

Newsletter – October 2017

We can't believe it's October already...I'm sure you can't either. September was a lovely month here in school. Our pupils have settled well back into their routines. October looks to be another busy month. Please take time to read the newsletter. Our email system seems to be working well and has seriously reduced our photocopying costs already. Thank you. Autumn has well and truly arrived.... Let's enjoy this 'season of mists and mellow fruitfulness.'

Pauline

CCMS Official Opening

On Friday 22 September, representatives from our school choir and folk group sang at the official opening of the new CCMS Headquarters in Lisburn. I cannot tell you how proud Mrs O'Hare and I were of the children. They were simply 'stunning!' They sang as guests arrived at the ceremony and then did a special performance during the speeches. The guests were amazed at their talents and we have received a number of compliments this week:

Fr Gerard Fox (Associate Episcopal Vicar for Education) wrote to us saying,

"Not only was the singing wonderful but the children's demeanour during the function was a credit to them and the school"

Trevor Lunn MLA emailed us to say, *"This is just a note to say that both your choir and orchestra were excellent and a credit to the school and the staff who trained them. The choir entertained us for quite a while before and after the formal event and it was a treat to listen to them and enjoy their obvious enthusiasm for their music. I always marvel at the ability of such young children to play instruments and the orchestra was no exception, they were very accomplished."*

We are so very proud of our choir and folk group. Well done to all!

Please keep Charlie and his family in your prayers. The children have been praying for him in school. Please use the Divine Mercy Novena to pray. Praying together is very powerful. Thank you.

Post-Inspection Update

September has been a busy month for post inspection improvement:

- Teachers have analysed Numeracy and Literacy data and have set targets for improvement for their class.
- Our Numeracy and Literacy coordinators have analysed our whole school data and set targets for improvement at a whole school level
- Action plans for the year have been developed
- Our success criteria for Literacy, Numeracy and ICT have been reviewed in line with monitoring and evaluating findings from 2016/2017:

Literacy

The children will experience a **wide range of high quality** writing experiences, including planned opportunities for **'writing for pleasure'** across the curriculum

The children will use shared texts **effectively** to explore and understand grammar and punctuation well.

Teachers will use a range of strategies to **mark for improvement** in literacy and pupils will have the opportunity to **respond to comments effectively**

ICT

Teachers will plan to include a wider range of **high quality ICT experiences** across the curriculum.

Children will **use ICT effectively** and when appropriate, **independently** across the curriculum.

The children's achievements in ICT will be **tracked, assessed and evidence shared effectively** in order to identify progression and **analysed to impact improvement**

Mathematics

The children will engage in a wider range of **independent and directed high quality** problem solving and investigative activities, including word problems

Teachers will **use and share success criteria** with children effectively for **differentiation**

Teachers will use a range of strategies to **mark for improvement** in numeracy and pupils will have the opportunity to **respond to comments effectively**

Our pupil and parent versions of our school development plan for 2017/2018 are currently being drafted and will be shared with you soon. On Thursday 12 October we have our Post-Inspection Action Plan Review meeting with CCMS and the EA as well as our Board of Governors

‘Being the best that we can be’

Curriculum Meetings

Thank you so much to all of our parents who attended our P2 – P6 curriculum meetings in the last few weeks. Overall there was an increased turnout from last year. Thank you to all of our teachers who prepared very detailed presentations and literature for the meetings. We look forward to our **Primary 1 Curriculum Meeting** will be held on **Tuesday 10 October at 6pm** here in the school assembly hall.

Eco School News

We are delighted to be able to tell you that we will be assessed for our Eco School Green Flag Award on Monday 9 October. We are so excited by this news.

The process of the assessment should take between 1 and 2 hours and will involve the following:

- Review all the relevant documentation: Eco-Code, the minutes of any meetings
- Meet the Eco-Committee
- Have a tour around the school preferably led by the Eco-Committee
- Meet pupils
- View the results of various activities

As you know we have completed a lot of work around this and we have to thank Mrs Katrina Hunter who has been instrumental in our eco school development. So...fingers crossed we will have some good news for you after Monday 9th!

Beat the Street

It is great to see so many of you completing Beat the Street! Thank you! Don't forget you can complete this at the weekend as well.

Unfortunately Beat the Street cancelled the second assembly so we are currently trying to reschedule this at the minute!

Value of the Month

Our “Value of the Month” for October is COURTESY. This is a special favourite of mine in school. I am always watching out for a ‘please’ and a ‘thank you’ in all areas of school life. Manners go a long way so we will be looking for the most courteous children across October.

“Life is short but there is always time enough for courtesy”

Ralph Emerson

Healthy Breaks!

In St. Joseph's we are very committed to healthy breaks and lunches for our pupils. We can provide fruit, milk and water for break or you can send your own healthy snacks. As a healthy school we have agreed that the only drinks allowed at breaktime are milk or water. Suitable snacks include fruit, vegetables or plain breadsticks. We hope that every child can find something from this list.

We would encourage you to think about healthy lunchboxes as well. Too often in the canteen I see packets of very sugary sweets on top of juices. I would appeal for only water at lunchtime too as this will be so much better for your child's teeth. Could I also ask that sugary sweets are not sent in as treats at lunchtime.

During the day water is only permitted, no other soft drinks.

Thank you

Panto

Don't forget the closing date for the payment of panto is Friday 20 October. The cost is £14. The panto this year is ‘Peter Pan’ and we will be travelling ‘en masse’ on Thursday 7 December...details will be sent out closer to the time.

Lexia

We are delighted to have this invaluable resource available to us. Presently we have 50 places. As part of our ongoing school improvement we have allocated these places to target children identified through our data analysis. Lexia can be used to support pupils who are underachieving as well as pupils who are overachieving. Please encourage your child to use Lexia at home if your child has been allocated a place. Places may have to be withdrawn if the resource is not used.

‘Being the best that we can be’

Wellbeing Week in St. Joseph’s!

Wow! What a week! It was simply ‘jam-packed’ with wellbeing activities for the whole of school community.

Yoga for P2 and P3

Our P2 and P3 pupils really loved their taster yoga sessions on Monday with Geraldine. I could hear things like:

‘I could go to sleep right now’ and ‘I was really relaxed’ as they left the hall. They enjoyed it so much that we are investigating 6 weekly sessions for them in the weeks ahead. We’ll keep you posted on that!

Mindfulness for P4 – P6

P4 – P6 pupils were treated to some mindfulness taster sessions on Wednesday and again we had the same positive reactions:

“I liked it as it was calming and soothing and it was also very DIFFERENT”

“I felt my worries go away”

“It was really nice. Thank you!”

Teachers were able to participate in a taster session at lunchtime too.

For parents we had a Northern Ireland Chest, Heart and Stroke Association health talk on afternoon followed by BP checks and there were lots of positive comments about that too.

On Wednesday evening we had a ‘Mindfulness for Parents’ from Vivienne Bannon. Parents were treated to some mindfulness themselves and then were given tips on how to do mindfulness with their children. Here’s what they thought.....

“This was fantastic to really help parents remember to take time and be more aware. Great tips to try at home and simple techniques we can all do! Really enjoyed it!”

“Super night! Not always easy to take the time out to attend evening events...but this one was definitely worth it! Thanks.”

“Lovely session, thoroughly enjoyed it, left feeling very relaxed. Will definitely implement at home!”

Thank you so much to all the parents who came out on Wednesday to the meeting. We are so glad you all found it worthwhile.

We hope you all enjoyed the ‘Wellbeing Homework’ for children as well. Please send us any photos you have through our email address: sjpslisburn@gmail.com

Staff also had their own ‘Health Checks’ from NICHSA during the week.

Hopefully we will make this an annual event.

The Importance of Sleep!

There has been a lot in the news lately about the importance of sleep. Those of you who know me know that I am a firm believer in an early night and this is especially true for children. There is now significant evidence to link sleep deprivation with the development of Alzheimer’s, cancer, obesity, diabetes as well as poor mental health. Sleep deprivation for adults is anything less than 7 hours. Sleeplessness in children can lead to aggressive and bullying forms of behaviour.

The recommended amount of sleep for children is:

- | | |
|-----------------|---------------|
| • 3 – 5 years | 10 – 13 hours |
| • 6 -13 years | 9 – 11 hours |
| • 14 – 17 years | 8 – 10 hours |

It is important that children learn healthy sleep habits as these will last them into adulthood. These include:

- bedrooms becoming ‘screen free’ zones – no tablets, ipads, televisions as the LED light has an effect on the body’s production of melatonin;
- bedrooms should be conducive to sleep ie cool, dark and quiet; and
- going to bed and getting up at the same time each night

As the dark nights approach let us all try to take on board this advice and remember:

Without sleep there is low energy and disease...with sleep there is vitality and health!

P4 Do this in Memory of Me Programme:

Thank you to all the P4 parents who attended the Do this in Memory of Me information meeting last week in St Patrick’s Church. Fr Eddie and Fr Dermot were delighted with the attendance. The enrolment Mass is this Sunday, 1st October at 10am in St Patrick’s. We would encourage the P4 children to attend as this is an important Parish based programme in preparation for First Holy Communion. The dates of the Masses are as follows:

Sunday 1st October 2017 - Enrolment Sunday
Sunday 22nd October 2017
Sunday 26th November 2017
Sunday 24th December 2017
Sunday 14th January 2018
Sunday 11th February 2018
Sunday 4th March 2018
Sunday 25th March 2018
Sunday 15th April 2018
Sunday 3rd June 2018

All these dates are on our school website under the About Us Section. For any further information contact Miss Clarke.

‘Being the best that we can be’

PTA News:

The first PTA meeting of the year got off to a great start on Tuesday night. Lots of ideas and plans for the coming year were discussed to help raise funds to support your child's education. This is very important particularly with the recent budget cuts. Thanks to your support, the PTA had their best year yet for fundraising. Some of the purchases made were as follows:

- Pantomime deposit
- Blinds for classrooms
- P7 Autograph Books
- First Holy Communion refreshments
- Stationery for each class
- Twinkl website subscription for teachers

Look out for a PTA news sheet soon with further information on PTA purchases, future events and how you can help.

Christmas Cards:

Following on from the success of last year, each child will once again have the opportunity to design their own Christmas Cards. On Monday 2nd October, a design template will be sent home with each child. All completed designs should be returned to your child's teacher by **Friday 13th October**. Please read the information about how to complete the design carefully. In a few weeks a sample of your child's card will be sent home with an order form. Please do not send in any orders or money until you receive the official order form.

Dates for your diary:

Friday 13th October: Coffee Morning in the Cool Kids Cabin from 9-10am.

Come along to meet other parents, have a cup of coffee and a treat! Parents of children in all year groups are more than welcome, especially parents of our new Primary 1 children.

Tuesday 17th October: PTA meeting at 7pm in the school. New members and volunteers are more than welcome!

Thursday 7th December: Christmas Bazaar. Further information to follow closer to the time.

Don't forget to follow us on Facebook to find out more about future events and what we do!

<https://www.facebook.com/stjosephslisburnpta/>

Dates for your diary!

Mon 2 Oct	3pm: Maths Curriculum Development
Tues 3 Oct	P3 Miss Clarke and P6 Mrs Hanna at pottery in Island Arts Centre P4 at Salto Gymnastics
Wed 4 Oct	Transfer Club at 8am Friends School: Science Workshops with P6 Mr Gallagher 2pm – 3pm Miss Clarke and Mrs Hanna on Numeracy and Literacy Coordinator training at EA from 1.30pm – 3.30pm P6 at tennis
Thurs 5 Oct	P1 – P4 Awards assembly Mr McLorinan (Dunmurry Dental Practice and Kiera, Maria and Andrew's daddy!) visiting P3 Literacy curriculum development: Book Call: Sub for Mrs Hanna: Mrs Gorman Happiest Dog Competition: Closing date for entries Boys' Gaelic at Lamh Dhearg 1pm – 3.30pm
Fri 6 Oct	Mrs Fleming at CCEA training P5 – P7 Awards Assembly Numeracy curriculum development: book call Sub for Miss Clarke: Mrs Gorman P7 at badminton P5 at swimming
Mon 9 Oct	ECO Schools Green Flag Assessment Welcome Lara McGlade on work experience in Primary 2 Miss McAnerney 3pm C2K training for staff Fitness Freddy visiting classes
Tues 10 Oct	P3 Miss Clarke and P6 Mrs Hanna at pottery in Island Arts Centre P4 at Salto Gymnastics Healthy planning for P4 – P7 teachers from 2.15pm – 4pm Meadowbridge Primary school table Quiz: 2xP6 and 2X P7 pupils representing St. Joseph's P1 Curriculum Meeting at 6pm
Wed 11 Oct	Transfer Club at 8am Healthy planning for P1 – P3 teachers from 2.15pm – 4pm P6 at tennis Mindfulness for primary 7 with Vivienne Bannon Friends School: Science Workshops with P6 Mr Gallagher 2pm – 3pm Mrs Fleming at CCEA training House meeting at 1.35pm
Thurs 12 Oct	Post-Inspection Action Plan review meeting with governors, CCMS and EA representatives Mrs Fleming at C2k Training from 1pm onwards
Fri 13 Oct	P5 Mrs Gartland's Parent assembly at 9.30am Mrs Fleming at EA training from 1pm onwards

‘Being the best that we can be’

Mon 16 Oct	<p>P3 – P7 8 Weekly Assessment Week Maths Week (Ireland)</p> <p>3pm: Literacy curriculum development: Collegiate Book discussion</p>
Tues 17 Oct	<p>P3 – P7 8 Weekly Assessment Week P3 Miss Clarke and P6 Mrs Hanna at pottery in Island Arts Centre Maths Week (Ireland)</p> <p>11am Energy Efficiency Talk for P6 and P7</p> <p>ICT Curriculum development day Sub for Mrs Gould:</p> <p>Healthy planning for P4 – P7 teachers from 2.15pm – 4pm</p> <p>PTA Meeting at 7pm in school staffroom: Please come along: New members welcome!</p>
Wed 18 Oct	<p>P3 – P7 8 Weekly Assessment Week Maths Week (Ireland)</p> <p>Transfer club at 8am</p> <p>P1 Photographs with Tempest</p> <p>Friends School: Science Workshops with P6 Mr Gallagher 2pm – 3pm</p> <p>Healthy planning for P1 – P3 teachers from 2.15pm – 4pm</p>
Thurs 19 Oct	<p>P3 – P7 8 Weekly Assessment Week Maths Week (Ireland)</p> <p>P2 Miss McAnerney Parent Assembly at 9.30am</p>
Fri 20 Oct	<p>P3 – P7 8 Weekly Assessment Week Maths Week (Ireland)</p> <p>PANTO PAYMENT: Closing date for payment £14 Thank you!</p>
Mon 23 Oct	<p>Reporting to Parents week School closes at 2pm No after school activities</p>
Tues 24 Oct	<p>Reporting to Parents week School closes at 2pm No after school activities Wellbeing Week</p>
Wed 25 Oct	<p>Reporting to Parents week School closes at 2pm No after school activities</p> <p>*** No Transfer Club today***</p> <p>Fitness Freddy Day for P1 – P3 and P4 Mrs Connolly’s class: Come to school in your PE gear</p>
Thurs 26 Oct	<p>Reporting to Parents week School closes at 2pm No after school activities</p> <p>Fitness Freddy Day for P5 – P7 and P4 Mrs Gould’s class: Come to school in your PE gear</p>
Fri 27 Oct	<p>Reporting to Parents week School closes at 2pm No after school activities</p> <p>Halloween Dress Up Day</p>



Wheel of Well-being



Let’s not just think about our wellbeing for one week...let’s try to continue the positive spirit of this week throughout our daily lives!

‘Being the best that we can be’