



March/April 2022 Newsletter



Mindful March 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|--|--|
| 1 Set an intention to live with awareness and kindness | 2 Notice three things you find beautiful in the outside world | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself and choose to use kind words | 5 Bring to mind people you care about and send love to them | 6 Have a 'no plans' day and notice how that feels | |
| 7 Take three calm breaths at regular intervals during your day | 8 Eat mindfully. Appreciate the taste, texture and smell of your food | 9 Take a full breath in and out before you reply to others | 10 Get outside and notice how the weather feels on your face | 11 Stay fully present while drinking your cup of tea or coffee | 12 Listen deeply to someone and really hear what they are saying | 13 Pause to watch the sky or clouds for a few minutes today |
| 14 Find ways to enjoy any chores or tasks that you do | 15 Stop. Breathe. Notice. Repeat regularly | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot three things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Appreciate nature around you, wherever you are | 20 Focus on what makes you and others happy today <small>dayofhappiness.net</small> |
| 21 Listen to a piece of music without doing anything else | 22 Notice something that is going well, even if today feels difficult | 23 Tune into your feelings, without judging or trying to change them | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Choose to spend less time looking at screens today | 27 Cultivate a feeling of loving-kindness towards others today |
| 28 Notice when you're tired and take a break as soon as possible | 29 Choose a different route today and see what you notice | 30 Mentally scan your body and notice what it is feeling | 31 Discover the joy in the simple things of life | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

Health Promoting School

Breakfast Club available daily from 8.15am at the cost of 60p per day. Please book for the week ahead by 12noon on Thursday afternoon via the Booking section of our school app. Due to Health and Safety please ensure your child is not on the school grounds before 8.15am. Thank you.

Wraparound Care

This facility can be booked for the week ahead via the Bookings section of our school app. Please book on a Thursday afternoon for the week ahead. Thank you.



After School Clubs

- Kickstart Football Coaching continues on a Monday afternoon for Primary 1 and Primary 2.
- Skill School Multi Sports continues on a Thursday for those children who have registered. The next 10 week block commences Thursday 10 March 2022.



***Free Fruit/Vegetable Fridays**

Due to a resounding “yes vote” from our pupils and staff this initiative will continue until the Easter break. #pupilvoice

Integrated Education Month Begins

March has traditionally been marked as Integrated Education Month and as an integrated school we will embrace this time as an opportunity to celebrate and reflect on our Integrated ethos.

This year we celebrate 40 Years of Integrated Education in Northern Ireland.

As part of the 40th Anniversary of Integrated Education celebrations, NICIE have invited our school to take part in

The Great Integrated Bake Off throughout March, 2022.

Further information to follow.



Monday 28th February 2022 to Monday 7th March 2022

Sponsored Readathon

Information will be sent home to all families on Monday 28th February 2022.

Comic Relief

Friday 18th March 2022 is Comic Relief Red Nose Day 2022. Red Noses will be on sale at the cost of £1.50 week beginning Monday 14th March. P6 will lead this initiative. And whatever we do, no matter how small, we can help people live free from poverty, violence and discrimination. This includes funding organisations that are supporting people right now in Ukraine, and those attempting to cross the border. Because we have the power to change lives. (Comic Relief Website)



Tuesday 1st March 2022

Odd Sock Day

Children are invited to wear odd socks to school on this day and make a £1 donation to the Integrated Education Fund – please see flyer.



Shrove Tuesday

Children will enjoy pancakes throughout the school and will learn about the significance of this day.

Also

P3, P4 and P5 will take part in **Wellbeing workshops facilitated by ArtAbbyss**. Workshops will include Mask Making and Making Birds of Paradise.



Also

Strings tuition with Mr Alex McCubbin continues each Tuesday for those pupils in P5 to P7 who have registered.



Wednesday 2nd March 2022 - Ash Wednesday

Ashes will be given by Fr McDermott in school on **Wednesday 2nd March 2022**. If you would like your child to receive ashes, please complete the permission slip on our school app by Monday 28th February 2022.

Also

P6 and P7 will take part in **Wellbeing workshops facilitated by ArtAbbyss**. Workshops will include Mask Making and Making Birds of Paradise.

Also

P6 swimming lessons will continue each Wednesday until Wednesday 25th May 2022.



Also

Gaelic Football Coaching/Fundamental skills will continue for all children Primary 1 to Primary 7 during school hours.

Thursday 3rd March 2022 - World Book Day

We will be celebrating World Book Day with lots of fun activities in school, children are invited to wear their **pyjamas to school** on this day and bring their favourite book to school where they will enjoy a '**Big Book Breakfast**'.

The afternoon will be devoted to "**Movie Night**", classes will watch a movie or short film based on a book while enjoying some **themed snacks** relevant to the movie.

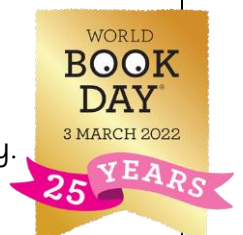
There will be further information sent home via seesaw on activities relevant to your child's class.

Also

Musical Pathways with Mr Edwin Brown will continue for P3 and P4 each Thursday.

Also

Bonjour Amigos language lessons continue for P1 – P7 during school hours (Spanish P1-P6,



French P7).

Also

A **Drama Therapist** will visit school on this day to work with small groups of children.

Friday 4th March 2022

Musical Pathways with Mr Edwin Brown will continue for P1, P2, P5 and Vocal Coaching for a group of P5 pupils. This will continue each Friday.

Also

Primary 6 and Primary 7 will continue with the GROW Programme facilitated by **Fresh Little Minds**.

Monday 7th March 2022

The **School Nurse** will be in school on Monday, Tuesday and Wednesday of this week to carry out Primary 1 screening tests.

Also

P7 swimming lessons will continue each Monday until Monday 23rd May 2022.

Also

Sport and Wellbeing Development Unit at Causeway Coast and Glens Borough Council visits Primary 7 to continue **the Causeway Healthy Kids Project** health and well-being programme (11-week programme).

Tuesday 8th March 2022 – International Women’s Day

Also The **School Nurse** will be in school on Monday, Tuesday and Wednesday of this week to carry out Primary 1 screening tests.

Also

Strings tuition with Mr Alex McCubbin continues each Tuesday for those pupils in P5 to P7 who have registered.

Wednesday 9th March 2022

The **School Nurse** will be in school on Monday, Tuesday and Wednesday of this week to carry out Primary 1 screening tests.

Also

P6 swimming lessons will continue each Wednesday until Wednesday 25th May 2022.

Also

Gaelic Football Coaching/Fundamental skills will continue for all children Primary 1 to Primary 7 during school hours.

Thursday 10th March 2022

Musical Pathways with Mr Edwin Brown will continue for P3 and P4 each Thursday.



Also

Bonjour Amigos language lessons continue for P1 – P7 during school hours (Spanish P1-P6, French P7).

Friday 11th March 2022

Lexi our **Therapy-Assistance Dog** and his owner/handler Gary will continue to visit RVIPS on Friday mornings supporting small groups and individual children.

Also

Our **school counsellor** will continue to visit every fortnight.

Also

Musical Pathways with Mr Edwin Brown will continue for P1, P2, P5 and Vocal Coaching for a group of P5 pupils. This will continue each Friday.

Also

P6 and P7 will continue with the GROW Programme facilitated by **Fresh Little Minds**.

Monday 14th March 2022 – Sign Language Week

P7 swimming lessons will continue each Monday until Monday 23rd May 2022.

Also

Sport and Wellbeing Development Unit at Causeway Coast and Glens Borough Council visits Primary 7 to continue the **Causeway Healthy Kids Project** health and well-being programme (11-week programme).

Tuesday 15th March 2022

Strings tuition with Mr Alex McCubbin continues each Tuesday for those pupils in P5 to P7 who have registered.

Also

Primary 6 Virtual Transfer Information Session for all Primary 6 parents/carers (3:30pm)



Wednesday 16th March 2022 – Green Day - further information to follow.

Primary 3 will enjoy a project titled **Sunni Explores – World Around Us Puppet Workshop**. This is an online project provided by Causeway Coast and Glens Good Relations Team.

Also

P6 swimming lessons will continue each Wednesday until Wednesday 25th May 2022.



Also

Gaelic Football Coaching/Fundamental skills will continue for all children Primary 1 to Primary 7 during school hours.



Thursday 17th March 2022 – Saint Patrick's Day

School is closed on this day.

Friday 18th March 2022 – Also Comic Relief Red Nose Day

School is closed on this day.



Monday 21st March 2022 – World Poetry Day

P7 swimming lessons will continue each Monday until Monday 23rd May 2022.

Also

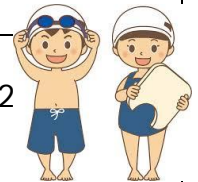
Sport and Wellbeing Development Unit at Causeway Coast and Glens Borough Council visits Primary 7 to continue the **Causeway Healthy Kids Project** health and well-being programme (11-week programme).

Tuesday 22nd March 2022 – World Water Day

Strings tuition with Mr Alex McCubbin continues each Tuesday for those pupils in P5 to P7 who have registered.

Wednesday 23rd March 2022- World Maths Day

P6 swimming lessons will continue each Wednesday until Wednesday 25th May 2022



Also

Gaelic Football Coaching/Fundamental skills will continue for all children Primary 1 to Primary 7 during school hours.

Thursday 24th March 2022

Primary 7 will travel to Titanic Belfast to visit the museum on this day, further information and permission slip to follow.

Also

Musical Pathways with Mr Edwin Brown will continue for P3 and P4 each Thursday.

Also

Bonjour Amigos language lessons continue for P1 – P7 during school hours (Spanish P1-P6, French P7).

Friday 25th March 2022

Primary 3 will enjoy a Live online interactive puppet show to conclude the **Sunni Explores Project** provided by Causeway Coast and Glens Good Relations Team.

Also



Lexi our **Therapy-Assistance Dog** and his owner/handler Gary will continue to visit RVIPS on Friday mornings supporting small groups and individual children.



Also

Our **school counsellor** will continue to visit every fortnight.

Also

Musical Pathways with Mr Edwin Brown will continue for P1, P2, P5 and Vocal Coaching for a group of P5 pupils. This will continue each Friday.

Also

Primary 6 and Primary 7 will continue with the GROW Programme facilitated by **Fresh Little Minds**.

During week beginning 28th March 2022

Primary 1 will have a **short tour of our town** as part of their current theme "Yum Yum" to see where we can buy different types of food. Further information to follow.

P1-7 Parent Teacher Conferences. Further information to follow.

Monday 28th March 2022

P7 swimming lessons will continue each Monday until Monday 23rd May 2022.

Also

Sport and Wellbeing Development Unit at Causeway Coast and Glens Borough Council visits Primary 7 to continue the **Causeway Healthy Kids Project** health and well-being programme (11-week programme).

Tuesday 29th March 2022

Strings tuition with Mr Alex McCubbin continues each Tuesday for those pupils in P5 to P7 who have registered.

Also

Primary 6 Poetry in Motion (PIM) Anthology and Virtual Launch Event - 3 of our P6 (Elsie, Rebecca and Matthew) pupils have been chosen by the PIM team to read their poems as part of the celebration.

Wednesday 30th March 2022

Scholastic Book Fair Arrives in school – Further information will follow.

Also

P6 swimming lessons will continue each Wednesday until Wednesday 25th May 2022.



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|---|
| <p>Also Gaelic Football Coaching/Fundamental skills will continue for all children Primary 1 to Primary 7 during school hours.</p> |
| <p><u>Thursday 31st March 2022</u> Musical Pathways with Mr Edwin Brown will continue for P3 and P4 each Thursday.</p> <p>Also Bonjour Amigos language lessons continue for P1 – P7 during school hours (Spanish P1-P6, French P7).</p> |
| <p><u>During week beginning 4th April 2022</u> Primary 5 will visit the Ulster Museum as part of their thematic work. Further information to follow.</p> <p><u>Friday 8th April 2022</u> Primary 5 celebration and showcase of thematic learning (dress up day) and parent walk through visit. Further information to follow.</p> |
| <p><u>Wednesday 6th April 2022</u> P3 Special Assembly “Up Up and Away!” – Further information to follow.</p> |

I would like to take this opportunity to thank you for your ongoing support. Please contact me at any time to discuss any successes, or if you have a query or question, or to chat.

Yours sincerely

Julie McDonagh
Principal

