













Saint Vincent de Paul Primary School

20th October 2021



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Dear Parents/ Guardians,

I am delighted to introduce our second Newsletter of the year. We have been looking into ways to improve our communication with you and will be launching our Text messaging service after the Hallowe'en Break. We will still be using our usual ways to communicate with our families through the Newsletter, SEESAW, School Website and the School FACEBOOK page. As always please make sure your contact details are up to date.

The new Addressing Bullying in Schools Act (NI) 2016 is law with effect from September 2021. We have put the following important documents on our website. **YOUR FEEDBACK IS VERY IMPORTANT.**

Addressing Bullying in Schools Act (NI) 2016

Draft Anti Bullying Policy

Parent Questionnaire Bullying on Bullying

We recognise that good Mental Health and Well Being is essential for all of us. Please have a look at the following Newsletter pages to support this.

5 Steps to Health and Well Being

Be Hopeful: Bitesize tips to inspire

Important Information on DE School Re opening Advice and Guidance and Toolkits on the NI Anti Bullying Forum

When we need support: Guide to local services if you are having financial difficulties during this time

Halloween Mid Term Break: School closes on Friday 22nd October at 2.00 and reopens on Monday 1st of November.

Any concerns or queries please contact the school. I thank you for your continued patience and co-operation.

Yours Sincerely, *Bronagh McVeigh*

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[Click here](#) to
read our
**Anti-Bullying
Policy**

Parent Survey

Your views are important.
Please click on this link to
contribute your views on
preventing bullying in our
school community.

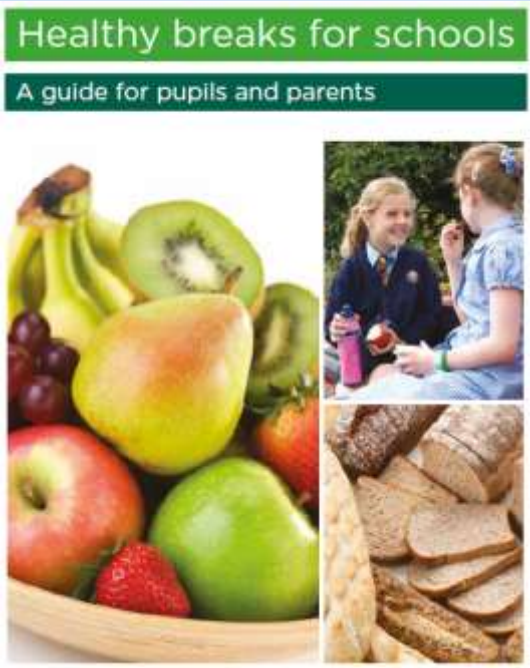
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Healthy Eating

All children are encouraged to eat healthily in our school.
Click on the link below to get some ideas about healthy
about healthy snacks and lunches.







[Click here](#)



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School Holidays

Term 1	Term 2	Term 3
<p>New term begins Monday 30th August 2021</p> <p>Monday 30th /Tues 31st August <i>(School Finishes at 12.00 No school dinners)</i> Wednesday 1st September <i>(Full day)</i></p> <p>Halloween 25th October - 29th October</p> <p><i>School reopens on</i> Monday 1st November</p> <p>Last day of term is Wednesday 22nd December <i>(School Finishes at 12.00 No school dinners)</i></p>  <p>Christmas holidays 23rd December - 4th January</p> <p><i>School reopens on</i> Wednesday 5th January</p>	<p>New term begins on Wednesday 5th January 2022</p> <p>Half Term break 14th February - 18th February</p> <p><i>School Reopens on Monday</i> 21st February</p>  <p>St Patrick's Day 17th March and 18th March (2 days)</p> <p>Last day of term is Thursday 14th April <i>(School Finishes at 12.00 No school dinners)</i></p>  <p>Easter holidays 15th April - 22nd April <i>School Reopens Monday</i> 25th April</p>	<p>New term begins on Monday 25th April 2022</p> <p>May Public Holiday 2nd May (1 school day)</p> <p>May Bank Holiday 30th May - 3rd June <i>School reopens</i> Monday 6th June</p> <p>Last day of term is Thursday 30th June <i>(School Finishes at 12.00 No school dinners)</i></p> 



School Dinner Menu

School Dinners		St Vincent de Paul Dinner Menu 2021-22				School Dinners	
	Monday	Tuesday	Wednesday	Thursday	Friday		
Week 1	Sausages or Parts Bake Garlic Bread Beans, Sweetcorn Salad or Mashed Potatoes Ice Cream, Mandarins and Chocolate Sauce	Homemade Chicken Goujons Dipping Sauce OR Spicy Chicken Fajita Garden peas, Mashed Potato or Salad Swiss Roll and Custard	Roast Lamb of Pork Apple sauce, Stuffing, carrots, broccoli Roast Potatoes and Mashed Potato Gravy Yoghurt and Pineapple	Chicken Curry and boiled rice, naan bread OR Cottage Pie, carrots and green beans, mashed potato and gravy Carnat cake and custard	Margherita Pizzo or salmon bites, sweetcorn, crunchy coleslaw, tossed salad and chips or chilli baby bell potatoes Melon boat with yoghurt		
Week 2	Spaghetti Bolognaise with cheese, sticed crusty bread OR Steak burger, salad, carrots, mashed potato Rice pudding and peaches	Chicken Curry and boiled rice, Naan bread or Italian Lasagne, crunchy coleslaw, garden peas, selection of salads, garlic bread Homemade shortbread and water melon	Fresh breaded Cod Goujons, tartar sauce OR Spicy Chicken Noodles, peas, salad and mashed potato Apple crumble and Custard	Roast chicken, herb stuffing, cauliflower cheese, carrots, parsnips, Roast and mashed potato and gravy Rice Krispie square and Custard	Breaded Chicken bites OR Spicy chicken wrap Selection of salads, salsa dip, sweetcorn, chips or baked potato Jelly and Ice Cream with fruit salad		
Week 3	Savoury Mince and Onion OR Chicken Stir Fry with wholemeal pitta bread, salad, broccoli and mashed potato Chocolate and orange sponge and custard	Chicken Curry with boiled rice, Naan bread OR Chicken fillet burger, sweetcorn, tossed salad and homemade wedges Yoghurt and pineapple	Cod Fish Fingers OR Spanish meatballs with spaghetti, beans, sweetcorn, peas and mashed potato Swiss Roll and custard	Roast Lamb of Pork, stuffing, carrots, parsnips, savoy cabbage, roast potato and mashed potato Peppercorn cookie and water melon	Herbtag, sauté onions OR Bang Bang Chicken with ciabetta bread, garlic dip, peas, selection of salads, chips or baby boiled potatoes Ice Cream and fresh fruit salad		
Week 4	Chicken Curry with boiled rice, naan bread OR Sausages, beans, peas, gravy and mashed potato Jam and Coconut Sponge and Custard	Irish Stew with wholemeal bread OR Chicken and Tomato Parts Bake, salad, sweetcorn and mashed potato Chocolate brownie and orange wedge	Roast chicken, herb stuffing, cauliflower cheese, carrots, parsnips, Roast and mashed potato and gravy Strawberry Mousse and Fresh fruit salad	Spaghetti Bolognaise with Crusty bread OR Fresh breaded Cod filets, lemon slice, tartar sauce, peas, selection of salads, chong Flake meal Biscuit and fruit Salad	Margherita Pizzo OR Salt and Chilli Chicken with boiled rice, crunchy coleslaw, salad and chips Artich Ball and fruit		

Breads, milk, water, fresh fruit available daily, Salad Selection, rice salad, coleslaw, sweet chilli pasta, Lettuce, cherry tomato, grated carrots, cucumber, diced red onions, radish and beetroot

[Click to Enlarge Menu](#)

SAVE THE DATE

AQE Familiarisation Afternoon

The AQE Familiarisation Afternoon at Belfast Royal Academy will take place on
Monday 1st November at 1.30pm.

If you have received notification from AQE that this is your Test Centre, you should make a note of this date. Correspondence from Belfast Royal Academy will follow after information, pertaining to the pupils sitting the assessments at the School, has been received from AQE.

Arrangements for the Familiarisation Day and for the November/December Tests will be made in line with guidance from AQE Ltd and the Department of Education.



BELIEVING
REWARDING
ACHIEVING

**BELFAST
ROYAL
ACADEMY**

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Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

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Click to download the latest High Five Magazine produced by the EA Primary Behaviour Support Team.



Be Hopeful

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



Inspire...



Kindness Matters

Share a story about a random act of kindness. Recognising the good in the world helps us all to feel more hopeful. Find a random act of kindness story that resonates with you and tell it to the people around you.

Positive Training

Our brains can be trained to look for the positives, which leads to a more optimistic outlook.

At the beginning of the day, think of one thing you are looking forward to in the morning, one thing in the afternoon and one thing in the evening. These can be small things like "today is Friday and that means it's chips for school dinner". The more we practice this, the easier it gets!

Support...



Challenge...



Change the thinking

When someone we care about has a problem, it's natural to want to help them solve it. Sometimes a great way to help is to help them see a different perspective. Empathise with them about their problem, but challenge them to remember the other things they might be thankful for.

#holdingontohope21

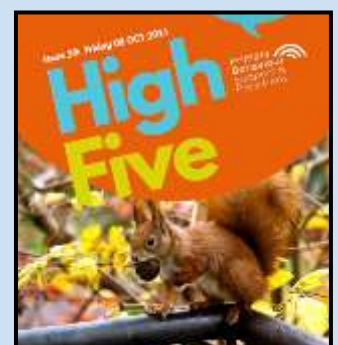
Click here to access campaign resources on the MindingYourHead website



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Click to download the latest High Five Magazine produced by the EA Primary Behaviour Support Team.





Click here for a link to the Department of Education's Re-Opening Schools Guidance



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

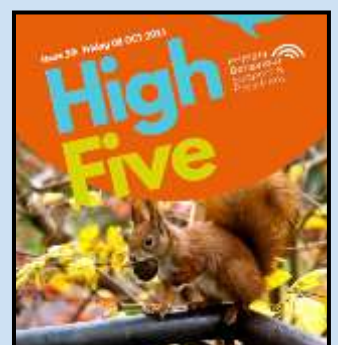
Click here to keep up-to-date with the Public Health Agency.



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Click to download the latest High Five Magazine produced by the EA Primary Behaviour Support Team.



IMPORTANT Road Safety information



At All Times please encourage the children to:

- Use the pedestrian walkway
- When exiting Keep to the closet point to the school
- Always use Tina when crossing the road. Young children should not be crossing the road unless accompanied by an adult

Dear Parents

We have had a number of potentially serious traffic incidents that have also been recorded on CCTV at our school gates. We are now working with the Community Police and Ligoniel Healthy Living Centre to improve the situation. In the meantime, the Community Police have informed me that they will issue fines for traffic offences including illegal parking.

PLEASE NOTE If you are witness to careless, unlawful traffic behaviours please report it where it will be recorded in the book in the Office and then reported to the police.

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Parenting
Smart

Parenting advice from our child mental health experts

Practical tips to support children's wellbeing and manage behaviour

Age Recommendations for Social Media

What age should my child be to use these apps?

 Discord 13+	 Facebook 13+	 Instagram 13+	 Snapchat 13+
 TikTok 13+	 Twitch 13+	 Twitter 13+	 YouTube 13+

What risks are there of my child using these apps?

Whilst there are benefits to being online, there are risks too regardless of your child's age. Risks include your child viewing inappropriate content, sharing personal information, cyberbullying and grooming.



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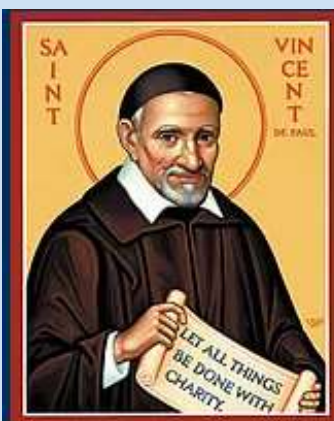
School Communication



A welcome text message has been sent to all registered phone numbers. If you did not receive a message, please click on this link to update your details. Thank You.

[Click here](#)

Click on the link below to connect to the parish website.



Saint Vincent de Paul

Ligoniel

[Click here](#)

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Developing Your Child's Literacy



A parent support session led by Mrs. Grant from St. Gerard's Literacy Service.

Click here to reserve a place

Monday, 8th November 2.30pm-3.00pm

[Click Here to Reserve a Place](#)

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PlayBoard NI - OUR Generation programme Parents/carers information

PlayBoard NI is the lead organisation for the development and promotion of children and young people's play in Northern Ireland. PlayBoard's OUR Generation team are delighted to be working with St Vincent de Paul Primary School on our exciting new Spaces to Be Project.

Our focus is on the critical role of play as a means of supporting both the development of childhood resilience and as a mechanism for positively addressing differences. Using play, we will support the development of resilience in children by recognising and celebrating difference, in turn supporting children's positive mental health and well-being.

In partnership with St Vincent de Paul Primary School we invite you to come along to a parents/carers session on:

Tuesday 23 November 2021

9:30 - 11:00am

Main Hall, St Vincent de Paul PS

This session will be engaging, interactive, and give parents/carers time for a chat while we look at topics such as:

- OUR Generation project and Spaces to Be Toolkit
- The playwork approach
- Adversities and trauma
- How play can help
- How we respond to stress
- Self-care tools
- Play and resilience



Please confirm your place on the *Spaces to Be Parents Programme* by calling the school office on 028 9071 7920 or letting your child's class teacher know no later than Tuesday 16 November.

For further information contact Roberta Johnson
E: Roberta.johnson@playboard.co.uk or T: 028 9080 3380.



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[Click Here to Reserve a Place](#)



This term will be celebrating the 50th Anniversary of the school building. If you have any old photos or memories you would like to share, we would be delighted to receive them. All materials will be treated with care and the originals returned.



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School News



CineMagic held a workshop with Mrs. McGrath's class. The children found out lots about the movie business and even had a chance to make their own film review.

[Click Here to View Movie Review](#)



All pupils attended a special assembly hosted by the Wolfhill Heathy Living Centre to explore healthy eating and well-being.

Class News Nursery Ms Donnelly



Saint Vincent de Paul Nursery



ALL ABOUT AUTUMN!



PIC • COLLAGE

Class News Nursery Ms Donnelly



SAINT VINCENT DE PAUL NURSERY



WE CELEBRATED SPACE WEEK!



PIC·COLLAGE

Class News P1 Ms. Glover



In Numeracy we've been super busy making sets. Here we are making sets of 4.



We've also been learning a number rhyme called 5 little pumpkins, ask us to sing it for you!

Class News P1 Ms. Glover



Class News P1 Ms. O'Rawe



**P1V enjoy
playing outside**

Class News P1 Ms. O'Rawe



Class News P2 Mrs. McLaughlin



Class News P2 Mrs. McLaughlin

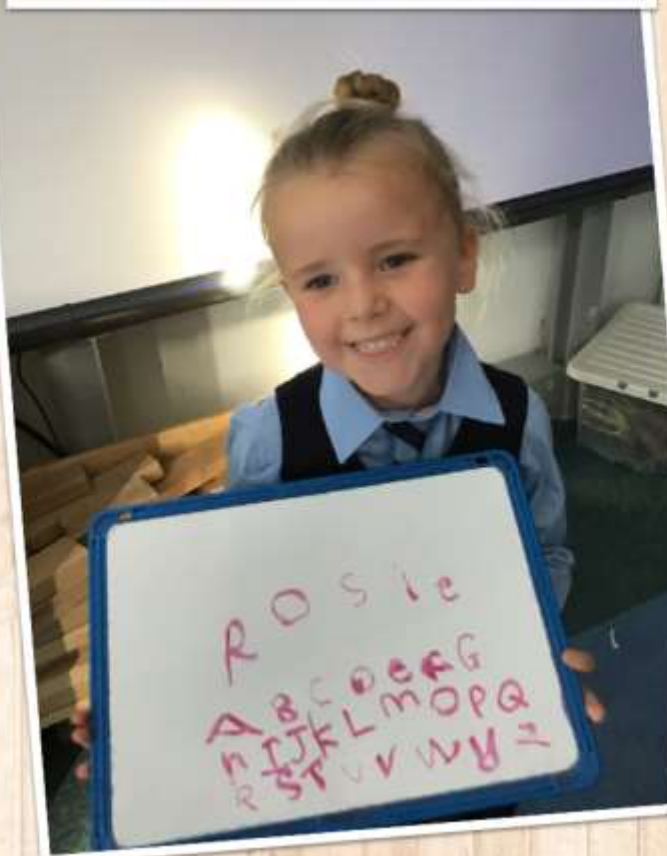


CELEBRATING
WORLD
MENTAL HEALTH
DAY



Class News P2 Ms. Jamieson

INDEPENDENT LEARNERS



Class News P2 Ms. Jamieson



CUPCAKE MAKING FOR MENTAL HEALTH AWARENESS DAY



Class News P3 Mrs. McGrogan



Music and
movement at the
3G pitch!!

PIC•COLLAGE

Class News P3 Mrs. Lally



Class News P3 Mrs. Lally



Class News P4/5 Mrs. Hair



Class News P4/5 Mrs. Hair

ANTI BULLYING WORKSHOP



Class News P5-6 Mrs. Forte

Playboard comes to
P5/6 F



Class News P5-6 Mrs. Forte



Class News P4 Mr. Erskine

In P4 we made some delicious cupcakes. Yum!

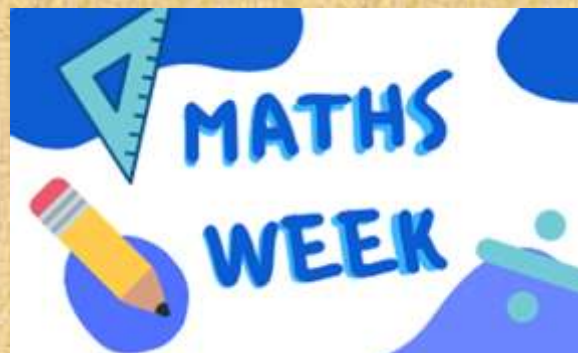


Class News P4 Mr. Erskine

In P4 we got to play with some instruments. It was really fun!



Class News P5-6 Mrs. McGrath



Class News P5-6 Mrs. McGrath



Calling all...
**Maths
Wizards**

Class News P6-7 Mrs. Walsh



We had lots of fun using
the green screen



Class News P6-7 Mrs. Walsh



Class News P7 Mrs. McFarland



PITA PIZZA THURSDAYS



WE HAD THE LOVELY MARTA IN FROM LIGONEILL HEALTHY LIVING CENTRE TODAY HELPING US SORT OUR FOOD INTO THE DIFFERENT CATEGORIES!



PIC•COLLAGE

Class News P7 Mrs. McFarland



MESSY FRIDAYS WITH AUTUMN ART

