



1. Principal Letter 

2. Internet Safety 

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8<sup>th</sup> February 2021



Dear Parents and Carers

I hope that you and your families continue to keep safe and well during this very stressful time.

Thank you for all your hard work supporting your child with home learning- I know that it is not an easy job! If there is anything, we can do to further support you, please let us know.

At the moment we are very dependent on the Internet to support online learning so keeping our children safe online is more important than ever.


Tuesday 9<sup>th</sup> of February marks Safer Internet Day. The global theme is 'together for a better internet' and this year the focus is on working together to create an internet we trust.

This week I would like you to join with me in promoting Internet Safety with our children. Look out for activities on SEESAW, enter our Internet Safety Competition, check out the School Website or have a conversation with your child about looking after themselves online. See the suggested conversation starters and links to online parent resources.

Please share your competition entries with your Class Teacher and we can work together for a Safer Internet.

Have fun and stay safe!

Mrs McVeigh

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## An internet we trust

Exploring reliability in the online world



Safer  
Internet  
Day 2021

UK Safer  
Internet  
Centre

## Conversation starters



Safer Internet Day 2021 is a fantastic opportunity to have a conversation with your child around this year's theme, **'A internet we trust: exploring reliability in the online world.'**

Use the questions below to help you get started with discussions around how we can all use the internet safely, responsibly, and positively.

### Start the conversation on a positive note:

- ? What do you like most about the internet and why? What's your favourite game/app/site?
- ? How does going online make you feel?
- ? How does the internet/technology make your life better?



### Talk about sharing online:






- ? What is okay/not okay to share online? Why?
- ? What should we do before sharing things online?
- ? Can people say/do whatever they want online? Why/why not?
- ? What do we do if someone shares something about us that we don't like?
- ? How do you feel about your parents/carers sharing things about you online and vice versa?



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# Internet Safety

<h1>S</h1> <p><b>Stay Safe</b></p> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1>M</h1> <p><b>Don't Meet Up</b></p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1>A</h1> <p><b>Accepting Files</b></p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1>R</h1> <p><b>Reliable?</b></p> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1>T</h1> <p><b>Tell Someone</b></p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p>Follow these SMART tips to keep yourself safe online!</p> 
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SMART tips based on resources from www.thinkuknow.co.uk




What can you trust online?

[Click Here](#)

Parenting in a **DIGITAL WORLD**

2simple



[Click Here](#)



[Click Here](#)

# Quiz



Are you Smart Online Quiz?

[Click Here](#)

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# POST PRIMARY ENROLMENT SEPTEMBER 2021

All post primary schools are required to publish their entrance criteria by Friday 22<sup>nd</sup> January. You should be able to access this information directly from the individual school websites. As we become aware of individual school criteria we will communicate this through SEESAW and the school website.

Please find below some key dates and information regarding this process.

DATE	NOTES
Friday 22 <sup>nd</sup> January	Post Primary Schools publish
Monday 1 <sup>st</sup> of March (12 noon)	Online admissions process opens for Post Primary. Information on this can be found on the EA website, <a href="http://www.eani.org.uk">www.eani.org.uk</a>
Week beginning 1 <sup>st</sup> March	Parent/ Teacher Meetings Mrs McVeigh will offer an appointment to discuss criteria and to help you complete the online form
Wednesday 16 <sup>th</sup> March (4.00 pm)	Closing Date for Post Primary Applications
Getting Information	<b>Admissions Helpdesk-</b> 02895 985595 (Mon-Fri 8am – 8pm) <b>Email-</b> Post Primary Admissions <a href="mailto:postprimaryschooladmissions@eani.org.uk">postprimaryschooladmissions@eani.org.uk</a>

You will be required to list your choice of school in order of preference so we ask you to carefully consider each school's entrance criteria before making a choice.

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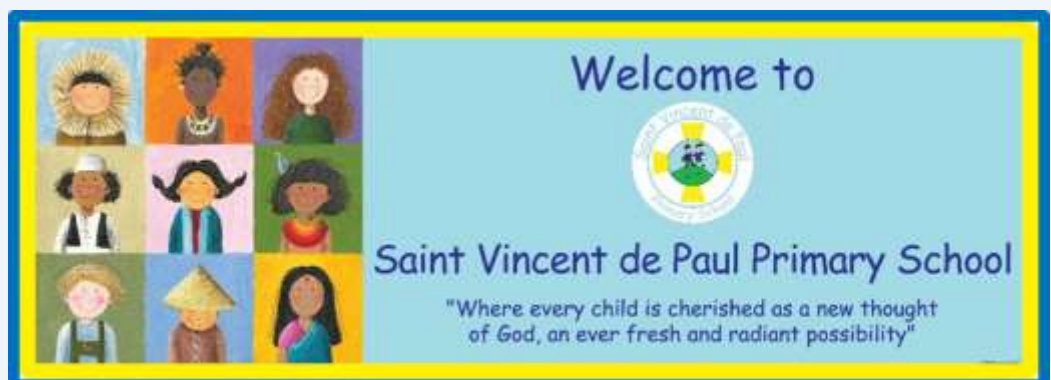






## Sacramental Programme 2020/21

SACRAMENT	SUGGESTED DATES
First Confession	<u>Wednesday 24<sup>th</sup> March</u> Group One: 10.00 Group Two: 12.00
First Communion	<u>Wednesday 19<sup>th</sup> May</u> Group One: 10.00 Group Two: 12.00
Confirmation	<u>Wednesday 2<sup>nd</sup> June</u> Service of Light and Commitment Group One: 10.00 Group Two: 12.00  <u>Wednesday 23<sup>rd</sup> June</u> Confirmation Group One: 10.00 Group Two: 12.00



## Take Notice

### Scavenger Hunt Using Your Senses

Scavenger hunts are great fun and easy to do whether indoors or out! There are three ways to play.

**1.** Race your family - who can find the items quickest?



**2.** Work together with your family- how many things can you find for each list item?

**3.** Video call someone you can't visit right now and race to find the items on the list- who is back to the call first?



Senses Scavenger Hunt  
Hearing

Find something loud  
Find something quiet  
Find something that makes a crunchy sound  
Find something that makes a squidgy sound

Try this list first for hearing and then take turns making up your own lists for the other senses!





## Keep Learning

My Daily Journal



Over our next few issues we are going to look at our 'Daily Journal'. Thinking of things that we have learnt during our time at home, plus things that make us feel happy and have made you smile.



## My 'WOW' moments

'Wow' moments are things that you are proud of. It could be something small, big or something new that you might have wanted to try for a while. Have any of these been your 'wow' moment? Have you...



Learnt a new song to sing?

Made cupcakes for your sister's birthday?



Learnt how to tie your shoe laces?

Learnt how to ride your bike?



**WOW!**

I am proud of...

What are some of your 'WOW' moments?

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# An A-Z of a Nurturing Environment

Inspired by the brilliant "Resilience Alphabet" (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

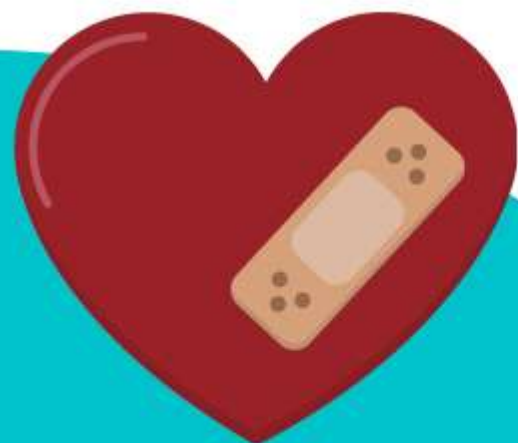
## Q is for Question

Asking 'what happened to you? Instead of what's wrong with you' may lead to more open and honest answers. It should also change your mindset from 'they're just attention seeking' to 'they want to connect with me', helping you think about what it is they actually need.



## R is for Repair

Every relationship has ups and downs, and learning that things can be fixed is an important lesson for children. Once things have settled, try apologizing for your part in the upset, acknowledge your child's feelings and calmly discuss how things could be handled differently in the future. All of these actions will help repair your relationship and will demonstrate how to deal with fall outs with other family members and friends



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## Boost your happy hormones!

Now that we know how to help our bodies produce those helpful hormones, here are some activities that you can try as a family to help boost everyone's mood!

### Serotonin



- Spend some time looking back at old photos - everyone pick a favourite and tell the story of when the photo was taken.
- Try your luck at geocaching. Follow the link to the Geocaching website to find out what it is and get involved:  
<https://www.geocaching.com/play>

### Dopamine



- Have a "kids make dinner" night - even if it's just cereal and toast all round! They will enjoy the sense of accomplishment and you will enjoy a night off from cooking!
- Make playdough together. There are lots of easy dough recipes online. What a sense of achievement when you have some nice new dough to play with!

### Endorphins



- Have a morning "grumpy face forfeit". Anyone who comes to breakfast with a grumpy face has to do a dance to a song chosen by the rest of the breakfast table.
- Search YouTube for a dance video like Just Dance and everyone try to do the routine - guaranteed laughter!

### Oxytocin



- Write little notes for each other and leave them hidden around the house for people to find.
- Eat together as a family - no technology allowed (and that goes for adults too!)
- Cuddle up together for a family film night. You can boost dopamine as well by baking together to have some tasty movie treats.





## Be Active

### Energising Brain Breaks

It's hard to remember to take a break from working when you are at home because there are no bells! But we need to remember to take regular breaks because they will help our brains work better. Make a schedule with everyone who is working in your home, both children and adults. Set a timer on a phone and everyone has to stop for a break- here are some ideas!



Put together a playlist of your favourite songs - when the timer sounds everyone gets up and has a dance break!



Don't forget the daily mile! It can be hard at this time of year so look at the weather forecast and decide on the best time for your walk today.



Big exercise is great for reducing tension and rebooting your brain. Try joining in with Joe Wicks or an online PE lesson. There are lots to choose from!



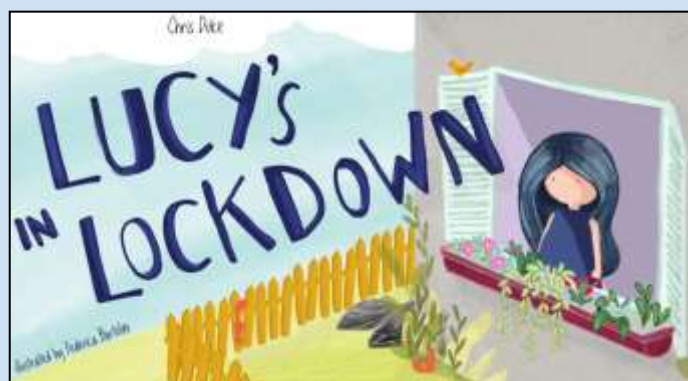
Click here for more movement break ideas



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# Children's Mental Health



[Click Here for E-Book](#)



[Click Here for Animation](#)



[Click Here for Kids Mindful Video](#)

[Contents Page](#)





# Sleep Quiz

Getting a good nights sleep is so important for children. Here are some ideas to think about.



Sleep habits	Yes, we already do this	Yes, we think this would help	Not right now, that won't work
Your child maintains a regular wake-up and bedtime routine every day, including weekends (maximum deviation of 1 hour).			
Your child is exposed to sunshine (or some other form of bright light) during the day.			
Your child's day has a balance of activity and rest.			
Your child takes short naps only in the early afternoon.			
As a general rule, your child does only quiet activities in the last hour prior to going to bed.			
Your child eats/drinks only light, healthy foods/beverages before going to bed. Your child does not eat food during the night.			
Your child's TV, DVD and computer game (screen) time is limited.			
You have a regular bedtime routine with your child, including story time (see also social stories).			
You recognise your child's cue for tiredness.			
You put your child to bed while drowsy but still awake in the same place where they sleep all night.			
Your child is in bed by 7, 8 or 9 pm depending on his/her age and needs.			

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Click here for Practical Strategies to help with bed-time.

What can help to get my child to bed?





Learning  
Train

Ms. McKiernan  
Nursery

Mindful Breathing 🧘



Children's  
Mental  
Health  
Week 🌟

PIC•COLLAGE

Tunes on Tuesday!



Express Yourself 🎨

PIC•COLLAGE



Making & Baking! 🧁



PIC•COLLAGE



Contents Page





Learning  
Train

Ms. Glover  
P1

WE FEEL GOOD  
WHEN WE...



Ride a  
flicker



Make  
smores



Make art



Play with  
Lego



Snuggle a  
very special  
teddybear

WE FEEL GOOD  
WHEN WE...



Plan a  
holiday



Make  
buns



Think about  
pandas



Buy a well  
deserved  
treat



Spend time  
with family

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Learning  
Train

Ms. Glover  
P1



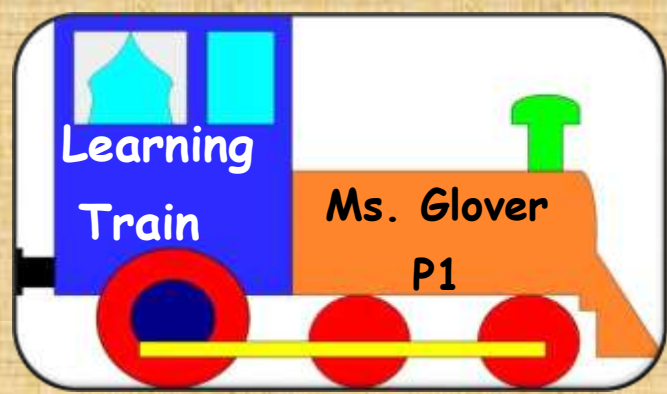
## Our pictures of Saint Brigid



Contents Page







# P1G HAVE BEEN INVESTIGATING 3D SHAPE



PHILIP



DARRAGH



EVIE







PIV doing what helps them  
feel good! ❤️







How to Catch a Star

Lea

I tried to catch my star in all sorts of different ways, but none of them worked! Do you think that you could design me a star-catching machine? You'll need to think about the different materials that you could use and label each part so that I know how it'll work.

Draw and label your design in the box below and write a list of what you'll need to build it.

What I need

net

My star-catcher

How to Catch a Star

Ellie

I tried to catch my star in all sorts of different ways, but none of them worked! Do you think that you could design me a star-catching machine? You'll need to think about the different materials that you could use and label each part so that I know how it'll work.

Draw and label your design in the box below and write a list of what you'll need to build it.

What I need

- a claw
- extra long hose pipe
- bright light
- machine
- controls

My star-catcher

How to Catch a Star

James

I tried to catch my star in all sorts of different ways, but none of them worked! Do you think that you could design me a star-catching machine? You'll need to think about the different materials that you could use and label each part so that I know how it'll work.

Draw and label your design in the box below and write a list of what you'll need to build it.

What I need

- Car board
- Music
- cell of pro
- Paints

My star-catcher

# How to Catch a Star

PIC•COLLAGE







# How to Catch a Star ✨





Learning  
Train

Ms. Jamieson  
P2



EXPRESS  
YOURSELF  
#ChildrensMentalHealthWeek



P2J

PIC•COLLAGE



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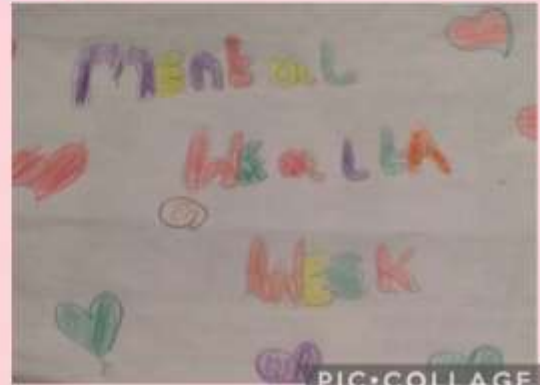


Learning  
Train

Ms. McLaughlin  
P2



P2L express  
yourself!



PIC-COLLAGE



P2L  
Get  
creative



PIC-C

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Learning  
Train

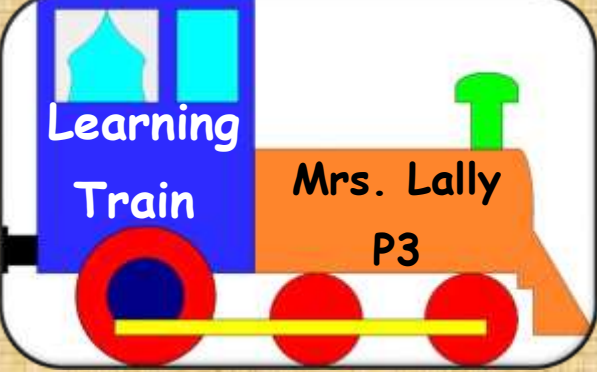
Mrs. Lally  
P3




LOTS OF THINGS MAKE P3 HAPPY 😊

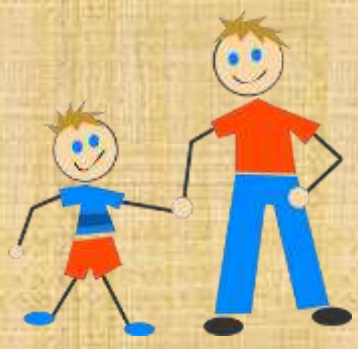
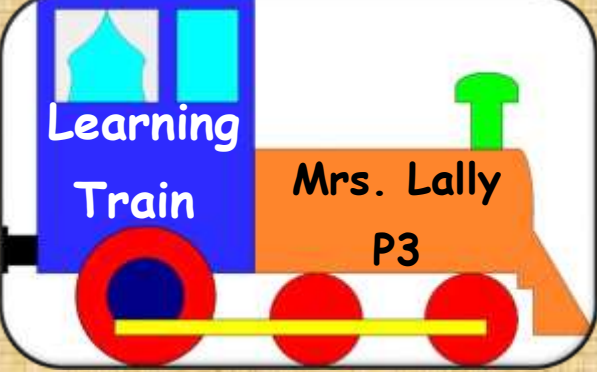






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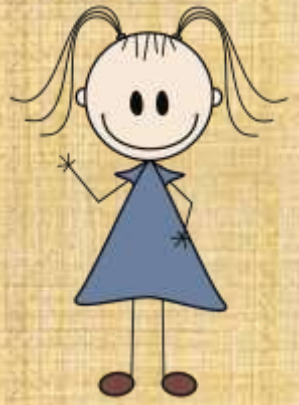


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Learning  
Train

Mrs. Lally  
P3



COOL OR WHAT?

ABERCROMBIE

P3 MADE WORRY MONSTERS  
THIS WEEK

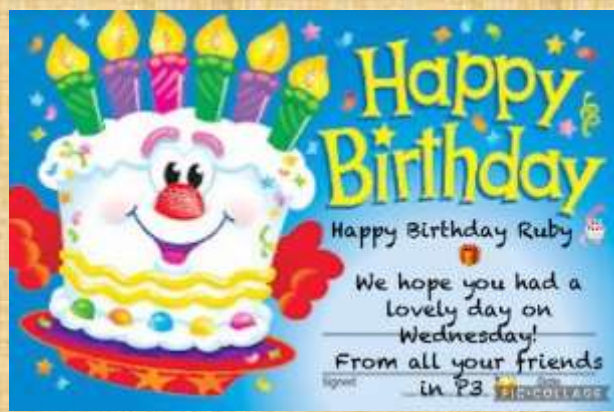


PIC • COLLAGE



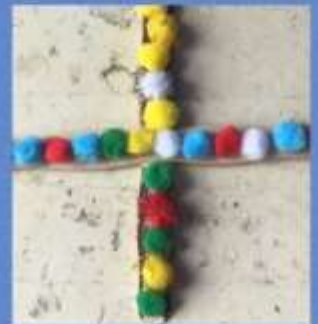
Learning  
Train

Mrs. Hair  
P3



Aoife and her Granda collected reeds at Oxford Island near Lurgan. They used them to make this beautiful St Brigid's Cross. Well done Aoife!

## St. Brigid's Day Art



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Learning  
Train

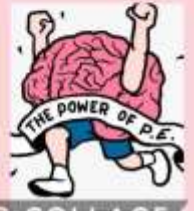
Ms. King  
P4/5



Thank you to Estelle for  
our HIIT workout for  
Child Mental Health week.



CHILD MENTAL  
HEALTH WEEK  
1ST-7TH FEBRUARY  
2021



PIC•COLLAGE



P4/5 K  
CHILD MENTAL HEALTH  
WEEK ACTIVITIES

My SOUNGLE PICTURE

PIC•COLLAGE



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Mindful Landscape by Harvinder S.





Learning  
Train

Ms. Donnelly  
P4/5



Aoibhinn made wonderful Saint Brigid's crosses

We celebrated Well-being Wednesday 🥰

We celebrated Children's Mental Health Week 🧠

Beautiful Baking for Monday Funday

Mya made an amazing Tie-Dye outfit for sunnier days 🌞

PIC•COLLAGE

### Amazing Art Work!



Wiktorija

LET'S GET ARTY!

USE FOOD AROUND YOUR HOUSE TO CREATE A PORTRAIT IN THE STYLE OF GIUSEPPE ARCIMBOLDO



PIC•COLLAGE



Louis



Niall

PIC•COLLAGE



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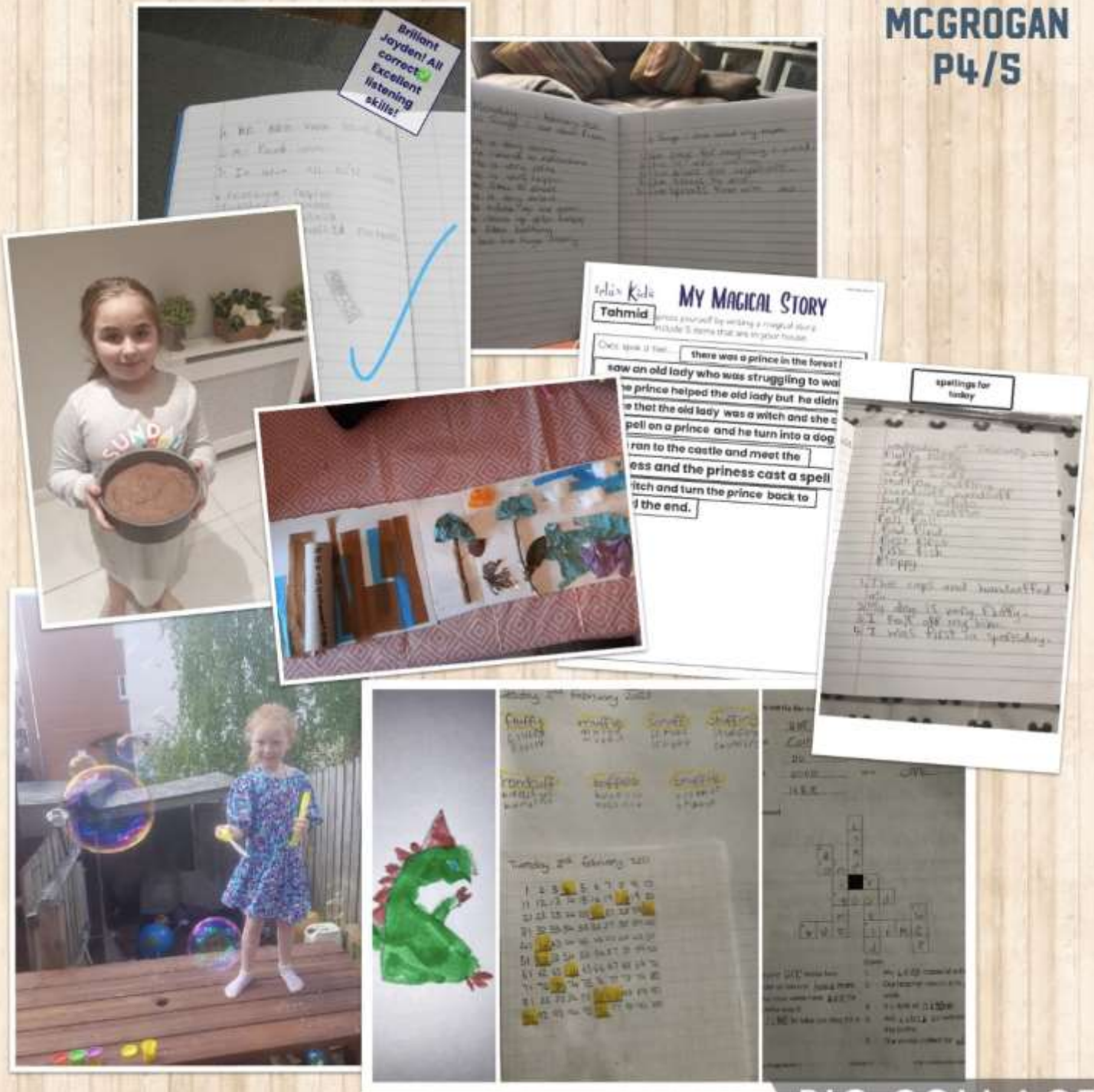
Learning Train

Mrs. McGrogan

P4/5



MRS  
MCGROGAN  
P4/5



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Learning  
Train

Mrs. Walsh  
P6/7

Oliwia, Aoife and Hannah  
had lots to say about the  
importance of having good  
Mental Health.



I love to bake



i make  
cupcakes 😊😊

Be yourself



Family time



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Learning  
Train

Ms. McFarlane  
P6/7



**SOME OF OUR AMAZING  
RECYCLED ARTWORK 🤩 I  
AM AMAZED**

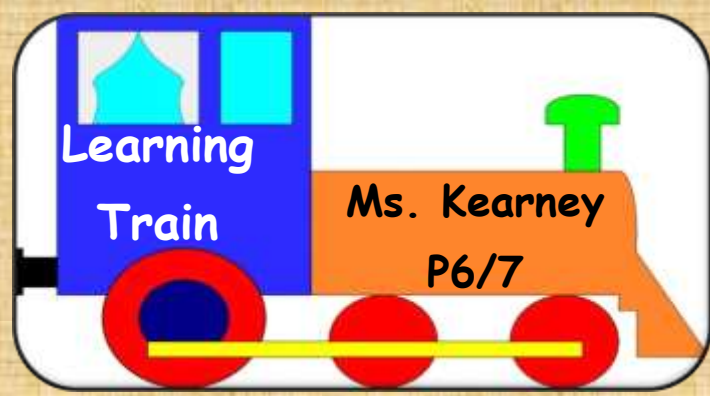


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PIC-COLLAGE





Throughout Children's Mental Health Week Primary P6/7 made it our priority to take part in activities that relaxed and made us feel happy. We completed a variety of mindful activities but our Zoom baking lesson was a popular favourite. We enhanced our senses by crushing biscuits, hand rolling the mixture, smelling the sweet marshmallows, taking in the abstract appearance, and tasting our yummy Fifteens.





Learning  
Train

Mrs. O'Kane



when you are feeling this emotion?



Zoom well-being lesson



Zoom quiz



What can you

would I be

# ENGAGE PROGRAMME

What You Will need.

- .cup
- .hot chocolate mix,marshmall
- .milk
- .cream
- .microwave
- .cream

What You need to do.

Firstly,add 4 Teaspoons of  
next,add a cup of milk to b  
after that,store it in.  
fourth,put it in four bo seco  
after four into cup's  
finald e



Following our instructional writing to make hot chocolate

Homework pass

VALID FROM 1ST FEBRUARY- 5TH FEBRUARY

AWARDED TO: Oisín McCorbett

AWESOME

AMAZING!

Oisín won a homework pass!

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Evie Maginn  
P1G

Noah  
McCullough  
P1V

Keilah O'Neill  
P4/5D

Gabrysia  
Mazzarella  
P2J

Sean Strain  
P3H

Jad Eshawish  
P2L

Nursery  
Cormic  
Darragh  
Stephen-og  
Ellie-Rose  
Ryan

Caoimhin Austin  
P6/7G

Taylor Kane  
P4/5K

Carter McLaverty  
P4/5G

Ezekiel  
Samama  
P3L

Jack Lee  
P6/7F

Fiagh  
McGoldrick  
P3L

Kaiden Bell  
P6/7W





# JOKES PAGE

Why did the cow cross the road? To get to the mooovive theatre!  
by Coemgein M

Why are frogs so happy?  
Because they eat what bugs them. by Abi Mae S



Why did the teddy say no to dessert?  
Because he was stuffed. By Rhia M

What colour trousers do ghosts wear?  
Boo jeans. By John

What do you call a sleeping bull?  
A bulldozer!  
by Crystal

What happens when it rains cats and dogs?  
You step on a poodle.  
by Quinn

What happens when you cross a snowman and a vampire?  
You get frost-bite. by Aoife K.

What did one cow say to the other cow?  
Mooove over. by Fiadh



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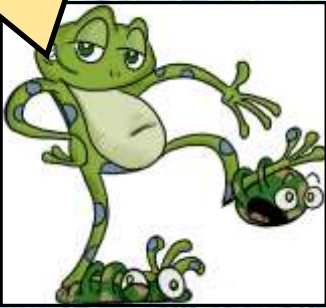
# JOKES PAGE

What did the koala say to the policeman when he was stopped driving his car? Don't worry I koalafied to drive. by Faith.

Where do cows like to go? To the mooovies. by Caiden-Jay.

What type of sandals do frogs wear? Open-toad. by Michael Y.

How to you count cows? With a cowculator. by Michael Y.



Why do sharks swim in deep water? Because they always eat sea-weed.



What do you call a pig that knows karate? A pork-chop. by Emily K

