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Principal: N Mc Cloy B.Ed, M.Ed, PQH(NI)

## APRIL 2026 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/>

### Easter

School will close at 11am on Holy Thursday 2<sup>nd</sup> April for the Easter Holidays. There will be no dinner in school on this day. School will reopen for all pupils on Monday 13<sup>th</sup> April.



### School Closures

Monday 4<sup>th</sup> May - Bank Holiday

Tuesday 5<sup>th</sup> May - TransformED Development Day

Friday 22<sup>nd</sup> and Monday 25<sup>th</sup> May - Bank Holidays

Monday 29<sup>th</sup> June - Summer Holidays @11am



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## FIRST HOLY COMMUNION

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

First Holy Communion: Saturday 2<sup>nd</sup> May @ 11am in St Peter's and St Paul's Church



## WORLD BOOK DAY FOLLOW UP

Use this month to promote reading with your child following World Book Day

- Visit the Library
- Buy a new book
- Let them see you reading
- Spend extra time discussing their nightly reading
- Talk about their favourite book
- Encourage them to draw their favourite character
- Read to them or tell them a story



## COIN CHALLENGE IN AID OF TROCAIRE

Beginning Monday 2<sup>nd</sup> March and running throughout Lent until Wednesday 1<sup>st</sup> April we have been operating a coin challenge between each our classes.

Each class has a jar and are filling it with as many coins as possible, with all money raised going to support Trocaire. The response to date has been tremendous and it is a very close competition. The class who raises the most money will be rewarded with a class prize of their choice.

## HEALTH AND WELL BEING DAY

On this day all children are encouraged to wear their own clothes and they can bring a treat for break time. Our next 'FEEL GOOD' day is Friday 29<sup>th</sup> May.



## HEALTHY EATING

In school we promote Healthy Eating at both break and lunch time. Children are encouraged to bring a healthy break and lunch to school. This month Principal Award Certificates will be presented during the month of April. Healthy options include a small sandwich, pancake, fruit and vegetables. On treat days or Friday the children's lunch can include a small treat.

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

<b>Fruit</b>					
<b>Vegetables</b>					
<b>Dairy</b>					
<b>Wholegrains</b>					
<b>Lean meat &amp; alternatives</b>					

**= A Healthy Lunch Box**

MAKE WATER YOUR DRINK

PACK ICEBRICKS TO KEEP FOOD COOL

USE A THERMOS TO KEEP FOOD WARM

This resource was developed and designed by Eat Health! Promotion Service, Western Sydney Local Health District, with assistance by South Eastern Sydney Local Health District and Western Sydney Local Health District.

## RISE NI

Please browse the RISE NI website <https://view.pagetiger.com/RISE NI/parents> for useful information and strategies regarding:

- Social Skills
- Emotions
- Behaviour
- Talking & Listening
- Gross Motor Skills
- Fine Motor Skills
- Visual Perception
- Self Care
- Sensory Needs

For any help or support for your child in any of these areas, please don't hesitate to contact Mrs Mc Ateer, SENCO.



 **Welcome to RISE NI Parent Website** 

- What is RISE NI?
- I need advice ... RISE NI Advice leaflets & resources
- I want to contact my local RISE NI team ...
- I want to access parent training ...
- Please give us your feedback  
It will take less than 1min!
- Useful Contacts
- Links to useful resources

# Sickness

## When should my child return to school?



<b>Chicken Pox</b> When all spots have crusted over	<b>Conjunctivitis</b> None*	<b>Diarrhoea &amp; Vomiting</b> 48 hours from last episode	<b>Glandular Fever</b> None*	<b>Hand, foot &amp; mouth</b> None*	<b>Impetigo</b> When lesions are crusted & healed or 48 Hours after commencing antibiotics
<b>Measles or German Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>Scabies</b> After first treatment	<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Slapped Cheek</b> None*	<b>Whooping Cough</b> 48 Hours after commencing antibiotics
	<b>Flu</b> Until recovered	<b>Head Lice</b> None*	<b>Threadworms</b> None*	<b>Tonsillitis</b> None*	

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# Early Bird Club - Parent Information Summary

## School Council Initiative - 6-Week Pilot After Easter

Dear Parents/Carers,

Our School Council has been developing ideas to support pupils and families and we are pleased to introduce the Early Bird Club on a 6-week pilot basis after the Easter break.

This club will offer pupils a calm, supervised start to the school day before lessons begin.

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## When does it run?

- Start Date: First Monday after the Easter holidays
  - End Date: Thursday 22nd May (end of pilot period)
  - Time: 8:30am - 8:50am
  - Days: Monday to Friday
  - Cost: £1 per child per day
- 

## Aims of the Early Bird Club

- Provide a calm and settled start to the morning
- Offer a safe, supervised space before class
- Support families who may need to drop off earlier
- Promote readiness for learning

Activities will be simple and quiet: reading, drawing, puzzles, colouring and small table-top games.

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## How to Book

A weekly Microsoft Booking Form will be issued before each week begins.

Families complete one form per week to book in all children from the same household.

Occasional drop-ins will be accepted if family routines change unexpectedly.

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# Arrival and Sign-In

- Children should go straight to the School Hall at 8:30am.
- They will be signed in by staff on arrival.
- At 8:50am they will be brought to their classrooms.

Parents do *not* need to enter the building during drop-off.

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# Payment

Payment is £1 per child per day.

Money may be sent:

- daily
- weekly
- or in a labelled envelope

Staff will collect and record payments safely.

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# Safeguarding & Behaviour

Normal school procedures apply.

Children will be supervised at all times and expected to follow school rules.

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# Review

At the end of the 6-week pilot, we will review:

- attendance
- feedback
- staffing
- overall impact

This will help us decide how the club will operate moving forward.

# Introducing MICE Time

We are pleased to introduce MICE Time, a new part of our Curriculum Extension programme designed to give pupils meaningful opportunities to develop important *life learning skills* in fun, practical and creative ways.

MICE stands for:

- Motivation
- Independence
- Creativity
- Engagement

Each Friday from 11-12, children will take part in an extended learning activity that broadens their experiences beyond the core curriculum. These sessions help build confidence, teamwork, independence and problem-solving skills.

Activities may include:

- Creative writing and digital media
- STEM challenges
- Gardening
- Drama and performance
- Sports and outdoor learning
- Art and craft
- Strategy and board games
- iPad and digital skills

Children will stay in the same group for a three-week block, with activities rotating so everyone experiences a wide range of learning opportunities across the term.

MICE Time enriches our curriculum and supports pupils in developing the skills they need both in school and in life.



 the **DRY ARCH** Presents

# PLAYTIME CONNECTIONS

 **The Power of Play**



 **St Peter's & St Paul's  
Primary School, Foreglen**

 **24 & 31 March  
14 & 21 April**

 **10.00–11.00am**

**NO BOOKING NEEDED!**

**JUST DROP IN!**



*'it takes a whole village to raise a child'*

**SureStart**



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# Meningitis - know the symptoms

Symptoms of meningitis develop suddenly and can include:



Fever (over 37.5C)



Vomiting



Headache /Stiffness



Confusion



Rash



Dislike of  
bright lights



Fatigue



Seizures (fits)

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

## MenACWY vaccine



Pupils in year 11 and 12, are offered the MenACWY vaccine in school. The vaccine helps protect young people against four different causes of meningitis and septicaemia: meningococcal groups A, C, W and Y disease. If you're aged 25 or under, at university and haven't yet had the MenACWY vaccination, you should ask your GP for the vaccine.

There are other types of meningitis that there are no vaccines against, so it is important to still watch out for the signs and symptoms.

[www.pha.site/meningitis-nidirect](http://www.pha.site/meningitis-nidirect)

 HSC Public Health Agency



**St Peter's & St Paul's  
Primary School**

# School Council

## Fundraising Event

### CAN YOU HELP?

**We are updating our ICT resources.**

**School Council have come up with the idea "Sponsor an iPad" We are asking local businesses if they would be interested in helping us to do this.**

**If any parents or parents with businesses are in a financial position to help 'Sponsor an iPad' please get in touch with the school.**

### OUR GOALS

- **Replace broken iPads and buy more**
- **That every child has access to an iPads during ICT lessons**
- **Get new charging stations for every classroom**



**How to contribute:**  
Call the school office  
on 02871 338536  
to make a donation or  
pledge your support.



## SAFEGUARDING UPDATE

We hope every child has a safe and happy experience whilst using the internet.

Do you know what age children need to be to access social media?

Many parents across the country don't know whether their children are old enough to be using social networks.

### SHOCKINGLY, 1 IN 5 PARENTS THINK THAT THERE ARE NO AGE REQUIREMENTS AT ALL FOR SOCIAL MEDIA.

Some sites can be a dangerous place for younger children, potentially exposing them to bullying, inappropriate content or grooming.

But they can also provide important support networks for younger people.

## Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Sourced from NSPCC website October 2019

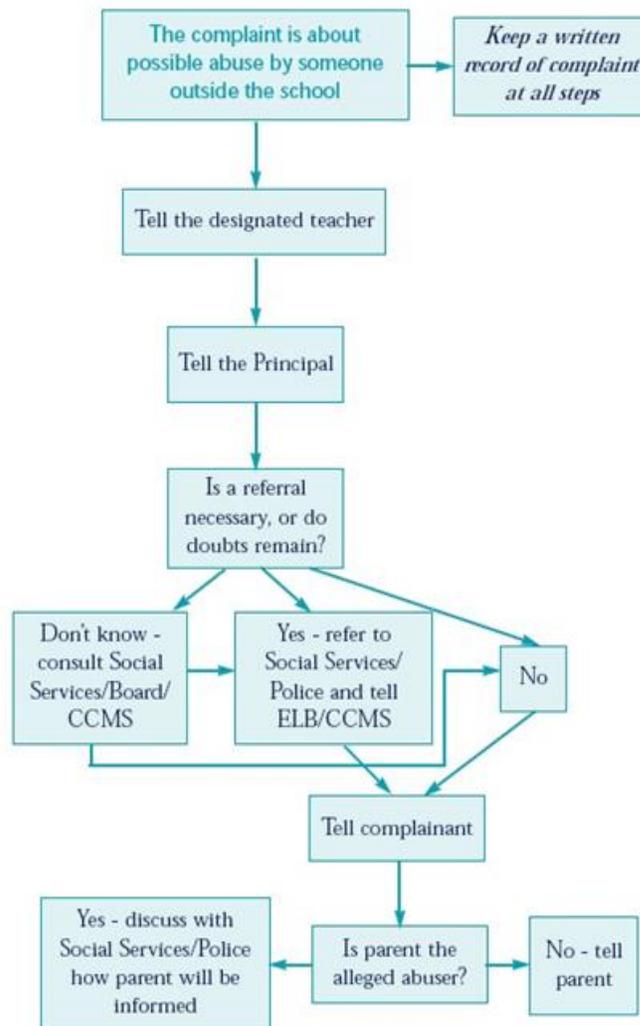
# HOW TO RAISE A SAFEGUARDING CONCERN

Talk to the class teacher via Showbie/Seesaw. This communication is not public.  
Talk to the DT (Mr Mc Cloy) or DDT (Mrs Mc Ateer)  
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





# ST PETER'S & ST PAUL'S P.S.

Online Safety Newsletter - April 2026

## YouTube Safety Update: New Parental Controls

YouTube have published their latest update on how parents can support their child on YouTube. YouTube will now allow parents to set the amount of time viewing shorts - this can even be set to zero. YouTube Shorts are short videos usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and 'take a break' reminders. You can find out more here:

<http://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

<http://support.google.com/youtube/answer/10315420?hl=en->

## MOBILE PHONES: DO YOU KNOW THE RISKS?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

### What effect do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<http://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

### EE Online Safety Hub.

EE has published age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-12, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16 year olds they still recommend that parental controls are implemented and appropriate restrictions set up.

You can read the full guidance here:

<http://ee.co.uk/internet-online-safety>

### Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<http://www.smartphonefreechildhood.org/>

### What device?

When you think it is the right time for your child to have a phone, then 'Which?' provide an overview of some options available:

<http://www.which.co.uk/reviews/mobile-phones/articles/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

## Virtual Private Networks

A Virtual Private Network (VPN) helps make your connection between a device and the internet more secure and can help protect personal information and add privacy. However, whilst a VPN has benefits, it is important that you are aware that if your child is using a VPN, they may be able to get around Wi-Fi restrictions, access blocked or restricted websites and bypass parental controls. It may mean that their browsing history is hidden.

The NSPCC provides a helpful overview of VPNs, plus top tips and conversation starters here:

<http://www.nspcc.org.uk/keeping-children-safe/online-safety/vpns-and-online-safety/>

## Social Media Algorithms

### What is an Algorithm?

Algorithms influence what we see on social media platforms and predict what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you.

It will then show you this content more, for example, in the explore tab on Instagram.

### What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does not interest us, unfortunately there are negatives as well. They can lead to increased screen time as we continue to see things that interest us. Secondly, it can lead us to users being shown large amounts of inappropriate content which can for example, exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you're only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

### Further Information

- <http://cypersmarties.com/behind-the-screen-how-algorithms-shape-what-kids-see-online/>
- The BBC discuss algorithms in this article about doomscrolling: <http://www.bbc.co.uk/bitesize/articles/zwnk3qt>



## Five Nights at Freddy's

Five Nights at Freddy's is a horror game designed to frighten players with jump scares or creepy characters. It can be accessed from several places, for example on an Xbox (PEGI rating of 12) and on the App Store (age rating of 13+). There is merchandise available, which may suggest that it is child friendly. We would recommend that you preview that game first to ascertain its suitability for your child. You can view Bark's review here:

<http://www.bark.us/content-reviews/five-nights-at-freddys-review/>

## Screen time and online harms.

The Royal College of Paediatrics and Child Health have created a page that brings together key resources on screen time. Find out more here:

<http://www.rcpch.ac.uk/resources/screen-time-online-harms-resources-members>

## New Government campaign: Is your child influenced by toxic content?

The Government have launched a new campaign providing guidance to parents on safety settings, conversation prompts and advice for tackling misinformation and harmful content. It also includes a quiz to help you and your child spot misleading or unreliable information online. You can find out more here:

<http://www.gov.uk/government/news/is-your-child-influenced-by-toxic-content-new-government-campaign-supports-parents-to-talk-about-harmful-online-content>