

February 2021

Dear Parents,

Please find below useful information and reminders for the month of February 2021.



Dear Parent/Guardian,

I hope you and your families are keeping safe and well in these worrying times.

The Department of Education has announced that schools will be closed for face to face teaching until at least Monday 8th March. The current high rates of infection and hospitalisation means that this continues to be necessary in the short term.

I would like to thank you all (both parents and pupils) for your fantastic engagement in Remote Learning. We know how difficult it is to juggle the demands of work and home schooling. All the teachers have been amazed by the superb work that has been uploaded daily! We have showcased some of this work on our website – so please take time to have a look.

<https://www.lissanps.com/>

I would also like to pay tribute to all our school staff and thank them for their hard work and dedication. They have embraced new technology and are providing innovative, creative and high-quality teaching and learning experiences for all the children through our online platforms. I would also like to thank our staff for continuing to keep our school open and for supporting supervised learning since the beginning of lockdown.

We continue to keep our NHS staff and frontline workers in our prayers.

Thank you for your continued support,

Mrs McIntyre

Mid-Term Break

The school will be closed for mid-term break from Monday 15th to Friday 19th February and we would encourage everyone to take a well-earned break away from the online learning.

The school will be closed and as such supervised learning will not take place during Mid Term in line with DENI guidance.



Safer Internet Day – 9th February 2021

This week we celebrate **Safer Internet Week**. As our children are spending more and more time online it is more important than ever to talk to them about keeping themselves safe online. Over the week the teachers will upload various activities to reinforce the message of online safety. Please take time to talk to your children about Internet Safety.

Top 5 Tips for internet safety.

Staying safe on the internet is a vital part of modern technology use. Here are 5 top tips for aiding you and your children in this process:

- Monitor your child's internet use and keep a track of their browser history.
- Make sure you choose strong passwords for your secure information.
- Keep your privacy settings high to ensure your security.
- Ensure you're up to date with all the latest security software.
- Remember to be as vigilant on your mobile as your desktop or laptop.
- Don't click on links you don't trust

Remote Learning

We are delighted with the level of engagement from all our pupils who are clearly working very hard. If you are having any difficulties with Class Dojo please do not hesitate to contact me:

cmcintyre695@c2kni.net



Primary 7 Transfers

Applications for your child POST PRIMARY place are all ONLINE this year. The portal will open on **Monday 1st March** and close at 4pm on **Tuesday 16th March**.

The admissions criteria for each Post Primary School is now available on the EA website (<https://www.eani.org.uk/search-schools>). Please read carefully through all the criteria that the schools have published and in particular the schools you wish your child to apply for.

All the necessary information and a helpful video is available at:

<https://www.eani.org.uk/parents/admissions/post-primary-admissions-guide>

Lent 2021

Ash Wednesday, the beginning of Lent, is Wednesday 17th February. Father McGinley has invited us to watch Mass at **7.30pm** for a special blessing. The Mass can be viewed on:

<https://www.mcnmedia.tv/camera/st-michaels-lissan>

A Children's Prayer for Lent

Lord, please show me what I should give up for Lent

And when I've given it up

Remind me to pray to You instead

To thank You

To love You

To hear from You

Each and every day in Lent

Amen



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.