

Toreagh Primary School

As I prepare this note, we now know that the NI Executive have decided that school should remain closed until 5th March. It might be that from Monday 8 March there will be a phased return to school. As usual, I, like you will hear about this through the local media. It has been reported that we will be told about the reopening of schools, two weeks before the actual date. Once I hear anything further, I will be in touch.

I have been in education for well over 30 years now, 21 of those years have been as Principal at Toreagh. Over that time, I have been told that teaching your own children is quite simply one of the most difficult things you can be asked to do. This usually is in connection with homework or when working towards a test. **You** now face this position every day.

There will be good days, there will be bad days. Some days you will get everything done and more, other days you will get nothing done. Just do whatever you can each day. You're doing a great job under extremely difficult circumstances. Keep up the fantastic work, keep the lines of communication open with your child's teacher and if they or myself can be of any support, don't hesitate to contact us.

Don't forget that alongside completing the home learning activities, the emotional health and well-being of your child and your family is just as important!! Sometimes we all, including me, forget about this as we strive to keep going in these difficult times. Please try and take time to have fun, go for a walk or just time out with a cup of tea or coffee.

I know all the teachers loved seeing those children who make it to the zoom meeting last Friday. We intend to repeat this every Friday whilst we are remote learning. Details will again be posted on your child's home learning page. Don't worry if you cannot attend these meetings every week and for those who cannot, the teachers will be in touch to speak to the children on the phone.

CHILDREN'S MENTAL HEALTH WEEK 1st -7th February

The theme of this year's Children's Mental Health Week is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography, video, making things and doing activities that make you feel good.

There are lots of resources available online but here are a few suggestions for you to look at with your child/children during the week.

P1 and P2

Try the Cbeebies Go Explore App. There are some games to play in the Mindful Garden.

P1 – P4: Feeling Better - BBC Teach - A collection of clips that explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

P5 -P7

PSHE KS2: Growth Mindset - BBC Teach - A collection of clips that help unlock growth mindset ideas for pupils using a cast of animated characters who explore the differences between fixed and growth mindsets.

For Everyone

Super Mood Movers - BBC Teach - this page contains Super Mood Movers videos, created in partnership with Children in Need and the Premier League, to enhance the wellbeing of your children.

Remember to keep talking to friends and family, be active, keep learning- maybe try a new hobby or skill, relax, do things that make you happy and be kind.

Take care,

C L Morrow

