



**Cash for Kids**

I wish to say a huge thank you to one of our classroom assistants, Hollie Leckie, who on the school's behalf, applied for and was successful in entering the school into the Cash for Kids competition. Subsequently Hollie has arranged a variety of fundraising opportunities, encouraging everyone who is associated with the school to join in.

I also want to thank; our pupils, staff, parents and our local community for jumping onboard in support of our fundraising efforts, led by Hollie. It was just fabulous to see our pupil's showing creativity, great entrepreneurial skills and a real sense of community spirit as they joined in the fundraising.

Well done everyone and I hope that you have a lovely half term.

**Dates for the Diary**

**November**

<b>Mon 4</b>	<b>School resumes at the usual time</b>
Sun 10	Remembrance @ Cenotaph (Y7 Pupil Voice & Mr Loughins)
Mon 11	Y6 & Y7 Pupils to attend the Act of Remembrance
Thurs 14	7.30pm PTA
Wed 27	Nursery, Y1, Y2 & Y3 Christmas Concert <b>DRESS REHEARSAL</b>

**December**

Wed 4	Nursery, Y1, Y2 & Y3 Christmas Concert
Thurs 5	Nursery, Y1, Y2 & Y3 Christmas Concert
<b>Fri 6</b>	<b>Christmas Dinner Day – school will finish @ 1.00/1.05pm.</b>
Tues 10	Y3 & Y6 – Panto @ McNeill Theatre Larne
Thurs 12	7.30pm Board of Governors
Fri 13	Open Day
Mon 16	Carol Service in Whitehead Presbyterian Church @ 7.00pm
Thurs 19	PTA – Santa Visit
<b>Fri 20</b>	<b>School finishes @ 12.00 (Y1 – Y4) &amp; 12.05 (Y5 – Y7)</b>

**Sunday 10 November**

On Sunday 10 November Mr Loughins and Y7 members of the Pupil Voice will go to the Cenotaph in Whitehead as part of the act of remembrance. As we prepare for this special day, poppies etc will be on sale in school from Monday 21 October. It is also our intention that the children in Y6 & Y7 will have the opportunity to attend the ceremony at the cenotaph at 11.00am on Monday 11 November.



### General Data Protection Regulation (GDPR)

When your child begins WPSNU you complete a Parental Consent form (regarding photographs of your child etc) which we hold on record for the duration of your child's time in school. If at any point you would like to update your consent, please contact Mrs Williamson in the office by email at [nwilliamson270@c2kni.net](mailto:nwilliamson270@c2kni.net) or by telephone 02893353280.

### Child Protection/Safeguarding & Complaints Policies

At the Curriculum Evenings in September I provided an overview of the Child Protection/Safeguarding Policy & the Complaints Policy. Both policies are available to view on the school website.

### Adverse Weather

As we get closer to winter, I will always endeavour to keep school open, however if school is required to close due to inclement weather we will inform you through Seesaw, Facebook and the school website.

### Take Five

At the Curriculum Evenings in September, I outlined how we are undertaking Take Five – Steps to Well-Being in order to become a Take Five school. Given the level of emotional health and well-being activity currently existing within school we have already attained level 1 and by the end of the academic year we hope to have attained level 3, the final level, identifying us as a 'Take Five' school. Please see the leaflets below for more information about Take Five.

### Christmas Concert

Our Christmas Concerts will take place on Wednesday 4 & Thursday 5 December. The children will be practising hard when we return to school and will be very excited that you will be able to come along to watch them perform. You can come along on either day and the tickets will be £2.50 each. More details will follow, after half term. So that you can begin to make plans the timings of the performances will be as follows:

9.30 - Y1      10.00 – Nursery      10.30 - Y2      11.00 - Y3



### Christmas Dinner Day

If your child would like a Christmas Dinner on Friday 6 December, please book through school money. Booking will be available from **Monday 4 – Friday 22 November**.

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

# Take5

steps to wellbeing



## Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



## Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



## Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



## Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



## Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).

Artwork designed in association with Belfast Strategic Partnership.



Health and  
Social Care

# Take5

steps to wellbeing

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**Here are five simple steps to practise every day:**

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[www.mindingyourhead.info](http://www.mindingyourhead.info)