

November 2020



Dear Parents,

Please find below useful information and reminders for the month of November 2020.



Class Mass

P2/3 will attend Mass on Friday 6th
November

The Mass can be viewed on mcnmedia.tv

We would like to extend our thanks to Fr McGinley. Our Friday Mass has become an important part of our school week.



Dear Parents/ Guardians,

I hope everyone had a peaceful Mid Term. Sadly, our local area has endured a very difficult time over the last few weeks. As a school community, I wish to extend our deepest sympathies to all those families impacted by the pandemic, and we continue to remember them in our prayers.

We hope that the children enjoyed the rest over the extended break, and we are looking forward to another busy half term.

Please do not hesitate to contact me if you have any worries or concerns cmcintyre695@c2kni.net

It is important to check the school website to keep up to date with upcoming events within the school- www.lissanps.com

6 Claggan Road, Cookstown, BT80 9XE

Tel: 02886764581

[Cmcintyre695@c2kni.net](mailto:Mcintyre695@c2kni.net)

Mrs Ciaran McIntyre (Principal)

After Schools Clubs

Due to recent guidelines outlined by the Department of Education limiting the number of pupils in one PE session we need to suspend After Schools Football Coaching. We hope that this is a short-term measure and we will keep you informed when this changes.

Change of Date.

The Sacrament of First Holy Communion has been changed to 22nd May

"Stay and Play" 2-3pm

Our "Stay and Play" club will continue throughout November and December

We are delighted that "Stay and Play" has resumed safely. We hope that we will continue to be able to operate this service for the remainder of the year.

The club costs £2 per day. The children will be provided with a small snack.



School Photographer

Lafayette will be in school on Wednesday 4th November. Unfortunately, due to COVID restrictions we are unable to facilitate friendship photographs or extended family photos (i.e. if a sibling does not attend the school). We understand that this is disappointing, however, we are working hard to mitigate against the spread of infection.



School Attendance

If your child is unwell or has an unavoidable appointment, it is essential to contact the school office. Department of Education guidance outlines that we require a reason for absence otherwise your child will be marked as Unauthorised Absence. Thank you for your support in this matter.

Parent/ Teacher Consultations

Unfortunately, due to COVID restrictions we are unable to facilitate "face to face" consultations. We will be conducting telephone Parent/ Teacher consultations. Your child's teacher will be in touch via Class DoJo when the timetables have been arranged later this month.

Together we learn, grow and play in God's love and care.

HOMEWORK REMINDER

We have been implementing our new homework routines for a number of weeks. It is important that the children continue to complete the activities each night as this will reinforce the learning that takes place in the classroom.

If your child is finding difficulty with any homework activity, please message the teacher immediately and we will provide support.

We ask that the children continue to read independently, and this reading is constantly monitored in school through our **Accelerated Reading** programme. The children will continue with their GUIDED READING SESSIONS in school.

If you require any support, or have any questions please do not hesitate to contact the class teacher either through Class Dojo or cmcintyre695@c2kni.net or by phone to the school office.

Sponsored Autumn Walk to Lissan House

Our sponsored walk to Lissan House will take place

on Thursday 5th November

Please remember to wrap up warmly with appropriate footwear.



We would request that all sponsorship money should be sent in this week.

We have received an amazing amount of sponsorship so far – thank you to everyone who has supported this!!

Flu Vaccinations

The school nurse will be in school on Thursday 10th November to give flu vaccinations to the children.

NUT ALLERGIES!!!

We have several children who have severe nut allergies. It is vital that products that **MAY** contain nuts are not sent into school. If you are **UNSURE** about a product, we would ask that you err on the side of caution and do not send it in.

Many thank s for your support!



Credit Union Saving Scheme will be collected every Thursday commencing 5th November



Thank you!!!

A massive “thank you” to Cookstown Credit Union for their donation of £500. This money will go towards extending our Accelerated Library!

Pupils are NOT in school on Friday 27th November and Monday 30th November. These two days are Staff Development Days.

Download our School App



Many thanks to all the parents who have downloaded our school app. Please take a minute to do so. The app will keep you up to date with everything that is happening in school. It is brilliant that all our online platforms are working so effectively – and that we have reduced our paper footprint considerably!

Fantastic News!!!!

I wish to extend a massive “thank you” to Katrina and Brian McCracken who have generously offered to equip our entire ICT Suite. This amazing donation will mean that every child in Lissan PS will be able to participate in cutting edge ICT lessons delivered in the MOST up to date learning environment. We hope that the Suite will be operational before Christmas and we can’t wait to see the children enjoying and learning in this superb space!



Anti-Bullying Week takes place on the 16th – 20th November. The children will be involved in lots of activities to help them know how to keep themselves safe in school, in their community and online. Please keep an eye on our school website for more details.

Take5

steps to wellbeing



Looking after your
mental health during
the coronavirus
(COVID-19) pandemic

As we continue to fight coronavirus (COVID-19), we can all help keep our families and communities safe by continuing to support public health measures to control the spread, such as hand washing and ensuring social distancing. With our usual social interaction limited for the moment, it's very important that we look after our mental and emotional wellbeing.

Here are some tips to help you look after your mental health during this time. Remember it is temporary and there are brighter days ahead!

Connect



Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

If restrictions allow, arrange a safe and distanced meet up with family or friends.

Be active



Be active

It is important that we find ways to stay active during this time. Exercising helps us feel good mentally and physically. There are lots of ways to stay active at home, gardening or housework count as physical activity or try an online exercise video. Go for a walk, run or bike ride but make sure

you follow current government advice on social distancing.

Take notice



Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Keep learning



Keep learning

For now, we are all learning different ways to do things and new ways to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Give




Give

We are all helping our community and our health service by following government regulations and guidelines and practising social distancing. This is the greatest gift you can give right now. You can still do something nice for a friend or neighbour, thank others, smile and be kind. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding.


For lots more useful resources go to:

www.mindyourhead.info


Thank you to all our parents/ grandparents/ family members and child minders for working with us at drop off and collection times. We request that you continue to adhere to social distancing guidelines. We would also urge you to wear a face covering when dropping up and picking up your children. This is in line with the most recent guidance outlined by Department of Education.




I have been told to self isolate because of Test and Protect




what does this mean?




Go home




Stay home




Can I go to the shops?




no




Can I go to school or work?




no




Can I go out for a walk?




no




Can I go to a park for exercise?




no




Can I go out into my garden?




yes




Can I visit my family?




no




Does this mean I have or will get Covid-19?




no



It means you have been near to someone who has Covid-19.



This is the way to help stop the spread of the virus.



How long do I need to stay home?

Su M T W
Th F Sa

14 days

Su M T W
Th F Sa

INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

**DON'T SEND YOUR CHILD TO SCHOOL
IF THEY HAVE COVID-19 SYMPTOMS.**

**VISIT [NIDIRECT.GOV.UK/CORONAVIRUS](https://nidirect.gov.uk/coronavirus) TO BOOK A TEST ONLINE.
CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.**

YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

A HIGH TEMPERATURE

This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

OR

A NEW CONTINUOUS COUGH

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual).

OR

A LOSS OR CHANGE TO THEIR SENSE OF SMELL

Together we learn, grow and play in God's love and care.

HERE'S WHAT TO DO IF:

YOUR CHILD HAS COVID-19 SYMPTOMS

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result



WHEN CAN MY CHILD RETURN?

Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

YOUR CHILD TESTS POSITIVE FOR COVID-19

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result
- Self-isolate for at least 10 days as advised by the PHA



WHEN CAN MY CHILD RETURN?

Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.

SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- The household member should book a COVID-19 test
- Household self-isolates
- Inform school immediately about test result



WHEN CAN MY CHILD RETURN?

Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Inform school immediately about test result



WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms, regardless of your child having a negative COVID-19 test result.

CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

WHAT TO DO?



CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service



WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT

WHAT TO DO?

- Attend school as normal
- If your child does not have any COVID-19 symptoms they should carry on with normal activities



YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for 14 days in line with quarantine advice



WHEN CAN MY CHILD RETURN?

Together we learn, grow and play in God's love and care.

they should carry on with normal activities

YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE



WHAT TO DO?

- DO NOT SEND YOUR CHILD TO SCHOOL
- Self-isolate for 14 days in line with quarantine advice

WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.

*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including **Frequently Asked Questions for Parents and Carers**, can be found on the Department of Education's website at www.education-ni.gov.uk



Public Health
Agency



Department of
Education
www.education-ni.gov.uk

EDUCATION RESTART

