



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 2018

Diary Dates for February 2018

2 nd	Year 1 Shared Education Session at Ballyoran PS
3 rd	Nursery Extended Schools Cluster Outing to Armagh Planetarium – selected pupils & parents
6 th	Safer Internet Day Year 6 & 7 Alcohol & Drugs Sessions
8 th	Year 1 Shared Education Session at Bocombra PS
9 th	Year 5 Shared Education Session at Ballyoran PS
10 th	Nursery Extended Schools Cluster Outing to Armagh Planetarium – selected pupils & parents
12 th – 16 th	Half Term Holiday
21 st	Pupil Council Meeting
23 rd	Year 5 Shared Education Session at Ballyoran PS

School Closures – February 2018

A reminder that school will be closed for a full week for Half Term from Monday 12th to Friday 16th February 2018.

Inspection Report

As you are aware Ballyoran Primary School was inspected in November 2017. The report has now been published and is available on the school website by clicking on 'About Us' and 'Key Documents'.

Staffing

We welcome Miss Nelson to Ballyoran Primary School. Miss Nelson has replaced Mrs McGinnell as Year 2 Teacher. We hope that she settles in quickly and has many happy years at Ballyoran.

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.

Christmas Jumper Day

A big thank you to everyone who supported this event for Save the Children in December. A total of £300.00 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.

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 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 2nd February 2018.

Safer Internet Day

This year we will celebrate Safer Internet Day on 6th February 2018. 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 5th March 2018. 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.

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 in May:

- Jamie Campbell – 1st at Local Level and 3rd at Chapter Level
- Caoimhin Barry – 3rd at Local Level

Applications for Nursery and Year 1 for September 2018

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.

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 6 and 7 Alcohol and Drugs Workshop

Year 6 and 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. The lessons have been great fun but have an important message within them. Talk to your child about what they have been learning.

Credit Union Quiz

Well done to the following pupils who represented the school at the Annual Credit Union Quiz on Monday 29th January 2018 at the Seagoe Hotel: Majka Adamczyk, Aine Gorman, Ciaran McAlinden and Ellie McNeice.

Shared Education

As part of our Shared Education programme, Year 1 children visited Bocombra Primary School on Monday 15th January for a 'getting to know you' session. Then on Wednesday 23rd January, Year 1 children from Bocombra joined Ballyoran Year 1 class for a day of drama and creative activities.

Catholic Schools Week

A group of children from Years 5 and 7 attended a celebration of Catholic Schools Week in St John the Baptist Church on Tuesday 23rd January. There were a large number of children from various schools throughout the diocese there. Archbishop Eamon Martin and Canon Toner officiated at the ceremony.

RISE NI – Following Instructions through Movement

Year 1 pupils are participating in a four week programme to improve listening skills. Parents have received an information leaflet with ideas on how they can help at home.

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.

Crotchets and Quavers

The children enjoyed the Crotchets and Quavers music workshop on Monday 15th January when they got to play the trombone. They also got to sing, dance and play a selection of percussion instruments.

Big Bedtime Read

We have recently introduced the Big Bedtime Read in Nursery. Each week the children will get a set of books to bring home to read. The aim of this programme is to explore the importance of reading to young children and to foster a love of books.

Brownlow College Taster Day

On Thursday 18th January our Year 7 pupils enjoyed a transition day at Brownlow Integrated College. The pupils had the opportunity to tour the school and participate in some Literacy and Numeracy lessons.

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.

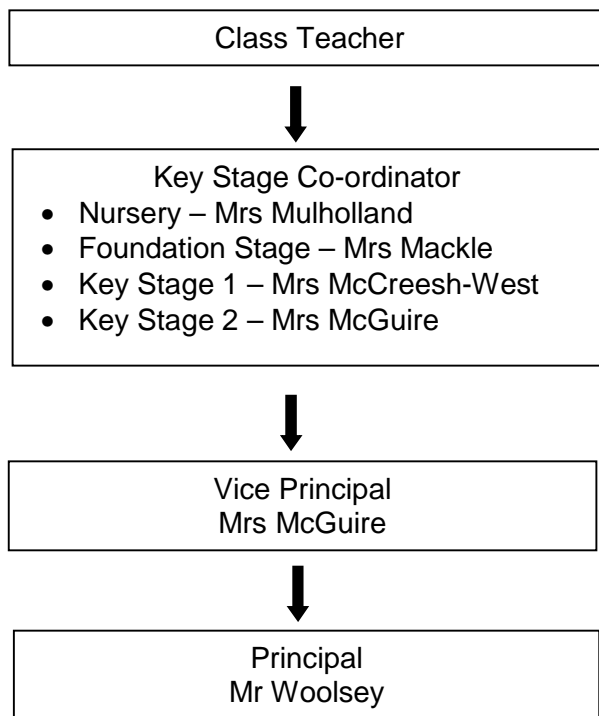
Emergency Contact Details

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.

Menu for February 2018

(See final page)

R Woolsey
Principal



Extra-Curricular Activities 2017/2018 Term 2

Club	Day	Dates	Time	Class	Staff	Location
ICT	Monday - Thursday	Weekly Commences Monday 8 th January	3.00 – 4.00	Yr 4 - 7	Mrs Glavin	ICT Suite
Gaelic	Monday	8 th , 15 th , 22 nd & 29 th Jan, 5 th , 19 th & 26 th Feb, 12 th March	2.00 – 3.00	Yr 2	PC Coaching	Pitch/ Playground/ Hall
Gaelic	Monday	8 th , 15 th , 22 nd & 29 th Jan, 5 th , 19 th & 26 th Feb, 12 th March	3.00 – 4.00	Yr 3 - 7	PC Coaching	Pitch/ Playground/ Hall
Soccer	Tuesday	9 th , 16 th , 23 rd & 30 th Jan, 6 th , 20 th & 27 th Feb, 13 th & 20 th March	3.00 – 4.00	Yr 5 - 7	Ambassadors In Sport	Pitch/ Playground/ Hall
Arts & Crafts	Tuesday	23 rd & 30 th Jan, 6 th , 20 th & 27 th Feb, 13 th March	3.00-4.00	Yr 3 & 4	Miss McGibbon	Year 3 Classroom
Drama	Wednesday	17 th , 24 th & 31 st Jan, 7 th , 21 st & 28 th Feb	3.00 – 4.00	Yr 4 - 7	Miss Abraham	Year 4 Classroom
Irish Dancing	Wednesday	24 th & 31 st Jan, 7 th , 21 st & 28 th Feb & 14 th March	3.00 – 4.00	Yr 3	Mrs Mackle	Hall/Dinnerhall
Irish Dancing	Wednesday	10 th , 17 th , 24 th & 31 st Jan, 7 th , 21 st & 28 th Feb & 14 th March	3.00 – 4.00	Yr 4 – 7	Mrs Heaney	Hall/Dinnerhall
Netball	Thursday	18 th Jan, 1 st , 8 th & 22 nd Feb, 1 st & 15 th March	3.00 – 4.00	Yr 5 - 7	Mrs Biggerstaff	Assembly Hall

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

1. Half term week: 12th – 16th February 2018
2. Parent/Teacher Meeting Week: 5th – 9th March 2018
3. Last week of term: 26th – 30th March 2018

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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