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MARCH 2025 NEWSLETTER

Dear Parents/Guardians,

Please keep this newsletter in a safe place. It will only be issued to the eldest or only child. A copy of this Newsletter can be found on our school website:

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

School Closures

School will be closed on Friday 14th, Monday 17th and Tuesday 18th March for St Patrick's Day.



REMINDER: SACRAMENTAL DATE FOR THE DIARY

The following date has been agreed for the celebration of First Holy Communion.

First Holy Communion: Saturday 17th May @ 11am in St Peter's and St Paul's Church



WEAR IT GREEN DAY: THURSDAY 13th MARCH

'Wear Green Day' will be a non-uniform day on Thursday 13th March. All children are encouraged to wear an item of green clothing or green accessory. We ask for a contribution of £1 per child towards School Council.



HAVE YOU CHANGED YOUR NUMBER AND/OR ADDRESS SINCE THE START OF THE YEAR

If so and you haven't already done so, please let Siobhan know so that it can be changed at school. This is very important incase we have to contact you for any reason regarding your child. It is also important so that you receive school text messages and correspondence.



SAFER INTERNET DAY IN ST PETER'S AND ST PAUL'S

Well done to all our children who all took time to find out about how we stay safe online and the parents/guardians who joined us for our Internet Safety Talk.

Click the link for useful information and lots of tips on how we can stay safe:

<https://www.internetmatters.org/safer-internet-day/>

LENT 2025

Lent begins on Wednesday 5th March. Lent is the 40 days preparation for Easter Sunday when we recall Jesus rising from the dead. This is our faith. This is what we believe. Lent is a time when we try to make small sacrifices, pray more and give money to the poor.

It is a special opportunity to open ourselves to the grace of God. It is not easy to go off sweets or crisps. It is not easy to give up the playstation or watching television.

This Lent let us all make a big effort to allow ourselves to be changed into better people, happier, holier and healthier.

COIN CHALLENGE IN AID OF TROCAIRE

Beginning Monday 10th March and running throughout Lent until Tuesday 15th April we hope to operate a coin challenge between each of our classes.

Each class will have a jar and we would like them to fill it with as many coins as possible, with all money raised going to support Trocaire. Hopefully everyone will join in and we can raise as much money as possible to support this worthy cause. The class who raises the most money will be rewarded with a movie afternoon, with a film of their choice and treats.

Please take a look in pockets and purses and look down the back of the sofa. All coins whatever their value will be greatly received.

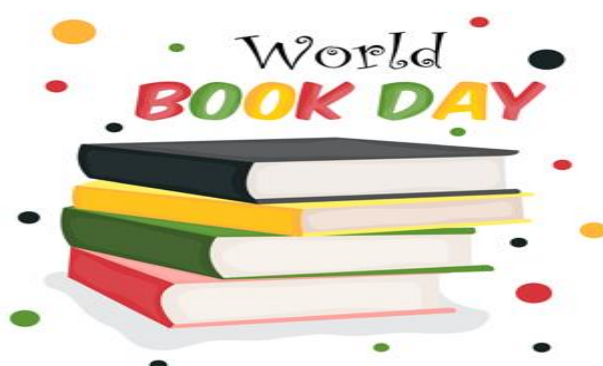
HEALTH AND WELL BEING DAYS

Each month we continue to have a 'FEEL GOOD' day. On this day all children are encouraged to wear their own clothes and they can bring a sweet treat for break time. Our next 'FEEL GOOD' day is Friday 28th March.





Friday 7th March



Let's share a story..
older classess reading
to younger classess

Dress as your favourite character
Visit www.bookaid.org/worldbookday
for all your ideas!

**Plus... Designing book covers...Fun word searches...
Accelerated Reader Challenges....
and...The Great Big book Quiz...**



Family Activity Sheet – Watching online videos

This activity sheet has been created to help you to learn more about what your child watches online, take some actions to stay safe, and have some fun together exploring the internet.

Conversation starters

Here some questions you can ask to start a conversation:

- What videos have you watched online recently? Do you have a favourite? Why is it your favourite?
- Apparently most children and young people watch videos online now, rather than on TV – is this true for your friends?
- Do you have a favourite YouTuber or online creator? What do you like about their videos?

Online safety action

Pick one of these actions to do as a family:

- Visit our [Thinkuknow website](https://www.thinkuknow.co.uk) and look for tips on how be safe when watching videos.
- Watch BBC Own It video [Has something online scared you?](#) Talk through the steps to take if they come across content that is not OK.
- Visit [Internet Matters Parental Controls](#). Pick a device a set up the safety controls together.

Fun family task

Ask each family member to write their favourite video (which would be suitable for everyone to watch) on a piece of paper. Fold the paper up and put it in a bowl. Each day, choose a time to pick one, and watch together.

Or

Ask each family member for a favourite subject or something they want to learn more about. Together, search YouTube for a suitable video about the topic, you can watch as a family. Remember to set up [YouTube in safe mode](#) if you have children under 13.

More information for parents and carers

For more information about viewing online, the risks and what you can do to support your child, you can visit www.thinkuknow.co.uk/parents.

You can also read our article [Parent's guide to watching videos online](#).



Parents and carers

MY VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGIB

For secondary children: bit.ly/3LBD2wK

CHILDRENSMENTALHEALTHWEEK.ORG.UK

"Can I get a phone?"



0808 8020 400

"What age can I get a phone?"

"My friend has a phone, please can I get one?"

Sound familiar??

Maybe you are thinking of getting your child a phone or have recently got one? At Parentline NI we have put together a useful bumper pack full of helpful information and activities to do together with your child to prepare them for using a phone.



Packed full of useful links, support and guidance as well as helpful Q&A's to use with your child!

For your FREE pack

Call us now on 0808 8020 400

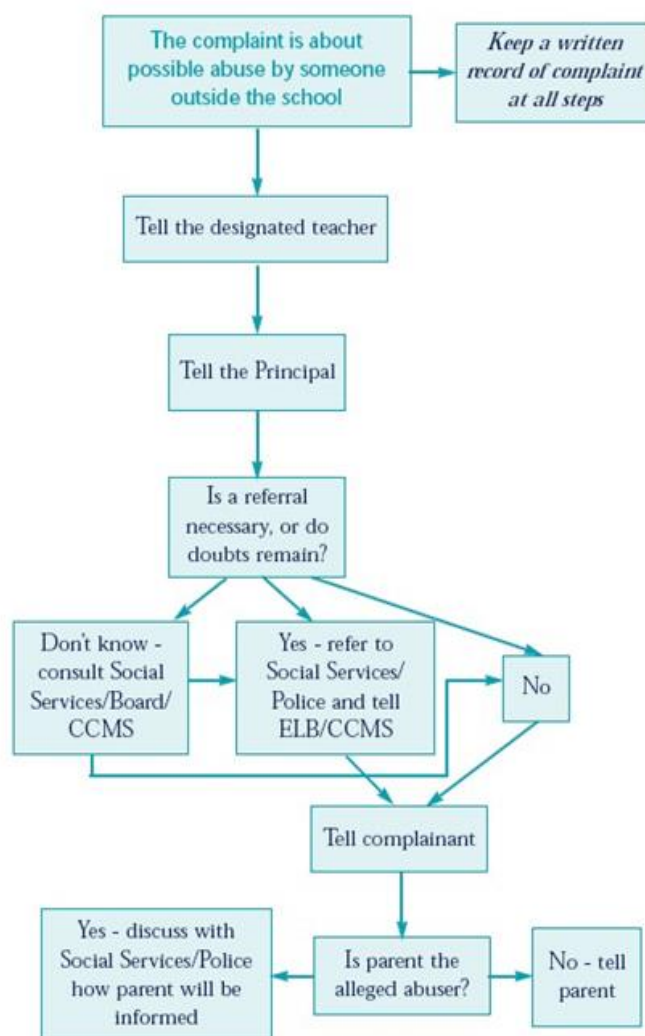
HOW TO RAISE A SAFEGUARDING CONCERN

Talk to the class teacher via Showbie/Seesaw. This communication is not public.
Talk to the DT (Mrs Coyle) or DDT (Mr Mc Cloy)
Talk or write to the Chair of Governors (Mr Lynch)

Pastoral Care in Schools: CHILD PROTECTION

Figure 1

Procedure where the school has concerns, or has been given information, about possible abuse by someone other than a member of the school's staff





Be the Best Person You Can Be



Be the Best Person You Can Be