



## News Sheet – October 2014

### Diary Dates – November 2014

3 <sup>rd</sup>	School Closed – Staff Training
4 <sup>th</sup>	Pupils return to school after Half-Term Holiday Parents and Friends Meeting at 7.00pm
5 <sup>th</sup>	Year 3 Young Enterprise Session
6 <sup>th</sup>	Photographer in school – Individual and Family Groups
7 <sup>th</sup>	Swimming starts, Year 4 and 5
10 <sup>th</sup>	Assessment Week
12 <sup>th</sup>	Year 3 Young Enterprise Session
13 <sup>th</sup>	Special Musical Assembly: Thorp Family, USA
17 <sup>th</sup> – 21 <sup>st</sup>	Anti-Bullying Week
17 <sup>th</sup>	Mackey's Eye Care in Nursery
20 <sup>th</sup>	Year 6 Young Enterprise
24 <sup>th</sup> – 28 <sup>th</sup>	Nursery Parent/Teacher Meetings – Nursery closes at 1pm daily
25 <sup>th</sup>	School Closing at 1.00pm – Staff Training
26 <sup>th</sup>	Pupil Council Meeting
27 <sup>th</sup>	Nursery CRED link with Hart Memorial Nursery West Midland Theatre Show – <i>'The Firebird'</i>

### Advance Notice

- Confirmation will take place on Sunday 8<sup>th</sup> March 2015 at 3.00pm in St John's Church.
- School will be closed on Monday 5<sup>th</sup> and Tuesday 6<sup>th</sup> January 2015 for Staff Training. Please note this adds two extra days on to the Christmas Holidays for pupils.

### School Closures: November

- Monday 3<sup>rd</sup> November 2014      Staff Training – All day
- Tuesday 25<sup>th</sup> November 2014      Staff Training – School closes at 1.00pm

### Traffic Situation Outside School

I have been approached by a number of parents who are very concerned that there is going to be a serious accident outside the school during drop off or pick up time. A significant number of parents regularly park on the yellow hazard lines which are there to safeguard pupils and parents entering and leaving the school. I would again ask **all parents** to respect these marking by not parking on them. This problem has been discussed by the Board of Governors and the SELB are currently looking at how this problem can be alleviated. I have also asked PSNI to monitor the situation. Thank you to the majority of parents who do respect other people when dropping off and picking up your children.

### Changing Money at Office

A number of parents regularly go to the office in the morning and ask Mrs Tedford to give them change for dinner money, etc. This is not one of the responsibilities of a

school secretary and wastes valuable time. From Tuesday 4<sup>th</sup> November 2014, it will not be possible to get change at the office. We ask that all money is sent in to school with pupils in a sealed envelope with the pupil's name on it and what it is for.

### **Break-time Snack**

As you will be aware, for two years now pupils have been able to buy a Break-time Snack each day from the Canteen. This snack system will end at Half Term. When pupils return to school on Tuesday 4<sup>th</sup> November 2014, it will no longer be possible for Year 3 – 7 pupils to buy a Break-time Snack in school and it will be up to parents to provide a snack for them.

This **healthy snack** should consist of fruit or vegetables only and marks a return to the '*Boost Better Breaks Programme*'.

The reason that this change is happening is that it is taking too long to administer the snack in class in the morning, meaning valuable learning and teaching time is being lost.

Pupils will eat their Break-time Snack each day in the playground.

Please note this change does not affect Nursery and Years 1 and 2. Parents should continue to send £2 in each week and the school will continue to provide the daily snack.

### **Year 6 and 7 Residential**

Unfortunately the trip to Edinburgh will not take place as not enough pupils were able to go to make it viable. All parents should have received their deposits back. Pupils in Years 6 and 7 will instead get the opportunity to go to Shannaghmore from Monday 13<sup>th</sup> – Wednesday 15<sup>th</sup> April 2015. More information will be sent out on this in due course.

### **Photographer**

A Photographer from Opus will be in school on **Thursday 6<sup>th</sup> November 2014** taking Individual and Family Photographs.

Please note '**Family**' means other **brothers and sisters** inside and outside the school. If you have family members coming in who do not attend Ballyoran – please indicate this on the Permission Form beside '**Family Photo**'. These photos will be taken first thing in the morning. Unfortunately it is not possible to take photographs with adults.

If you wish to have a photograph taken, the completed and signed Reply Slip should be returned to your child's teacher by **Tuesday 4<sup>th</sup> November 2014**. If the form is not signed, no photograph will be taken.

The Photographer will be in school later in the year taking photographs of classes, teams, etc.

### **Parents and Friends of Ballyoran**

Unfortunately there was a very disappointing turn out at our Annual General Meeting in September. The Parents and Friends Group is open to any parent or friend of the school and exists to organise social events and raise money to be spent on the

pupils. To date, a new playhouse was bought for the Year 1 and 2 playground, a new sandpit house and bicycles were bought for the Nursery. Please come to the next meeting on **Tuesday 4<sup>th</sup> November 2014 at 7.00pm** as we urgently need help to organise our Christmas Fair which is being held on **Thursday 4<sup>th</sup> December 2014**.

If anyone would like to buy a table at the Fair, the cost is £15. Please contact the Office.

We urgently need new unwanted gifts for the tombola. Please send these in to school over the coming weeks.

We plan to have a Christmas Draw in the lead up to the Fair. Please support this by buying a ticket.

### **Book Fair**

From Monday 6<sup>th</sup> to Friday 10<sup>th</sup> October 2014 we held our annual Scholastic Book Fair in our Central Library Area. There were over 200 titles to choose from and book prices started at £2.99. There was also a colourful selection of posters and stationery, always very popular. Year 7 pupils really enjoyed the experience of organising and running the Book Fair which was a great success, raising in the region of £900. This is one of our largest totals to date. A huge thank you must go to all the pupils, parents and friends who supported our Book Fair; this will mean lots of extra books for our school.

### **Young Enterprise**

Years 3 and 7 have completed their Young Enterprise Programmes. The Year 3 topic was '*Ourselfs*'. They used storybook characters to explore the world of work and the importance of saving, earning, decision making and teamwork. The Year 7 topic was '*Our World*' where pupils learned how the countries of the world rely on each other for their needs and wants. They got an insight into how the decisions which countries and businesses make help them to succeed. All the pupils thoroughly enjoyed taking part in the programmes.

### **Fireworks Safety Talk**

The PSNI and the Fire and Rescue Service gave a talk on keeping safe at Halloween. They emphasised how important it was to follow the Fire Safety Code. Always remember to keep your pets indoors, to only call with people you know and to have an adult with you at all times.

### **Readathon**

To coincide with our Book Fair, the children took part in a sponsored Readathon on Friday 10<sup>th</sup> October 2014. The children took part in various reading activities throughout the day; from Nursery Rhymes and Fairy Stories with the Nursery children to silent reading with Year 7. The £480 raised will be going to School Funds. Thank you for your support, it is much appreciated.

### **Friday Night Club**

The Friday Night Club has started again for the new school year and is open to pupils in Years 1 – 7. It takes place at 7.00pm in the Assembly Hall every Friday night.

### **Year 5 Fire Service Visit**

On Monday 13<sup>th</sup> October 2014 the Portadown Fire and Rescue Service made their annual visit to the Year 5 class. The fire officers gave a very informative talk to the children in relation to fire safety in the home and staying safe at Halloween. All children thoroughly enjoyed the visit and received a Fire Safety activity pack.

### **Pupil Council**

The Pupil Council had their second Meeting on Wednesday 15<sup>th</sup> October 2014. They are currently reviewing and conducting a survey on Playground games and equipment used at lunch time.

### **Flu Vaccinations**

These took place on Wednesday 15<sup>th</sup> October 2014 and the School Nurses commended all our pupils on how good they were during this. Every parent whose child got the vaccination should have received information leaflets on this.

### **Assembly – Anti-Slavery Day**

On Friday 17<sup>th</sup> October 2014, Mrs Barkley spoke to the children about Anti-Slavery Day. The children learned about modern day slavery and human trafficking. Mrs Barkley told the children that slavery and human trafficking is happening in Portadown. In August, twenty slaves were rescued and two men, from Portadown, were arrested by the PSNI.

### **Soccer Festival**

On Friday 17<sup>th</sup> October 2014, Ballyoran took part in the October 7-A-Side Soccer Festival at Lurgan Junior High School. A slow start meant that we were unable to qualify for the semi-final. However, we entered a play off for third placed teams. In a thrilling contest, our opponents Maralin scored a late equaliser which meant that the match had to be decided by penalty kicks. Cain Hendron and John Paul Ferreira coolly stepped up to score their penalties and leave Ballyoran victorious. Well done to the entire squad who represented their school with distinction.

### **Year 1 Trip to Tannaghmore Garden**

Children from Mrs Mackle's and Mrs Biggerstaff's Year 1 classes visited Tannaghmore Gardens for an Autumn Ramble on Tuesday 21<sup>st</sup> October 2014. The children had an opportunity to walk around the farm and enjoyed seeing the different animals. Afterwards they collected some Autumn leaves and looked for other signs of Autumn. The highlight of the outing was time spent in the play park before returning to school for dinner. Photographs of the outing can be viewed on the school website.

### **Year 3 Gaelic Tournament**

Year 3 received six weeks of Gaelic coaching in school. They put their skills to the test on Thursday 22<sup>nd</sup> October when they took part in a Gaelic Tournament. We played teams from St John the Baptist and Presentation Primary Schools. All of the children who took part had great fun.

## **Eco Committee 2014/2015**

The Eco Committee consists of eleven pupils from Years 3 – 7:

- Year 3 – Molly Davies and Molly Cullen
- Year 4 – Jack Campbell and Alisha McConville
- Year 5 – Evie Judge, Noah McCann and Raissa Vicente
- Year 6 – Aidan Kelly and Madison Hall
- Year 7 – Sandra Pereira and John Paul Ferreira

This year, as a Committee, we hope to renew the Green Flag Award that was awarded to Ballyoran PS in the year 2012/2013. To complete this we have to maintain three projects that the school has already accomplished, along with one new project. The Committee will be responsible for monitoring energy and encouraging teachers and pupils to be energy efficient. The school will continue to implement the Healthy Eating Policy throughout break and lunch time. Our final project which we will be maintaining as a Committee, is a Biodiversity related topic that will involve work in the Eco garden. After completing the formal review of the school we have decided that our new project will be based on water conservation. This will involve us meeting regularly as a group and participating in different events throughout the year to aid us in the renewal of the Green Flag Award.

## **Diabetes Awareness**

We have been asked by the Health and Social Care Board to help them in their campaign to raise awareness of Type 1 Diabetes. There are 4 Ts of Diabetes:

1. Toilet
2. Thirsty
3. Tired
4. Thinner

These are the 4 most common symptoms of Type 1 Diabetes. Posters and flyers in relation to this can be found in school.

## **DE Seatbelts Guidance**

The Department of Education have again asked schools to remind parents about the importance of wearing seatbelts in vehicles on the way to and from school.

## **Quarry Safety**

We have been asked by the Health and Safety Executive for Northern Ireland to remind parents about the dangers of allowing their children to play near quarries.

## **School Hair Accessories**

We have been contacted by a new local business called Favour Studio who specialise in hair accessories in school colours. If you would be interested in buying any of these, visit [www.favourstudio.com](http://www.favourstudio.com)

## **Seasonal Flu Advice**

We have again been asked by the Public Health ~Agency to distribute the following advice:



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## **Flu advice for parents/guardians/carers with children at school**

### **What is flu?**

Flu is a respiratory illness caused by several strains of Influenza virus. These strains include strains of flu A and strains of flu B.

### **Flu Vaccination:**

**The annual flu vaccine programme is being extended this year to include all children aged 2 years to Primary 7 inclusive.**

This year's seasonal flu vaccination is effective against the two most common strains of flu A and two flu B strains that are predicted to circulate in the community this year. Most children who are eligible for the vaccine aged 2 years to 16 years inclusive, will be offered a vaccine that is given as a spray into the nose instead of an injection.

Children in P1 to P7 will be offered the flu vaccine by school health teams and we would encourage all parents to protect their children from the unpleasant and potentially serious effects of flu by accepting the offer of the vaccine. More information can be found at: <http://fluawareni.info/vaccination>

Seasonal flu vaccination is also advised for all adults and children over 6 months with the following conditions:

- a chronic chest condition such as asthma;
- a chronic heart condition;
- chronic liver disease;
- chronic kidney disease;
- diabetes;
- lowered immunity due to disease or treatment such as steroids or cancer therapy (people living in the same house as someone with lowered immunity may also need to be vaccinated);
- a chronic neurological condition such as stroke, multiple sclerosis or a condition that affects your nervous system, such as cerebral palsy.

Pregnant women regardless of their stage of pregnancy, anyone aged 65 or over, anyone living in a residential or nursing home and main carers for an elderly or disabled person should also be vaccinated.

### **What are the symptoms of flu?**

The symptoms of flu often start suddenly and include:

- § fever
- § fatigue
- § pains in the limbs or the joints

- § coughing
- § sore throat
- § headache
- § runny nose
- § some people also have vomiting and diarrhoea.

### **How is Flu treated?**

Most people, including children, will recover within a few days. Resting and taking over the counter preparations such as Paracetamol will help. Anyone with flu-like symptoms should stay at home, so as not to infect others, until feeling better.

Those with underlying conditions, or if feeling short of breath or very unwell should telephone their GP or GP out of hours service for advice. For these people, antiviral medication may be advised. The Public Health Agency (PHA) advises it is important that patients with flu-like symptoms do not attend an accident and emergency department unless absolutely necessary and urgent.

Schools have been advised by the PHA, should a child develop flu-like symptoms at school, arrangements should be made for them to be taken home as soon as possible. While waiting, they should be placed in a suitable area, such as a medical room or a small office (to reduce the chance of spreading infection to other children), but where they can be kept under observation.

Parents should take their child straight home and if necessary telephone their GP or GP out-of-hours service.

If a child develops flu-like symptoms at home, they should be kept away from school until they recover and parents should, if necessary, seek medical advice.

### **Effective Hygiene advice**

Parents and schools can help reduce the spread of all viruses by encouraging children to practise good personal hygiene by:

- § Washing their hands frequently with soap and water to reduce the spread of virus from their hands to their face or to others;
- § Covering their nose and mouth when coughing or sneezing and to use a tissue when possible;
- § Disposing of used tissues quickly and carefully.

Schools have been advised by the Education Library Boards and the Council for Catholic Maintained Schools to ensure that adequate supplies of liquid soap, hot and cold water and paper towels or hot air dryers are available for pupils and staff. It is not necessary for schools to provide hand sanitisers, however, should they wish to do so, it is important to note that they are not a substitute for good hand washing facilities. Hard surfaces (eg door handles) should be frequently cleaned using a normal cleaning product.

## Menu for November

	<b>Week commencing 03.11.14</b>	<b>Week commencing 10.11.14</b>	<b>Week commencing 17.11.14</b>	<b>Week commencing 24.11.14</b>
Mon	<b>School Closed Staff Training</b>	Homemade Pepperoni Pizza or Chicken and Pasta Bake, Peas, Sweet Corn, Salad, Chips or Baked Potatoes  Ice Cream, Fruit and Wafer	Shepherds' Pie or Stuffed Bacon Rolls, Carrots, Broccoli, Gravy, Mashed Potatoes  Chocolate Cracknel and Custard	Fish in Breadcrumbs or Lasagne, Sweet Corn, Beans, Salad, Coleslaw, Mashed Potatoes  Rice Pudding and Fruit
Tues	Oven Baked Sausages, Gravy, Turnip, Cabbage, Mashed Potatoes or Sweet and Sour Pork with Rice  Vanilla Sponge and Custard	Oven Baked Pork Burgers or Lasagne, Gravy, Turnip, Cabbage, Mashed Potatoes  Biscuit, Fruit and Custard	Fish Fingers or Chicken and Cheese Tagliatelle, Beans, Sweet Corn, Tossed Salad, Mashed Potatoes  Ice Cream and Chocolate Sauce	Chicken Casserole with Potato Topping or Vegetable Pasta Bake, Carrots and Parsnips, Gravy, Mashed Potatoes  Vanilla Sponge and Custard
Wed	Savoury Mince, Mixed Vegetables, Pasta, Mashed Potatoes or Chicken Curry with Rice  Ice Cream and Chocolate Sauce	Fish in Breadcrumbs or Savoury Rice, Beans, Salad, Coleslaw, Mashed Potatoes  Lemon Sponge and Custard	Chinese Pork Stir Fry with Noodles or Steak Burgers, Turnip, Broccoli, Gravy, Mashed Potatoes  Chocolate Cake and Custard	Tomato and Cheese Pizza or Tuna Wrap, Peas, Salad, Coleslaw, Chips or Baked Potato  Ice Cream, Fruit and Chocolate Sauce
Thurs	Homemade Pizza or Tuna Wrap, Peas, Sweet Corn, Salad, Coleslaw, Chips or Baked Potato  Jelly and Fruit Salad	Chicken Crumble Top or Macaroni Cheese, Carrots and Parsnips, Gravy, Mashed Potatoes  Rice Pudding and Fruit	Gammon, Gravy, Cabbage, Peas, Mashed Potatoes or Sweet and Sour Chicken with Boiled Rice  Apple Crumble and Custard	Beef Curry and Boiled Rice or Roast Turkey, Stuffing, Gravy, Turnip, Broccoli, Mashed Potatoes  Jelly and Fruit
Fri	Roast Turkey, Stuffing or Sausage and Bean Pie, Carrots, Broccoli, Gravy, Mashed Potatoes  Apple Crumble and Custard	Homemade Vegetable Soup or Chicken Soup Hot Dog or Filled Rolls, Sauces  Frozen Mousse or Fruit	Chicken Bites or Tuna Wrap, Peas, Salad, Coleslaw, Sauces, Chips, Baby Boiled Potatoes  Jelly and Fruit Salad	Homemade Vegetable Soup or Chicken Soup Hot Dog or Filled Rolls, Sauces  Biscuit, Fruit, Milk Shake

Milk, Water, Bread, Fruit and Yogurt available daily

Menu subject to deliveries