Friends

The following have been arranged by the Parents and Friends for this term:

1. Easter Draw

The popular Easter squares draw will again take place and there will be an Easter Egg to be won in every classroom. Squares will go on sale after Half Term.

2. Easter Disco

This will be held during the last week of term and tickets will go on sale in March.

3. Non Uniform Days

We plan to have one or two non-uniform days between now and the end of the year to raise some money.

Menu for February 2017

(See final page)

R Woolsey
Principal



Extra-Curricular Activities 2016/2017 Term 2

Club	Day	Dates	Time	Class	Staff	Location
ICT	Monday - Thursday	Weekly	3.00 – 4.00	Yrs 5 - 7	Mrs Glavin	ICT Suite
Gaelic	Monday	9 th , 16 th , 23 rd & 30 th Jan, 6 th , 20 th & 27 th Feb, 13 th , 20 th & 27 th Mar & 3 rd Apr	2.00 – 3.00	Year 2	Paul Carvill Stephen McCann	Pitch/ Playground/ Hall
Gaelic	Monday	9 th , 16 th , 23 rd & 30 th Jan, 6 th , 20 th & 27 th Feb, 13 th , 20 th & 27 th Mar & 3 rd Apr	3.00 – 4.00	Yrs 3 - 7	Paul Carvill Stephen McCann	Pitch/ Playground/ Hall
Soccer	Tuesday	10 th , 17 th , 24 th & 31 st Jan, 7 th , 21 st & 28 th Feb, 14 th , 21 st & 28 th Mar & 4 th Apr	3.00 – 4.00	Yrs 5 - 7	Ambassadors In Sport	Pitch/ Playground/ Hall
Irish Dancing	Wednesday	11 th , 18 th & 25 th Jan, 1 st , 8 th & 22 nd Feb & 1 st Mar	3.00 – 4.00	Yrs 4 – 7	Mrs Heaney	Hall
Cookery	Wednesday	11 th , 18 th & 25 th Jan, 1 st , 8 th & 22 nd Feb	3.00 – 4.00	Yrs 4 - 7	Mrs Baxter	N2
Art & Craft	Wednesday	25 th Jan, 1 st , 8 th & 22 nd Feb, 1 st & 15 th Mar	3.00 – 4.00	Yrs 3 - 7	Miss McGibbon	Classroom 5
Cross Country Running	Wednesday	18 th & 25 th Jan, 1 st & 8 th Feb, 1 st & 22 nd Mar	3.00 – 4.00	Years 4-7	Mr Woolsey	Outside
French	Thursday	9 th & 23 rd Feb, 2 nd , 23 rd & 30 th Mar & 6 th Apr	3.00 – 4.00	Years 5-7	Mrs Martin	Classroom 9
Board Games	Thursday	12 th , 19 th & 26 th Jan, 2 nd , 9 th & 23 rd Feb	3.00 - 4.00	Yrs 4 - 7	Mr Hendron	Classroom 4
iPad	Thursday	19 th & 26 th Jan, 2 nd , 9 th & 23 rd Feb & 2 nd Mar	3.00 – 4.00	Yrs 4 - 7	Miss Douglas	Classroom 1

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

1. Half Term week: 13th – 17th February 2017
2. Parent/Teacher Meeting week: 6th – 10th March 2017
3. Last week of term: 10th – 12th April 2017

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

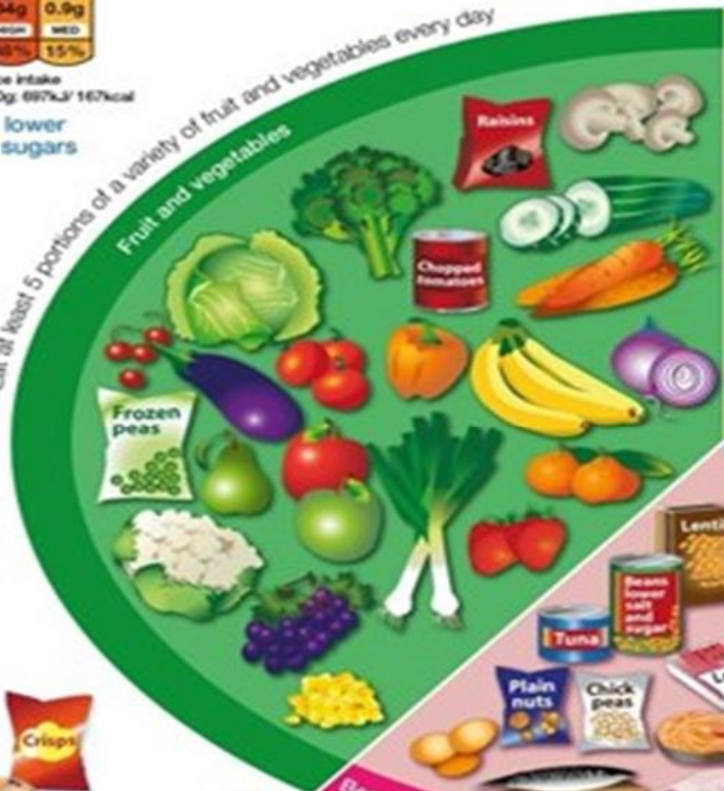
Choose foods lower in fat, salt and sugars

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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Menu for February 2017

	Week commencing 30.01.2017	Week commencing 06.02.2017	Week commencing 13.02.2017	Week commencing 20.02.2017	Week commencing 27.02.2017
Monday	Oven Baked Sausages or Spaghetti Bolognese, Carrots, Broccoli, Mashed Potatoes, Gravy, Side Salad Rice Pudding & Oranges	Oven Baked Steak Burgers or Spaghetti Bolognese, Turnip, Broccoli, Gravy, Mashed Potatoes Jelly, Fruit & Cornflour Sauce	School Closure	Fish Fingers, Chicken & Ham Pasta Bake, Beans, Mashed Potatoes Rice Pudding & Fruit	Fish Fingers or Chicken & Broccoli Bake, Beans, Sweetcorn, Salad, Coleslaw, Mashed Potatoes, Pasta Vanilla Sponge & Custard
Tuesday	Steak Burger or Sweet & Sour Chicken & Rice, Turnip, Cabbage, Gravy, Mashed Potatoes Biscuit, Fruit & Custard	Fish Fingers or Chicken Curry & Rice, Beans, Sweetcorn, Coleslaw, Salad, Mashed Potatoes Chocolate Cake & Custard	School Closure	Oven Baked Sausages or Lasagne, Carrots, Broccoli, Gravy, Mashed Potatoes, Salad, Coleslaw Sponge Cake & Custard	Oven Baked Steak, Carrots, Broccoli, Gravy. Mashed Potatoes or Sweet & Sour Chicken & Boiled Rice Jelly, Fruit & Cornflour Sauce
Wednesday	Fish Fingers or Chicken Tagliatelle, Beans, Salad, Coleslaw, Mashed Potatoes, Gravy Ice cream, Fruit & Chocolate Sauce	Chicken Breast Nuggets or Tuna Wraps, Peas, Sweetcorn, Salad, Coleslaw, Chips, Baby Boiled Potatoes Ice cream, Fruit & Wafer	School Closure	Savoury Mince, Mixed Veg, Pasta, Crusty Bread, Mashed Potatoes or Chicken Curry & Rice Ice cream & Chocolate Sauce	Cocktail Sausages or Tuna Wraps, Salad, Sweetcorn Peas, Sauces, Chips, Baked Potatoes Tubs of Ice cream & Fruit
Thursday	Chicken Crumble Top Pie or Macaroni Cheese, Carrots, Parsnips, Mashed Potatoes, Gravy Jelly & Fruit Salad	Roast Turkey, Stuffing or Vegetable Pasta Bake, Carrots, Broccoli, Mashed Potatoes, Gravy Flakemeal Biscuit, Fruit & Custard	School Closure	Baked Gammon, Turnip, Cabbage, Gravy, Mashed Potatoes or Sweet & Sour Chicken & Boiled Rice Biscuit, Fruit & Custard	Roast Turkey, Stuffing or Chicken & Cheese Tagliatelle, Carrots, Broccoli, Mashed Potatoes, Gravy Apple Crumble & Custard
Friday	Homemade pizza or Tuna Wraps, Peas, Sweetcorn, Salad, Coleslaw, Baby Boiled Potatoes, Chips Rice Pudding & Oranges	Homemade Vegetable Soup or Chicken Soup, Hotdogs or Filled Rolls, Chicken/Salad Frozen Mousse, Fruit or Raisins Cookies	School Closure	Cheese & Tomato Pizza, Wraps, Sweetcorn, Peas, Salad, Baked Potatoes, Chips Jelly & Fruit Salad	Homemade Vegetable Soup or Chicken Soup, Steak Burgers or Filled Rolls, Salad/Chicken Jelly, Fruit or Mousse

Milk and Water Available daily

Fruit and Yoghurt available daily

Menu subject to deliveries

Cost of school meals from 1st January 2017: Nursery £2.45 per day/£12.25 per week

Primary £2.55 per day/£12.75 per week

For further information on allergenic ingredients, please contact the school