



### 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 2020

### Diary Dates for February 2019

3 <sup>rd</sup>	Credit Union Quiz – Pastoral Centre
4 <sup>th</sup>	Year 7 'Your Life Programme'
5 <sup>th</sup>	Nursery Trip to W5
7 <sup>th</sup>	Year 1 Shared Education Session at Bocombra Football Tournament at Football Warehouse
11 <sup>th</sup>	Safer Internet Day Year 6 'Your Life Programme'
12 <sup>th</sup>	Mackey Eye Care Visit Nursery Year 1 Shared Education Session at Ballyoran
14 <sup>th</sup>	Jo Jingles in Nursery
17 <sup>th</sup> – 24 <sup>th</sup>	School Closed for Half Term and Staff Training
25 <sup>th</sup>	Year 6 'Your Life Programme'
26 <sup>th</sup>	Pupil Council Meeting
28 <sup>th</sup>	Year 1 Shared Education Session at Bocombra Year 6 swimming begins

### School Closures – February 2020

A reminder that school will be closed for Half Term from Monday 17<sup>th</sup> to Friday 21<sup>st</sup> February 2020. School will also now be closed for Staff Training on **Monday 24<sup>th</sup> February 2020.**

### Office Hours Reminder

Please note the office hours are as follows:

Monday – Thursday: 8.15am – 4.00pm

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 in December. A total of £180.00 was raised for Save the Children.

### 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.

### Year 6 Transfer Advice Leaflet

As has been the practice over the last number of years, the Department has produced an advice leaflet on the post-primary transfer process for parents of children in P6. The purpose of this leaflet is to ensure that parents receive timely information about the range

of issues they need to take into account when making important decisions about the next stage in their children's education.

All Year 6 parents have received a copy of this. The leaflet is also available to download from the Department's website at <https://www.education-ni.gov.uk/publications/advice-parents-children-primary-6-2020>.

### 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:

<b>Suitable healthy break snacks</b>	<b>Not allowed at break</b>
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 '**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 11<sup>th</sup> February 2020. 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 9<sup>th</sup> March 2020. 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 part of our partnership with parents.

### **Applications for Nursery and Year 1 for September 2020**

The closing date for these was midnight on Thursday 30<sup>th</sup> January 2020. All Birth Certificates and Benefits Forms must be in school by Friday 7<sup>th</sup> February 2020.

### **Book Appeal**

Year 4-7 Parents will be aware of the independent Reading programme that we 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 have been taking part in a five-week Personal Development Programme with Jeannie Graham. In a workshop setting, they have learned about and discussed important topics such as 'smoking', 'alcohol', 'drugs' and 'peer pressure'. Year 7s enjoy Jeannie's friendly, funny style and they also appreciate her honesty as she often uses real-life examples to help get the messages across. Serious topics have been discussed but a lot of fun has been had too – a big thank you to Jeannie.

### **Catholic Schools Week**

On Tuesday 21<sup>st</sup> January 2020, Mrs McCreesh-West and Mrs Heaney accompanied the Year 7 Confirmation Class to St. John The Baptist Church for the annual celebration of Catholic Schools Week. This year the theme was: "*Living In Harmony with God's Creation.*" All the representing pupils from our four Parish schools were joined by pupils

from other schools who had travelled from all parts of the Diocese. Bishop Michael Router, the new Auxiliary Bishop to Archbishop Eamon Martin, spoke to the pupils about the importance of looking after the earth and the welfare of each other.

### **Peer Paired Reading Celebration**

Pupils from KS2 enjoyed attending the Peer Paired Reading celebration event at Seagoe Parish Centre. Caoimhe O'Connor, Issey-Mae Byrne, Eva Williamson and Brooke McGeown had participated in the Peer Paired Reading programme in Term 1. This involved reading with a younger pupil in the school every day for 8 weeks. The event was an excellent afternoon to celebrate and reward the pupils for all their hard work. Well done girls!

### **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 Tuesday 21st January, the children in the Nursery enjoyed their first visit from Coach Chris. We developed our football skills and enjoyed working together as a team.

### **Happy Hands Programme**

Nursery 1 had the opportunity of working with Heather and Colleen from the RISE Team over a four week period on developing their fine motor skills- Handwriting, Scissor Skills & Visual Perception Skills.

### **Pupil Attendance**

The average Pupil Attendance for December was 86.2%. Well done to the classes with the highest attendance for December which were:

Foundation Stage/Key Stage 1: Year 3 – 90.1%

Key Stage 2: Year 6 McK – 92.9%

### **Picking Pupils Up**

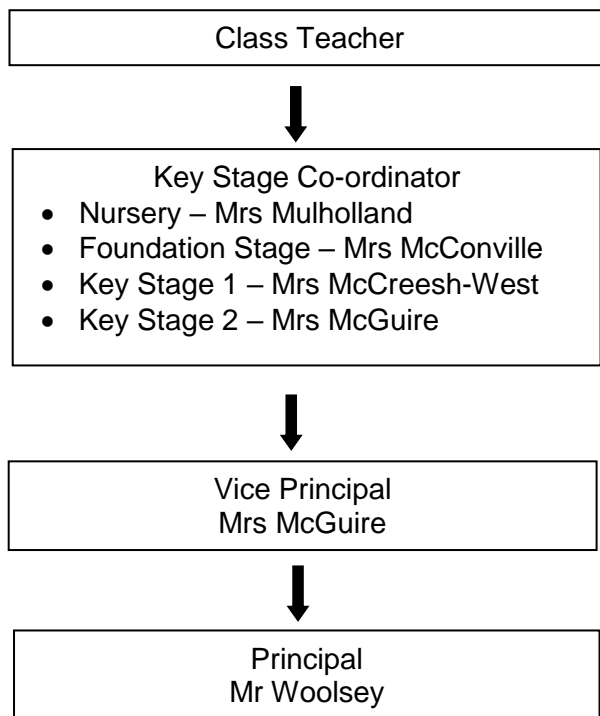
A significant number of pupils are not being picked up at the end of the school day on time. It is vital that parents are punctual when collecting their children otherwise they get anxious. If you are running late we would ask that you phone the office and inform us of this. If a child is not collected 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 6)

### Menu for February 2020

(See final page)

R Woolsey  
Principal



## Extra-Curricular Activities 2019/2020 Term 2

Club	Day	Dates	Time	Class	Staff	Location
ICT	Monday - Thursday	Weekly Commences Monday 6 <sup>th</sup> January	3 – 4pm	Yr 4 - 7	Mrs Glavin	ICT Suite
Gaelic	Monday	Weekly Commences Monday 6 <sup>th</sup> January	2 – 3pm	Yr 2	PC Coaching	Pitch/ Playground/ Hall
Gaelic	Monday	Weekly Commences Monday 6 <sup>th</sup> January	3 – 4pm	Yr 3 - 7	PC Coaching	Pitch/ Playground/ Hall
Soccer	Tuesday	Weekly Commences Tuesday 14 <sup>th</sup> Jan	3 – 4pm	Yr 5 - 7	Ambassadors In Sport	Pitch/ Playground/ Hall
Table Top Activities	Tuesday	21 <sup>st</sup> & 28 <sup>th</sup> Jan, 4 <sup>th</sup> , 11 <sup>th</sup> & 25 <sup>th</sup> Feb & 3 <sup>rd</sup> Mar	3 – 4pm	Yr 5 – 7	Mrs McGuire	Year 5 Classroom
Irish Dancing	Tuesday	21 <sup>st</sup> & 28 <sup>th</sup> Jan, 4 <sup>th</sup> , 11 <sup>th</sup> & 25 <sup>th</sup> Feb & 3 <sup>rd</sup> Mar	3 – 4pm	Yr 3	Miss McKernan	Hall
Irish Dancing	Wednesday	22 <sup>nd</sup> & 29 <sup>th</sup> Jan, 7 <sup>th</sup> , 12 <sup>th</sup> & 26 <sup>th</sup> Feb & 4 <sup>th</sup> Mar	3 – 4pm	Yr 4 - 7	Mrs Heaney	Hall
Sporting Games	Thursday	23 <sup>rd</sup> & 30 <sup>th</sup> Jan, 6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> Feb & 5 <sup>th</sup> Mar	3 – 4pm	Yr 4 - 7	Miss Wethers	Hall
Art	Thursday	23 <sup>rd</sup> & 30 <sup>th</sup> Jan, 6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> Feb & 5 <sup>th</sup> Mar	3 – 4pm	Yr 5 - 7	Miss George	Year 3 Classroom
iPads	Thursday	23 <sup>rd</sup> & 30 <sup>th</sup> Jan, 6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> Feb & 5 <sup>th</sup> 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: 17<sup>th</sup> – 21<sup>st</sup> February 2020
2. Parent/Teacher Meeting Week: 9<sup>th</sup> – 13<sup>th</sup> March 2020
3. Last week of term: 6<sup>th</sup> – 8<sup>th</sup> April 2020

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 200kcal	Fat 3.0g	Saturated fat 1.0g	Sugar 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
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.

