

# Saint Vincent de Paul Primary School

March 2024



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HAPPY   
Easter



27<sup>th</sup> March 2024



Dear Parents/ Carers

It has been a very busy and quick term. Our children have enjoyed visits from the Dogs Trust, celebrating World Book Day and Grandparents Day among many things. We hope you enjoy our pic collages of our highlights this term.

Next term is equally as busy with both celebrations of the sacraments of First Communion and Confirmation.

It is also bittersweet as we say goodbye to our current Primary Seven boys and girls and welcome new children into our Nursery and Primary One classes.

The theme of our Easter Newsletter very much focuses on the theme "Be Happy." I always say to Parents and Carers that parenting is the hardest job so remember to take time for you as when grown ups are happy this has a huge effect on your child's happiness. Have a read below on "Tips for modelling Happiness."

May I take this opportunity to thank you for all your generosity and support particularly recently with our Trocaire appeal. Can I also wish you and your loved ones a very Happy Easter!

Yours sincerely

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*Bronagh McVeigh*

# Diary Dates



Day/ Date	Class	Event	Notes
Tuesday 9 <sup>th</sup> April	P5/6/7	Trip to Ulster Museum	
Thursday 11 <sup>th</sup> April	P6	P6 Parents Transfer Meeting	
Thursday 18 <sup>th</sup> April	P4-P7	Annual Art Exhibition Attended by Lord Mayor	2.00 in the Community Centre
Tuesday 23 <sup>rd</sup> April	P5/p6	Dairy Council Visit	
Thursday 25 <sup>th</sup> April	N/P1	Parents receive notifications of school placement	Received by Post and Email
Saturday 27 <sup>th</sup> April	P4	First Communion at 11.00	
Week beginning 29 <sup>th</sup> April	P1	Primary One Health Appraisals <b>Appointment times will be sent out</b>	
Monday 6 <sup>th</sup> May	N-P7	May Day Bank Holiday	School closed
Tuesday 7 <sup>th</sup> May	P7	Inspire Workshop	
Friday 17 <sup>th</sup> May	P7	P7 Confirmation at 11.00	
Saturday 18 <sup>th</sup> May	P7	Parents receive notification of Post Primary School	
Monday 20 <sup>th</sup> May	P7	Moving on Up Programme	
Week beginning 27 <sup>th</sup> May	N/P7	School closed	School closed
Tuesday 11 <sup>th</sup> June	Nursery	Sports Day	3G Pitch
Wednesday 12 <sup>th</sup> June	P1-P3	Sports Day	3G Pitch
Thursday 13 <sup>th</sup> June	P4-P7	Sports Day	3G Pitch
Friday 14 <sup>th</sup> June	P7	Leavers Mass	Church
Thursday 20 <sup>th</sup> June	P7	Awards Day	Assembly Hall
Friday 21 <sup>st</sup> June	P1-P6	Awards Day	Classrooms

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# Be Happy

Our High Five Challenge in this issue is to Be Happy. This isn't the first time the High Five has had this theme. Back in January 2021 we published a magazine with ideas to cheer us all up. This was during the second lockdown so most of the activities were things to do at home with the people we lived with. Click on the image to see what we were all up to back then!



Thankfully there are no more lockdowns so the ideas to help us Be Happy in this issue are very different! But the science is still the same- to help us Be Happy we are going to make sure to boost the happy hormones:



## Endorphins

Our bodies produce endorphins when we exercise and when we laugh! Endorphins help us to feel less anxious or worried.

## Serotonin

Our bodies produce serotonin when we remember how we have been helpful or things we have achieved. It is also produced when we spend time outside in the sun. Serotonin helps us to feel important and valued.



## Oxytocin

Our bodies produce oxytocin when we have a hug or do something fun with another person! Oxytocin helps us feel content, calm and safe.

## Dopamine

Our bodies produce dopamine when we finish a task or learn something new- especially if it was tricky. Dopamine helps us feel ready to do a job and helps us feel good when it is finished.



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Click on this image to learn more about the happy hormones



# Take Time for You!

Happiness starts at home with you. Happiness is infectious, so when grown-ups are happy this has a positive impact on your child's happiness, so therefore it is important to remember to take time for you!

## Top Tips to Modelling Happiness



1. Take time for the things that make you happy
2. Have a warm bath with soothing bath salts
3. Go for a walk or a run
4. Watch a comedy or your favourite TV show
5. Meet up with friends
6. Laugh
7. Keep your own mindfulness and 'Gratitude Journal'

## Share and Connect

Sharing and connecting with others in fun ways can increase happiness, so why not try something a little different. Invite friends, grandparents and even neighbours for a Mad Hatters Easter Tea Party. Could you have a prize for the best dressed, why not have an easter egg hunt? Add some of your favourite books, colours, and objects to the table.

Embark on 'Missions of Kindness' – Sharing is caring. When we share with others not only does this help them feel happier but also makes us feel happier too. As parents we can support our child in giving to others by trying some of these activities.

- Send a letter to your grandma or granddad, or a relative you don't see very often. Write it by hand, not on the computer!
- Have a kindness day and make a list of kind things we can do to help someone.
- Set up a kindness box at home – make a box and place it where your family can put messages into it. These can be photo's, drawings, thank you notes. Find time to share the messages at home whether at a special dinner or having marshmallows around a fire.





# Take Time for You!

## Spend Time Together as a Family

- Go on a beach walk and help to pick up litter.
- Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.
- Sign up for a sponsored run, skip or silence and raise money for your favourite charity.

## 'I Spy Kindness'

Kindness exists all around us - we just need to start looking. When you're out with your child, point out unexpected smiles, people helping strangers carry shopping bags, someone giving up their seat on the bus, etc. The kinder acts that your kid witnesses, the more ideas they'll have for spreading cheer on their own!

## Plan a Trip Together

Encourage your child to help plan a trip together.

- Think about where you are going, walking, by car, by train or by bus
- What is the budget for the day, will you bring a picnic or buy lunch?
- What activities would you like to do when your there? Go swimming, climb trees, play in the park
- Draw a picture of your favourite part of the day when you get home.

## Get Moving and Connect!

Exercise and taking care of the body is important for a healthy mind. When we exercise, we release the happy hormone dopamine. Move more and sit less, cut down screen time, eat healthy, and get more sleep. Regular exercise helps to strengthen brain power and in turn helps learning. Exercising does not have to be boring why not put your 'adventurer hat' on and look at fun things to do.

Adventures do not have to break the budget. Why not get out and about and try new things.



# Class News





# World Book Day







# World Book Day



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# Once Upon a Time in P1G





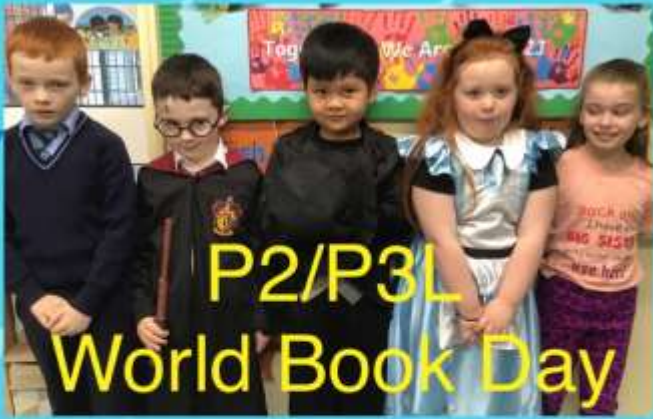
# Dogs Trust visit to Primary 1





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# WE MADE DRAGON KITES



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P2/3L had fun learning about dogs!









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## Our Big Book Breakfast 🍞



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# Art and Design Lessons 2024



## Primary 6K



Reading!



BUN SALE!



Numeracy



ARTS AND CRAFTS

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*We had lots of fun  
making catapults!*



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# THE BIG BREAKFAST



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# FUN WORKS



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