



St Brigid's Primary School

Website: www.stbrigidsmayogall.uk.org

St Brigid's Bulletin

News Letter
January / March 2021

Term 2 Takes off:

Unfortunately, school was officially closed from Monday 4th January 2021 due to the Coronavirus pandemic. Only pupils from Key Worker families attended school. There was a very high level of demand for places. Staff worked on a rota basis and supervised pupils whilst they completed their home learning tasks. Teachers provided online learning support daily through Seesaw (P1 – P4) or Google Classroom (P5 – P7).

Each day pupil attendance was counted by children logging on and uploading their work. Our attendance has declined during this period and we appreciate that home schooling is not ideal in many family circumstances. Research by Oxford Brookes University found that 61% of children experienced a range of negative emotions after the first lockdown.

OFSTED (School Inspectors) also noted regression in:-

- Literacy and Numeracy
- Fine Motor Skills
- Physical Fitness
- Language
- Social Interaction
- Mental Health

The most positive factor in influencing children's learning at home was 'TIME'. Where an adult spent time with a child one-to-one on their learning there was a significant improvement in their attainment.

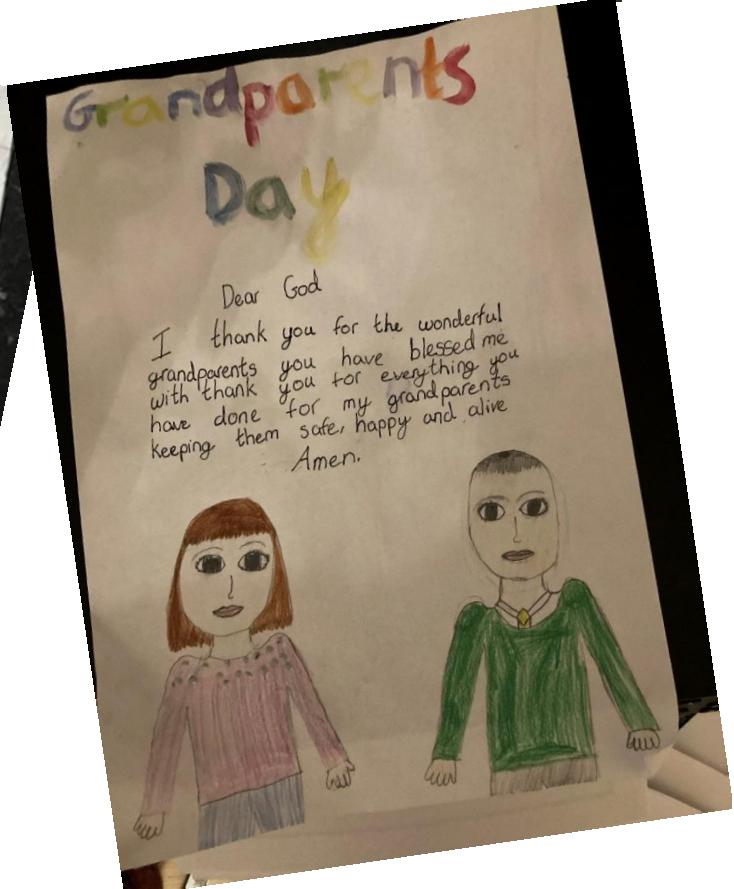
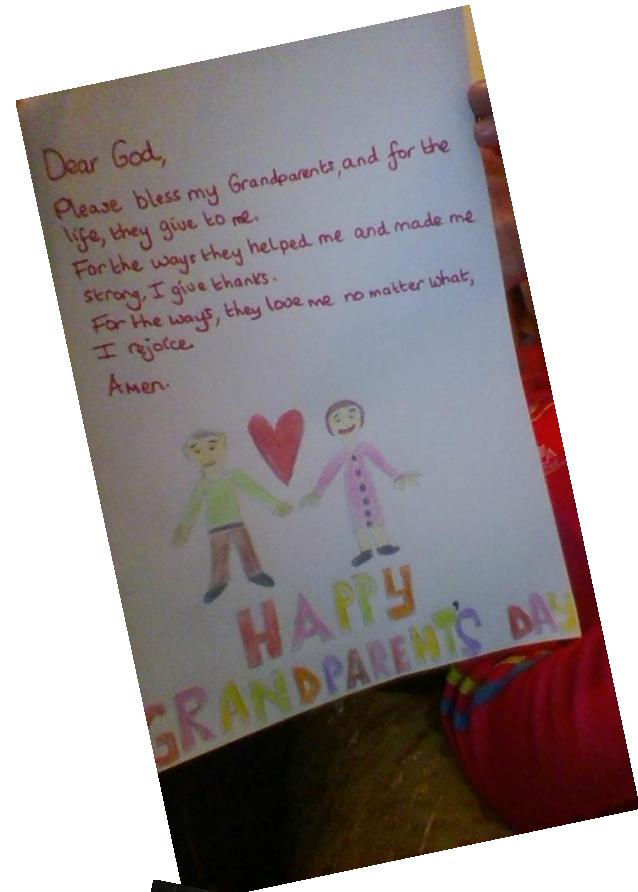
Online Admissions:

The online admissions process for our new P1 pupils for September 2021 became live on Thursday 7th January at 12noon and closed again on Friday 29th January at 12noon. We have 35 applicants and are hopeful that they will all be granted a place in St. Brigid's.

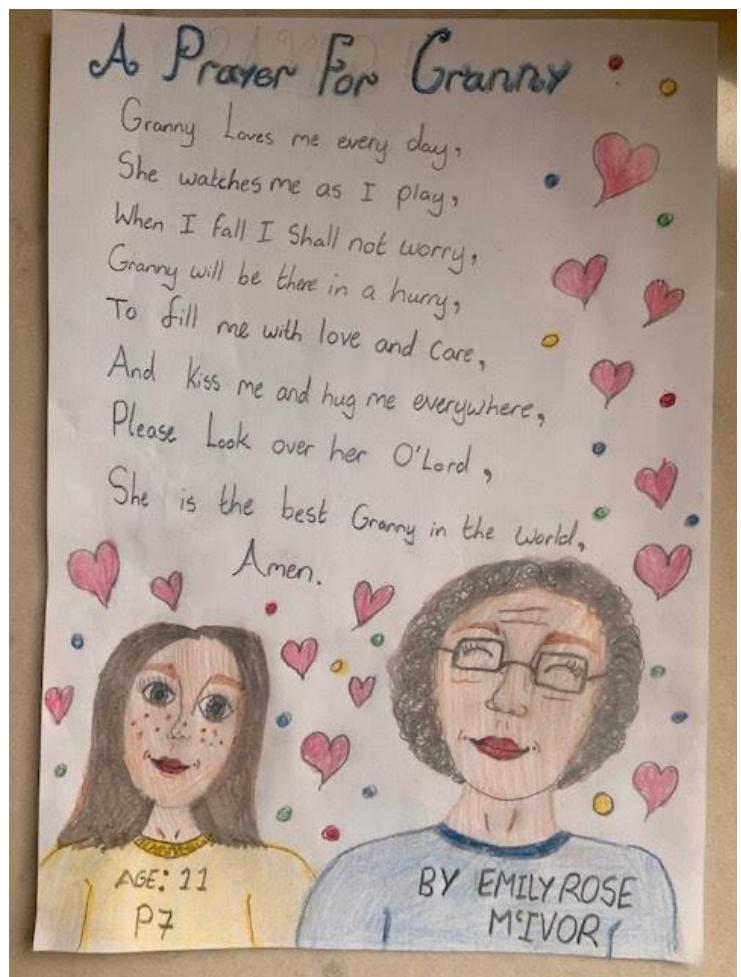
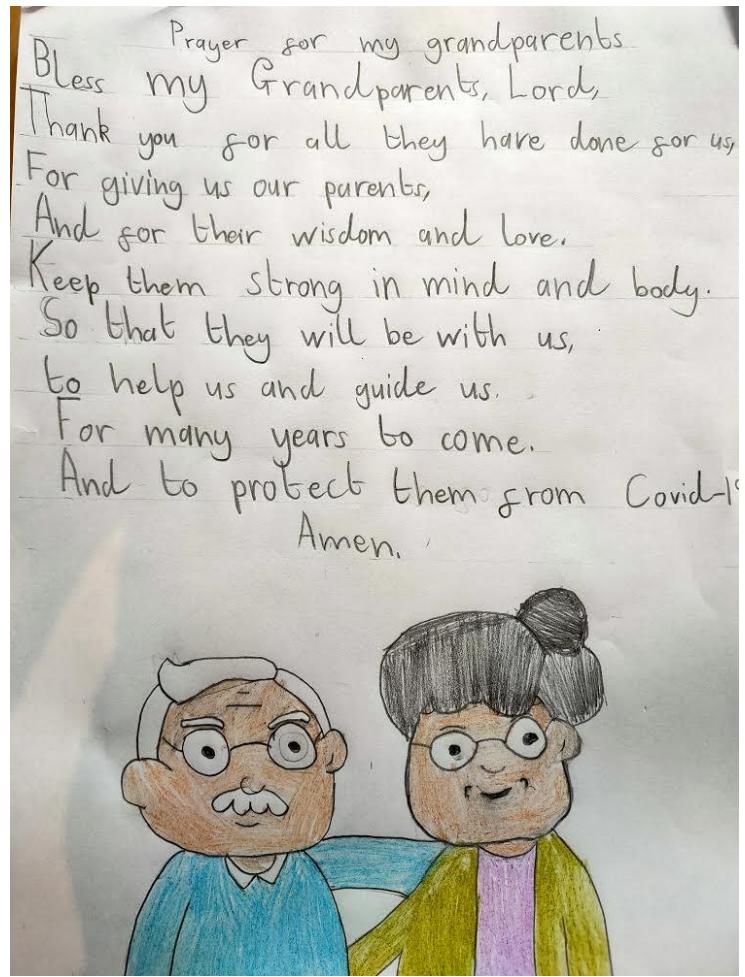
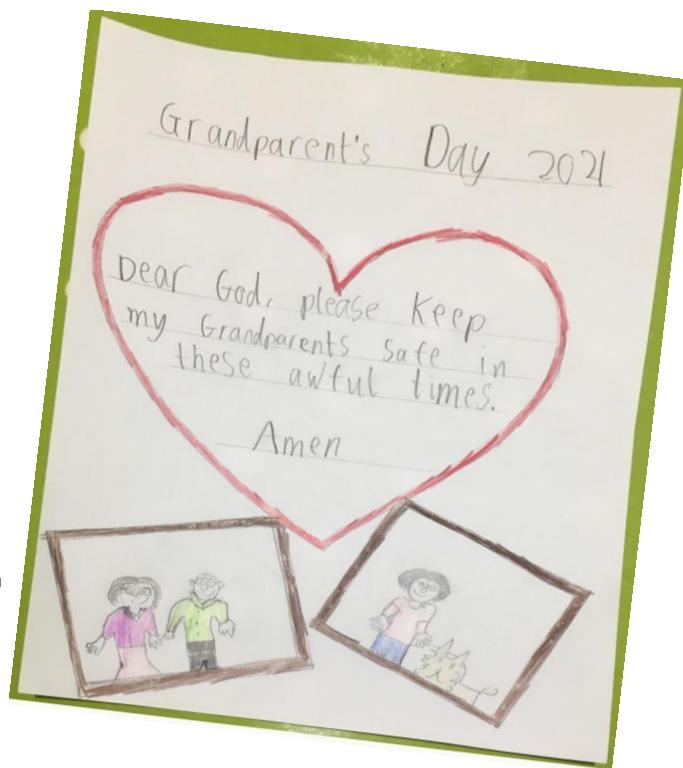
CATHOLIC SCHOOLS' WEEK

We celebrated Catholic Schools' Week from 25th January to 29th January. The theme of 2021 Catholic Schools Week was Communities of Faith and Resilience. Teachers set a number of online RE tasks for pupils during the week, the most popular being Wednesday's Grandparents Day. Pupils drew pictures of their grandparents and composed a prayer for them. This proved to be highly popular posts on our school Facebook page.

Well done everyone!





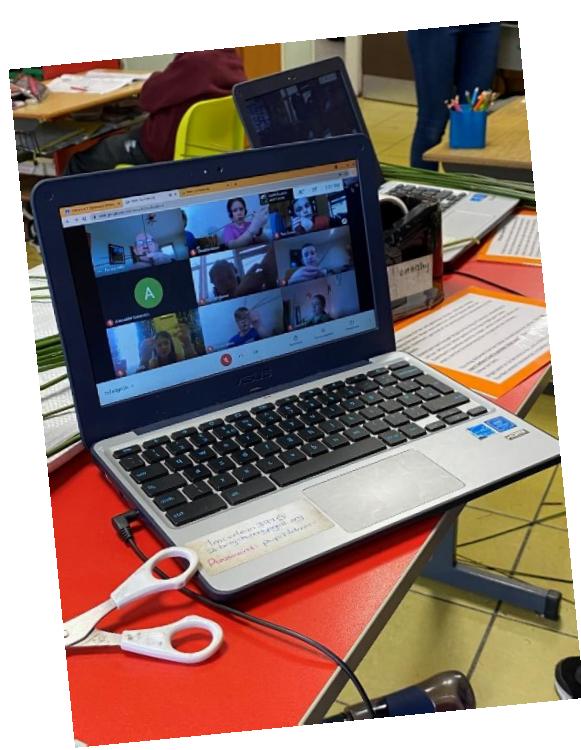


St Brigid's Day:

The feast of our patron Saint – St Brigid is celebrated on 1st February. Normally, we have members of the local community in school passing on the tradition of cross-making. However, 2021 was not a ‘normal’ year with schools closed. We did mark St Brigid’s Day with a number of activities set online for pupils.

We had cartoon strips or animated movies telling Brigid’s story. We had lots of families making crosses together and sending in photos. Master Kelly holding an online class with P6/7 on how to make a cross was a great mix of tradition and technology!

Key Worker children who were in school recorded an assembly telling the life story of St. Brigid – well done Tony, Liam, Daithi, Donnacha, Michael and Roisin. Their assembly can be viewed on our school website.



GL Assessment:

21 year 7 pupils had planned to sit the Entrance Test for admission to St Mary's Grammar School or Rainey Endowed schools on Saturday 30th January.



Children's Mental Health Week

1st – 7th February 2020



In St Brigid's Primary School, we place a very high emphasis on the mental health and wellbeing of our children. The promotion of wellbeing was to the fore in the first week of February. Research by the N.I. Health and Social Care Board in November 2020 found that young people in N.I. are 25% more likely to suffer depression and anxiety than the rest of the U.K.

Our emotions drive our behaviour – if we try to change a child's behaviour without changing their emotions, it won't work and can be damaging to the child, causing failure, guilt and shame. Children in St Brigid's are encouraged to develop a growth mindset, to be grateful, mindful and resilient. During Children's Mental Health week, we posted a range of resources and ideas on our website and social media platforms. We hope that you found them useful.

Monday 1st February – Starting Mental Health Week

St Brigid was known for her kindness. How can you show kindness today? Help to tidy the house? Do all your home learning without complaining? Sending a kind message to a friend? Telling your family how much you love them?

Colour this picture of St Brigid in a mindful way. As you colour, think about your breathing, breathe right into your belly and breathe out longer than you breathe in.

Thankful Tuesday

We all love to hear people say thank you, so who will you say thanks to today?



Years ago people used to write a letter to say thank you for a gift or when someone did something kind for them. Write a letter to say thank you:

Wishing on Wednesday

Wednesday is a bit of a sad day for some people – it is in the middle of the week; some people even call it 'hump day'... We can feel better when we think about our future, our dreams, our plans our hopes and goals. What are you wishing for?



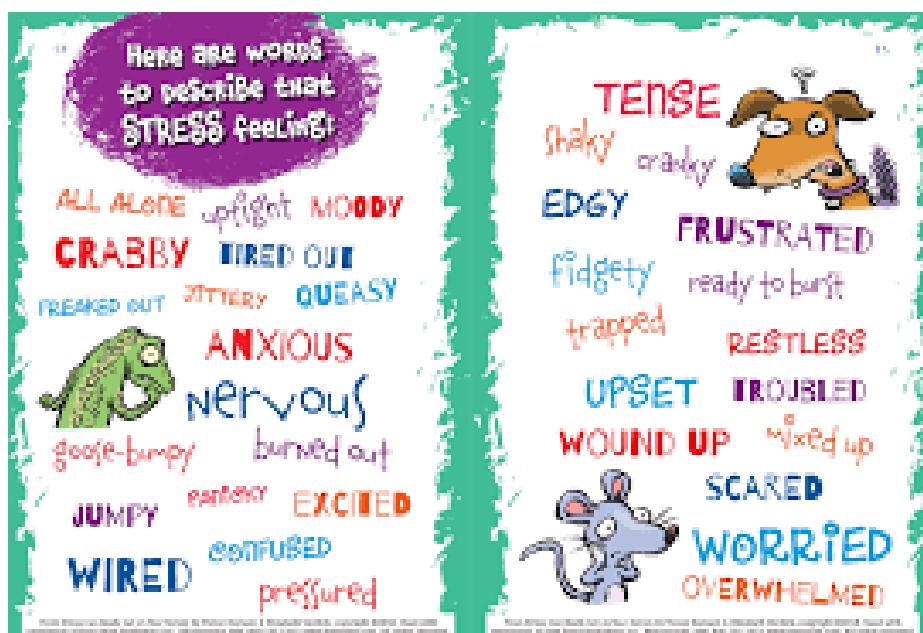
Thrilling Thursday

Our bodies and our minds work best when they work together. So if you exercise your body, it releases a chemical which makes your mind feel better – endorphins. So what can you do on this cold Thursday to thrill your body and mind?

- Run around your house 5 times without stopping or
- Do 20 star jumps or
- Jump on your trampoline for 3 minutes without stopping or
- Use a skipping rope – skip as long as you can or
- Bounce a ball without stopping for 3 minutes

When you have done this you should have red cheeks, you should be able to feel your heart beating faster and you should be breathing more deeply.

Now how is your mind feeling?



Hopefully, any bad feelings have gone and you are feeling the thrill of exercising. Big smile – tell your body and brain how happy you feel!

Friendly Friday

In school, you get to see your friends every day, you can play with them at break time and lunch time. Now that you are learning at home, many people are missing their friends, some people even miss their teachers! We know that it is hard to be at home, to stay at home to stay safe. But even though we cannot see our friends every day, they haven't disappeared. Hopefully, we will be back at school soon. So colour a picture that looks like your best friend and write down what you miss most about them.....

Sleepy Saturday!

Hip Hip Hooray

It's Saturday!

Saturday should be your day for you! No home schooling, no uploading work to your teacher on Seesaw or Google Classroom. This is your day to rest, relax and chill doing the things that make you happy. So whether you are watching television or playing on a device, doing a jigsaw, reading a book, or going for a walk or cycle with your family – remember today is all about YOU! Draw a picture of what you are doing today that makes you HAPPY!

Super Sunday

Today is a spiritual day – many people would go to Mass – if only churches were open. Perhaps you and your family can log in and join Fr Graham as he celebrates Mass at 9am or 11am?



As we come to the end of Children's Mental Health Week it is time for you to be proud of all that you have achieved this week.

Remember what Fitness Freddy taught us:- TAKE 5

- Give
- Take Notice
- Keep Learning
- Be Active
- Connect

Always talk about how you feel? Who is your trusted friend – mum, dad, grandparents, teacher, a friend?

If you feel sad, unhappy, alone, fed-up, frightened, scared, miserable, **tell someone you trust**. Together, we can deal with sad feelings and unhappy thoughts. Remember our school motto – le cheile in eolas – together in learning.



Here are 5 tips on how you can improve your children's wellbeing

THE POWER OF YET!



Step 1. "Teach them to be themselves" - Helping children to realise their strengths is a great way to build their confidence. Encourage children to notice and appreciate their own strengths, and those of others too.



Step 2: "Be grateful"- Help children to bring attention to what's working well in their life by developing gratitude skills. To develop these skills, you can use techniques such as starting a gratitude journal or have a gratitude list discussion at breakfast/dinner.

Learn to read for free!

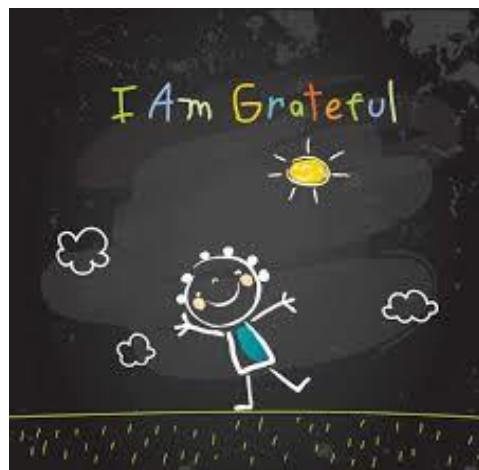
Teaching Gratitude to Children
Activity for Early Readers

Gratitude is Very Easy

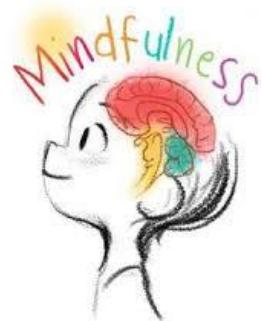
G i v e T h a n k s

Thank others
Help others
Appreciate what you have
Notice your blessings
Know your gifts
Serve others

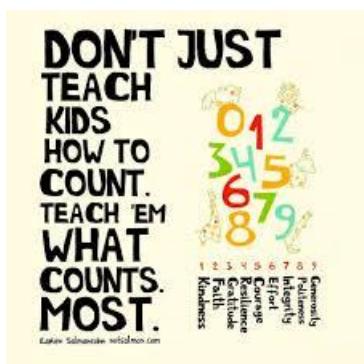
<http://www.sightandsoundreading.com>



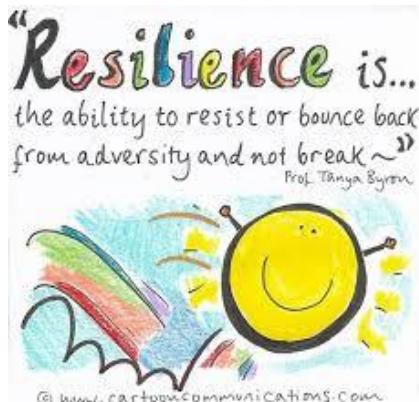
Step 3: "Help them be more mindful"- A way in which we can help our children develop these skills is drawing for 10 minutes. Simply set a timer for 15 minutes and ask your child to draw something they can see. This activity isn't about what the child decides to draw, it's about whether they are able to focus on the activity and bring their attention back if they get distracted.



Step 4: "Be kind" - There are thousands of ways children and adults can show kindness every day, it can be fun to sometimes turn these small acts into every day rituals.



Step 5: "Teach them the importance of resilience" - One way to build resilience in children is to help them develop a growth mindset. Children with a strong mindset are more likely to try again when they fail, and also to attempt to learn how they can improve.





DEVELOPING A GROWTH MINDSET

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Mid-Term Break:

Both staff and pupils had an enjoyable mid-term break from 15th – 19th February.

Teaching Practice:



We had three students on teaching practice from St Mary's University College Belfast; Anna Young a third year PE student, Shannon Darragh a second year English student and Katie McErlean a first year Mathematics student. These young ladies faced a challenging start to their placement due to lockdown. However, we did arrange a variety of school experiences for them including job shadowing, online learning and uploading videos on pupil wellbeing. We wish them every success in their teaching practice in P1/2, P4 and P5.

Ash Wednesday:

On the morning of Wednesday 17th February Fr Graham said special prayers for the children of St Brigid's Primary School.

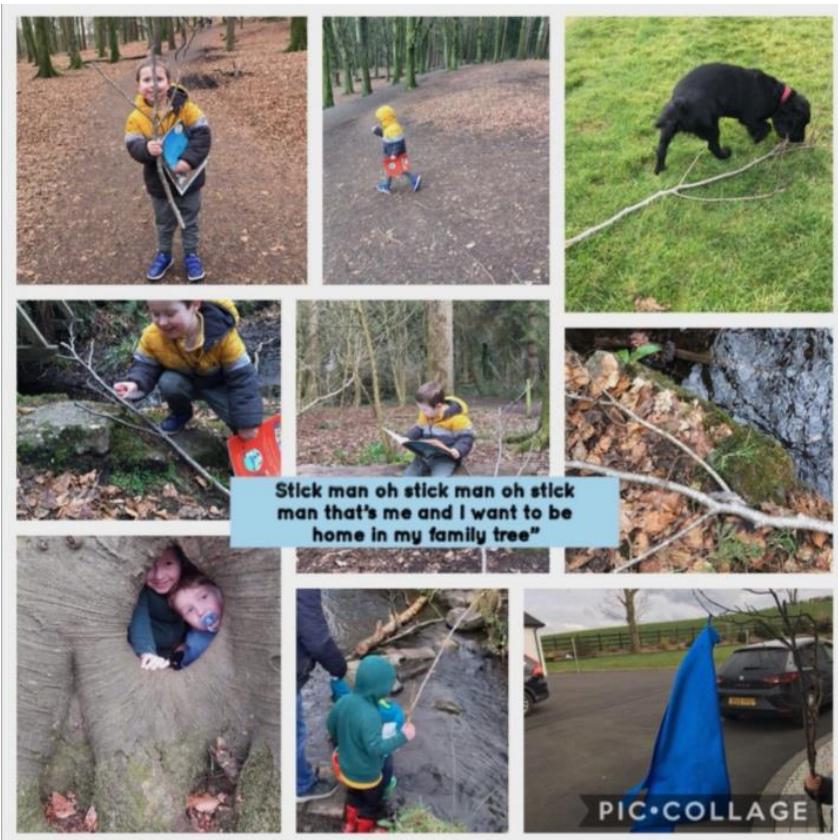


World Book Day



World Book Day was on Thursday 4th March.

Primary 1:



Primary 2

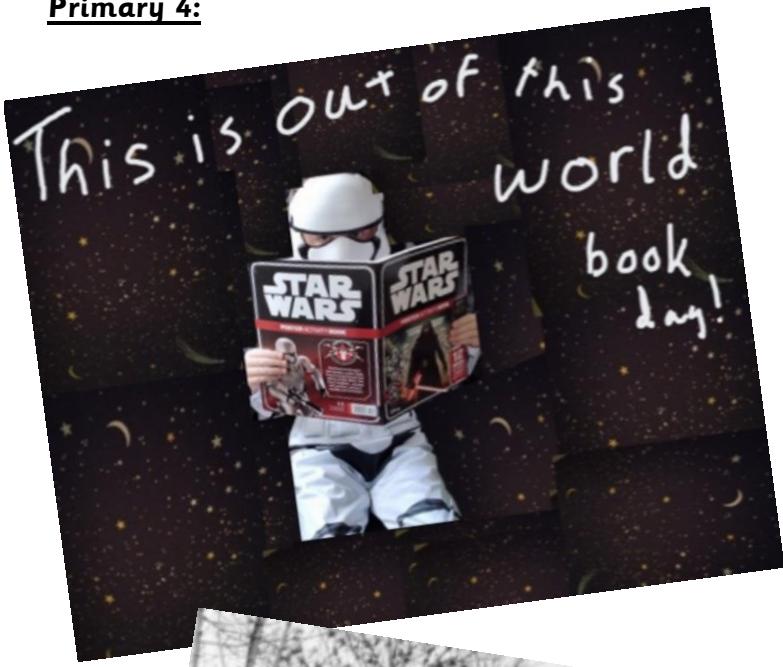


Primary 3:



Shay has written and illustrated lots of his own comics during home schooling. Here he is on World Book Day with his comics!

Primary 4:



reading and
doing
gymnastics
training



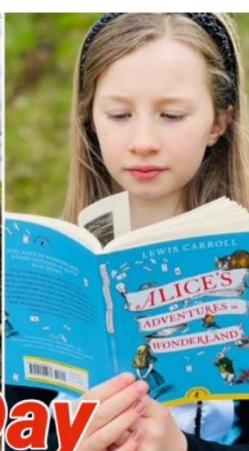
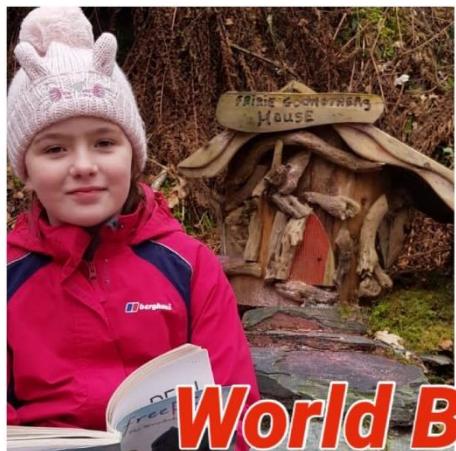
Primary 5:

Joseph's "Read and Relax Café"

Jessica "Created her own book"



Primary 6:



World Book Day

P.6.



PIC•COLLAGE



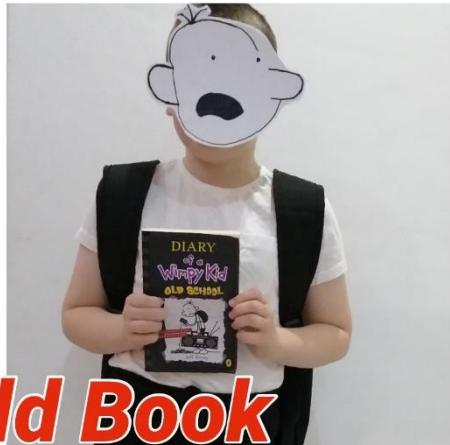
Reading outside!



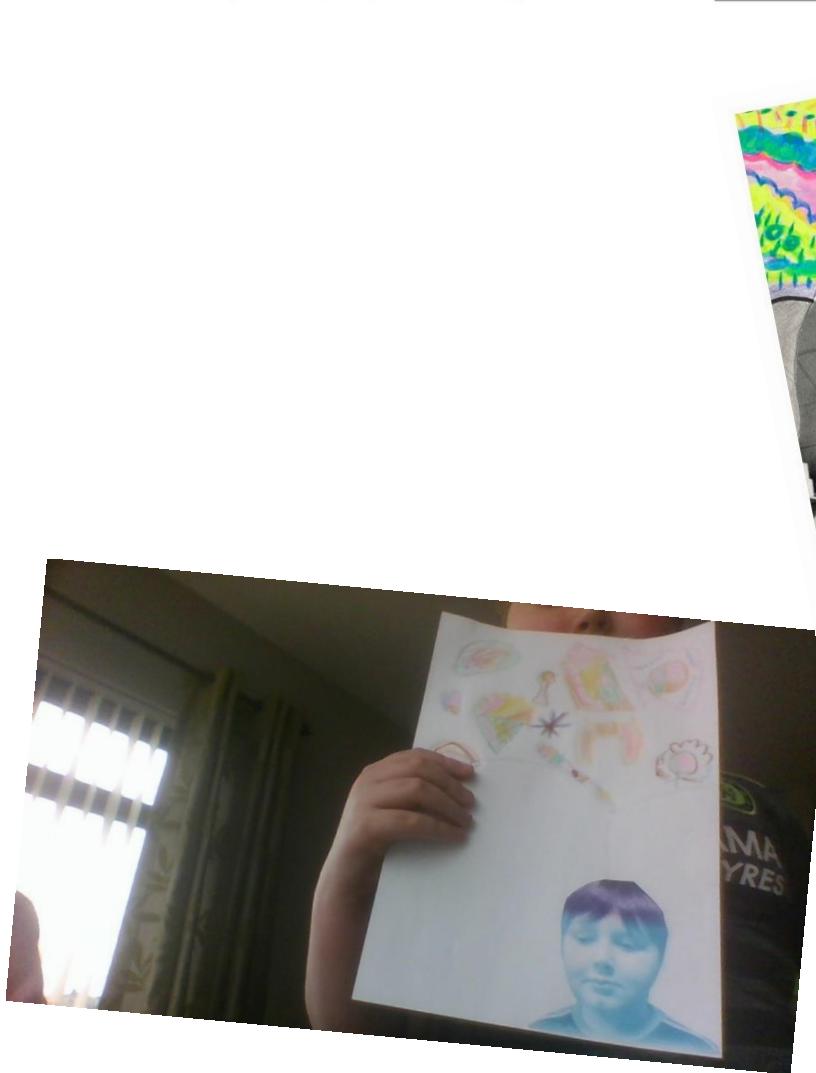
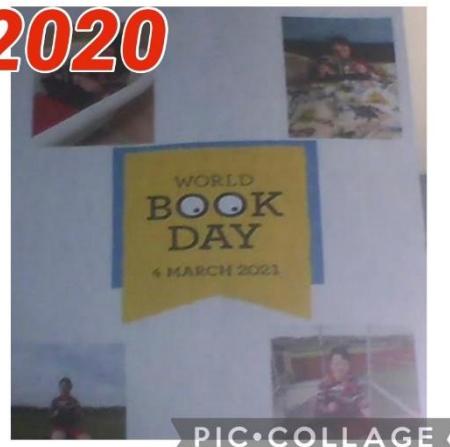
World Book Day
P.6



PIC•COLLAGE



P.6 World Book

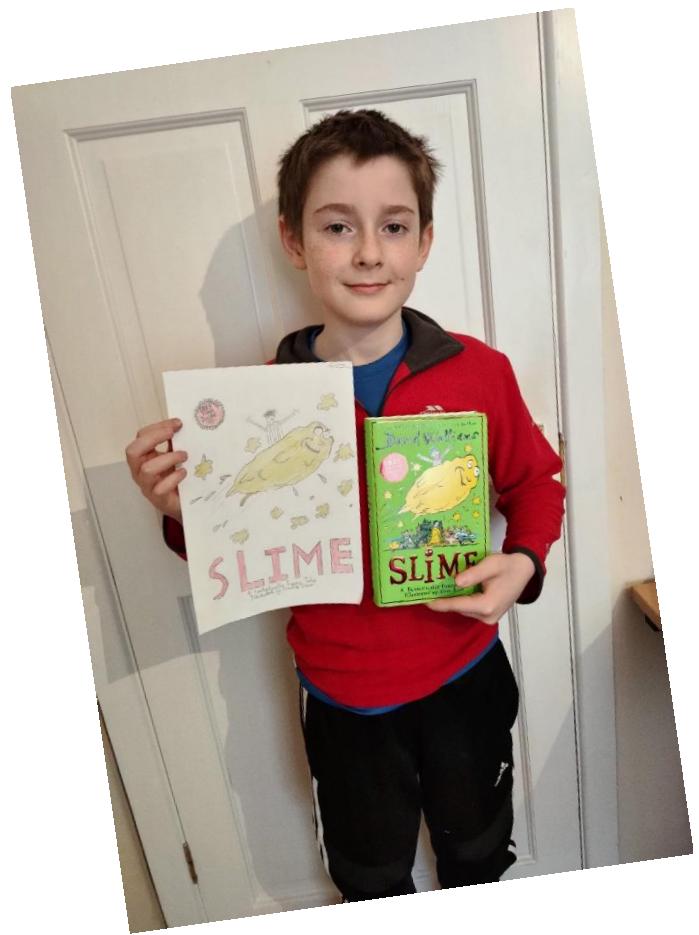


Primary 6/7:



Primary 7:





Returned back to school:

Monday 8th March was a very happy day for our 109 pupils from Primary 1 to Primary 3 returning back to school. Everyone was very happy to see their teachers and classroom assistants. Teachers were also delighted to become reacquainted with their class pupils. We are delighted that the Education Minister has extended their stay in school until 31st March. Every pupil received a sticker from Mrs O'Kane for completing their first week back to school. Well done all P1, P1/2, P2 and P3!!

Primary 1



Primary 1/2



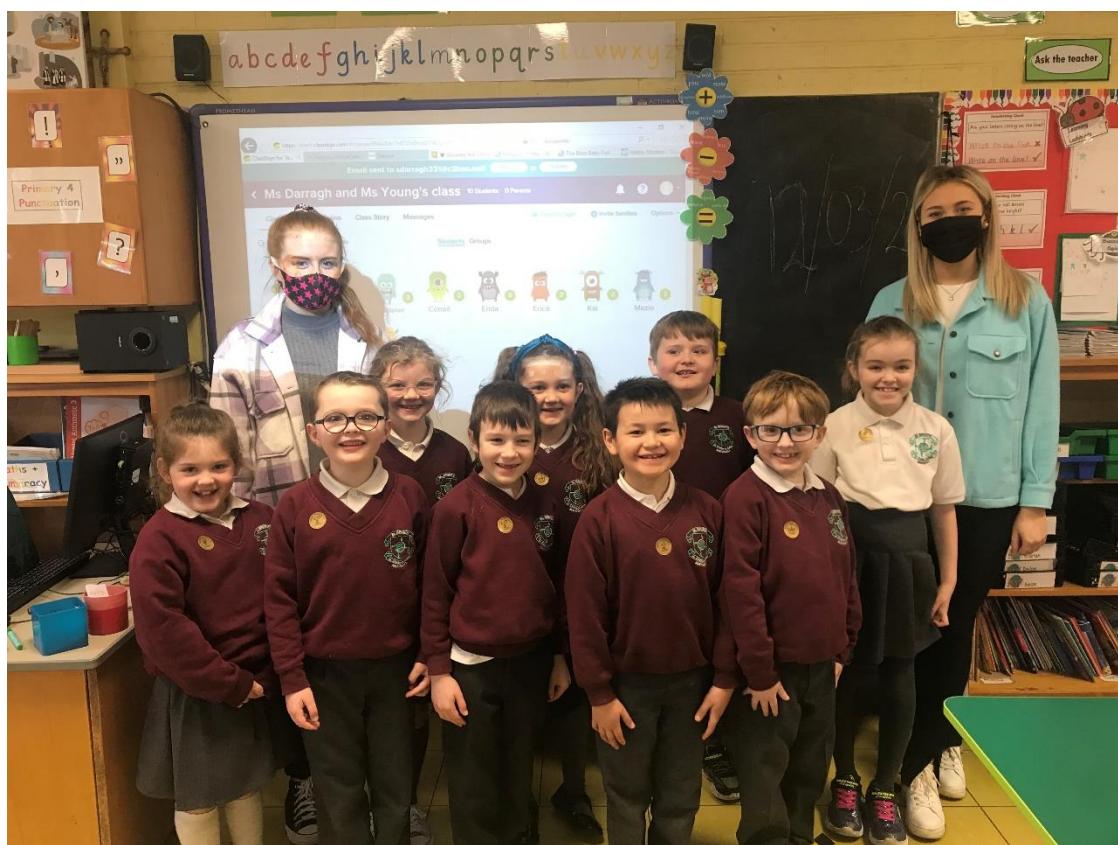
Primary 2



Primary 3 Bubble One



Bubble Two





St Patrick's Day:

School was closed on Wednesday 17th March to celebrate St Patrick's Day.



Easter Egg Hunt:

It was a very egg-citing day in P2! We followed the clues, solved the riddles and found a big surprise hiding in the shed. Well done P2 on completing your Easter egg hunt and finding all the chocolate eggs.



Easter Vacation:

School finished on Wednesday 31st March for our Easter Vacation and returns back on Monday 12th April.

Staff Training:

In St Brigid's P.S. we give a high priority to the professional development of all our staff.

Lots of our staff training has been online through Webinars, Meets, Teams or Zoom.

Dates For Your Diary:

3rd – 7th May 2021 May Holidays

31st May 2021 Bank Holiday

The school year ends on 25th June 2021