



# Deanby's Digest

## September 2020

Our Deanby girls have been back to school now for over six weeks and they have settled very well into our 'new normal'. At the moment we as a school, are all about the promotion of **Resilience** in our children - All children are capable of amazing things, regardless of their upbringing or the challenges they will meet along their life-journey. We cannot change what they will face along the way, but what we can do is give them the skills to cope with these challenges, so as they are strong enough to tackle them. In other words, we build their resilience.

Since returning to school in August, our dedicated staff have continued to support this by building well-being into daily class routines. We have also engaged Ciara Taggart from **Calmeleons**, who is supporting our girls by providing coping strategies for stressful situations through class workshops during September and October. We have reintroduced our **1K a Day**, making sure our children are getting out into the fresh air, which supports both well-being and resilience. We have re-engaged **PE coaches** in P4-7 with Damian from IFA and Rory from Ulster Council GAA. We hope that our Infant classes will also have PE Coaches in place in the near future. Each of our classes is also having a full day of **Well-Being**, where they have time to reflect and find out what de-stressors work for them. We have **Gardening Activities** with Linda and Alex from **North Belfast Women's Initiative Support Project** which will be running all year and from mid-September, we will be running a **Forest Schools** programme for two of our classes from mid-October.

Resilience is all about being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. The great news is that resilience is something that can be nurtured in all children and here in Our Lady's, it is a particular focus for development across all of our year groups.

**Emer Hughes**



Email: [info@ourladysgirlsprimary.belfast.ni.sch.uk](mailto:info@ourladysgirlsprimary.belfast.ni.sch.uk)

Telephone: 028 9074 6325

Website: [www.ourladydeanby.co.uk](http://www.ourladydeanby.co.uk)



## PARENT-TEACHER MEETINGS

This year our P2 to P7 parent-teacher meetings will take place via telephone, week beginning 19 October. During this week our school finishing times will follow our Friday timetable all week:

**P2-P3 - 1pm**

**P4 - 1.15pm**

**P5 - 1.30pm**

**P6 - 1.45pm**

**P7 - 2.00pm**

There will be school buses home at 1.10pm and 1.50pm. As these meetings do not affect P1 families, the P1 children should attend school at their normal times. Your child's teacher will be in touch via Seesaw to organise a meeting with you. Thank you for your cooperation.



## PRIMARY 3

Primary 3 girls are really enjoying going down to the Polytunnel every Thursday to do some gardening - keep an eye out for some photos on Facebook! They are also very excited to start badminton next week with Johnathan!



## PRIMARY 5

Congratulations to our Primary 5 girls, who made their First Holy Communion at the start of September, the girls were just beautiful! Thank you the Father Darach for such a beautiful service. A big thank you to the PTA for providing a party in school for the girls!

## PRIMARY 6

Our WAU topic in primary 6 is Titanic, which the girls are finding very interesting. Check out this fantastic Lego Titanic built by this brilliant P6 girl.

Well done Jaide 😊



## PRIMARY 7

Primary 7 have produced some lovely Autumn art work and poetry. Check out some of the girls' acrostic poems on the next page.

## PRIMARY 4

P4MH have been enjoying 5 weeks of fun with Cara from Rise NI. They have been working on strengthening their listening skills and have also been working on strategies to help them focus in class. Check out the school website for lots of beautiful photos and videos.

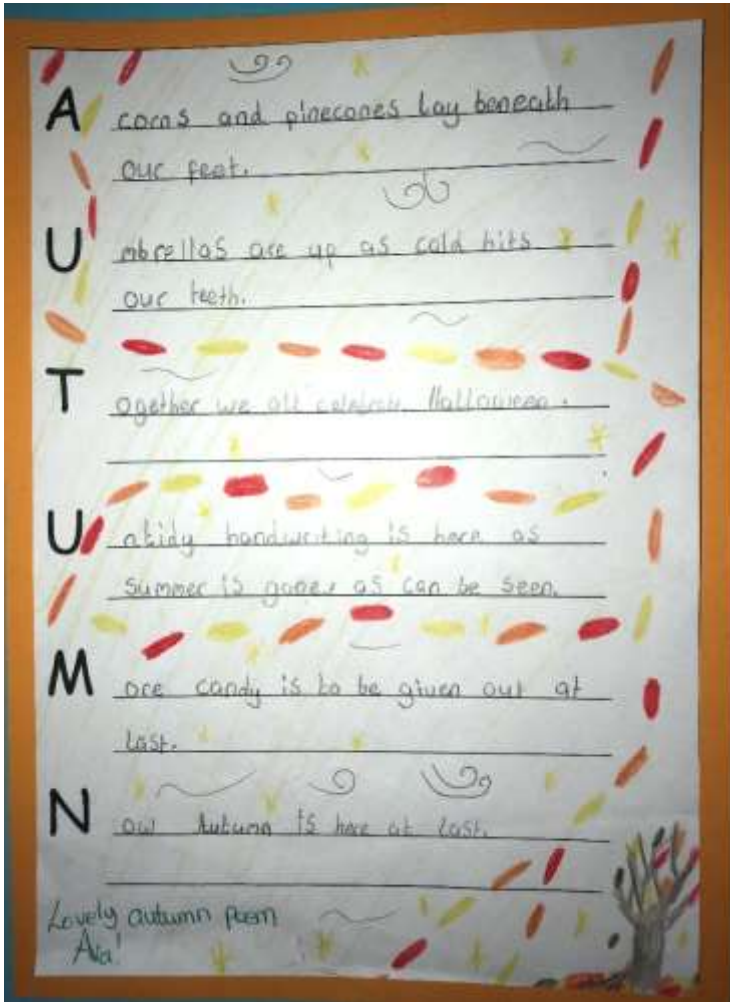


## DATES FOR YOUR DIARY

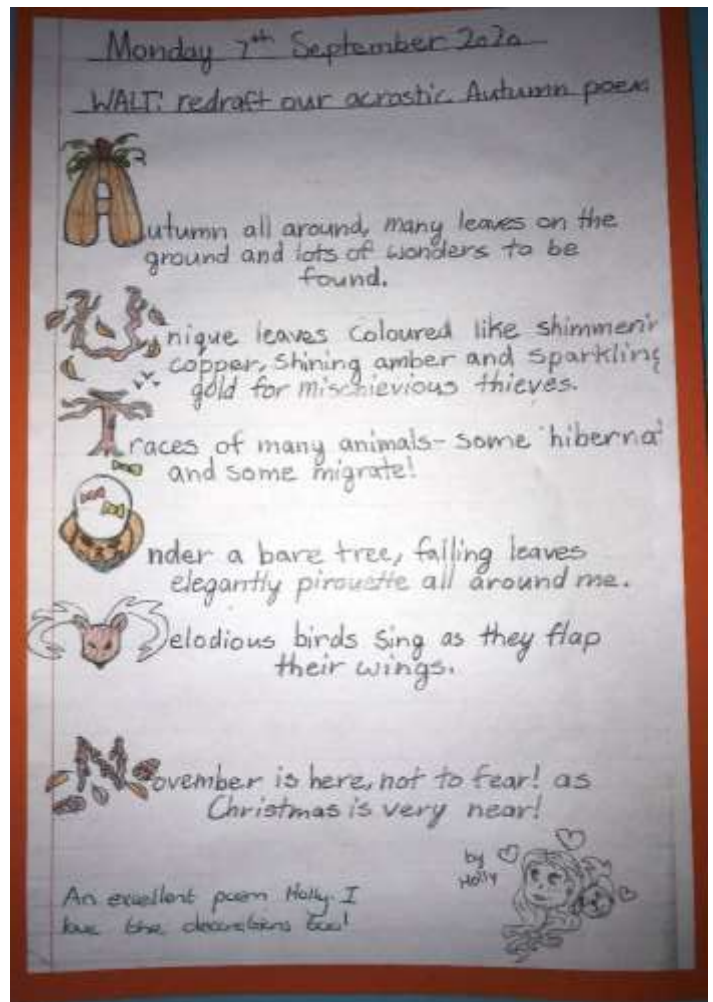
- 1<sup>st</sup> October** - NBWISP Garden sessions (P6A,P3JS, P3AH)
- 2<sup>nd</sup> October** - P4MH Well-being Day
- 5<sup>th</sup> October** - IFA coaching sessions (P4-P7)
- 6<sup>th</sup> October** - Calmeleons
- 8<sup>th</sup> October** - Calmeleons & NBWISP Garden sessions (P6A,P3JS, P3AH)
- 9<sup>th</sup> October** - P4JM Well-being Day
- 12<sup>th</sup> October** - IFA coaching sessions (P4-P7)
- 13<sup>th</sup> October** - Forest Schools (P2SH, P6A) & Calmeleons
- 15<sup>th</sup> October** - Calmeleons & NBWISP Garden sessions (P6A,P3JS, P3AH)
- 16<sup>th</sup> October** - P3JS Well-being Day
- 19<sup>th</sup> - 23<sup>rd</sup> October** - Parent Teacher Meetings
- 19<sup>th</sup> October** - IFA coaching sessions (P4-P7)
- 20<sup>th</sup> October** - Forest Schools (P2SH, P6A) & Calmeleons
- 22<sup>nd</sup> October** - NBWISP Garden sessions (P6A,P3JS, P3AH)
- 23<sup>rd</sup> October** - P3AH Well-being Day
- 26<sup>th</sup> - 30<sup>th</sup> October** - Mid-Term Break (School closed)



## P7 Autumn Poetry



Ava Travers P7AB



Holly Granville P7JG

### GIRL OF THE WEEK

- P1CK** - Olivia-Rose Buchanan, Myla McErlean, Ellie Baston, Freya Gormley
- P2SH** - Jessica Toal, Amelia Sanderson, Aibhlinn Loughran, Bernadette Marley
- P3JS** - Nadine Turkington, Hannah Park, Codie Toal, Mia Quinn
- P3AH** - Codie-Leigh Petticrew, Faith Marley-Cush, Sophie Fitzsimmons Weir, Cara Kavanagh
- P4JM** - Savannah Sufferin, Megan McLaughlin, Rosa Crossan, Aideen Valente
- P4MH** - Zara McNally, Matty McCarthy, Holly Saunders
- P5KT** - Kaile McDonnell, Caoimhe Valente, Baylee Finnegan, Aaliyah Hayes
- P5FT** - Darcy Devlin, Abbie Catney, Afiadh McKeown Campbell
- P6LP** - Megan Duffy, Erin-Rose Braniff, Tara McGarry, Lucy Fitzsimmons Weir
- P6KD** - Cadhla Williams, Juliana Hiponia, Jaide Butler, Carla Scullion
- P7JG** - Tara Curran, Aoife Maxwell, Cerys Duffy, Jessica Curley, Ashanti Amponsah
- P7AB** - Cadhla Ferguson, Gabriela Fracala, Aoibh Cassidy, Miley McGreevy, Clodagh Delaney



## PTA NEWS

The PTA are delighted to see the school fully open again and would like to thank all of the staff for the warm welcome they have given to the girls and parents since August. A word of thanks also to the staff for the excellent provision made during lockdown. It was the most bizarre of situations, but our daughters were able to keep contact with their teachers and friends and for this we are truly grateful. A warm welcome also to our new P1s and their families. We hope that the current restrictions pass and we will be able to see you at our PTA meetings.

At the end of June, we had to say goodbye to three of our longstanding committee members and we look forward to the day when we can thank them properly.

Christine McDonnell, Fiona Carmichael and Ciara Barnes gave so much to the school and the PTA and we wish to publicly thank them for their time and dedication.



This year we will miss hosting lots of the 'old favourites', like the Halloween Disco and the Christmas Fair, but no doubt we will come up with some ideas to raise a few pounds to help the school through these difficult financial times.



So far this year we have paid for the P5 girls to have a party to mark their First Communion Day and the P1s and 2s got new helmets to use at playtime. As always, we will be paying for the text service and the upkeep of the website.

If you have any ideas for virtual fundraising or things we could buy that would enhance our daughters' education, then please do not hesitate to contact any member of the PTA.

Michele Flood  
Aisling McAleer  
Catherine McCaffrey  
Mandy Mooney

Diane Boyle (teacher rep)  
Tracey Loughens  
Maria Burns  
Paula Graham

### KEEP UP TO DATE



Check out our school website for lots of pictures and updates straight from our classrooms...

[www.ourladysgirlsps.co.uk](http://www.ourladysgirlsps.co.uk)

Follow us on:

Facebook - Our Lady's Girls' Primary School



OR



Twitter - @ourladysgirlsps

### HALLOWE'EN

This year we will allow our pupils to dress up for Hallowe'en as we know how much they **LOVE** it on Friday 23<sup>rd</sup> October! Bring £1 for *The Children's Cancer Unit Charity*. However due to coronavirus, masks and props will not be allowed.



The girls will be having lots of *spooky Hallowe'en fun* in their classrooms.