

News Letter



Hello, I hope you all had a lovely summer break. Welcome back to the new school academic year 2024/25.

For those of you who have not already met me, my name is Angela Evans. I am the Specialist Community Public Health School Nurse assigned to Mercy College and four of its feeder schools as part of the Enhanced School Nursing Pilot Programme. The programme aims to support the health of pupils and the local school community- This is a valuable opportunity for your schools to come together to provide a vital link between health, education and the local community.

As our new term begins there are lots of exciting targeted health education, health promotion and health protection awareness sessions planned for the upcoming term.

Good News Alert – At the end of last term there were lots of celebrations!!



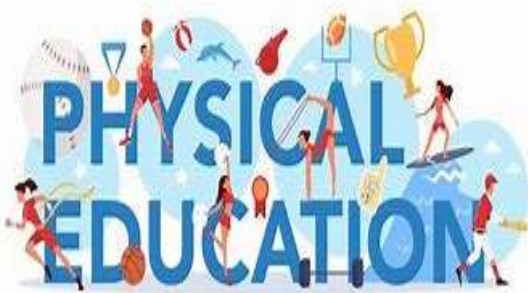
Congratulations to Mercy College staff in the Family First NI Awards in June 24. Mr Mooreland **won Best Principal** at Mercy College, Mrs Burns received a **Special Recognition** award for pastoral care, Catherine, Angela and Mrs Fryers were **Highly Commended** in their categories. So very well deserved. Staff and pupils are delighted 😊

Colour Run 2024

On the 8/05/24 Mercy College staff, students and school nursing held an incredible **colour run** event😊. The event theme aim was to spread joy, acceptance and understanding in creating a world where everyone one feels valued and included. School staff, parents, students and the PHA donated monies to make this fun event possible. Well done!



News Letter



Mercy College Physical Education department received some much needed PHA funding to support the physical, mental and emotional health and wellbeing of school pupils. Mr Mills and Mrs Heaney purchased X2 large Basketball hoops for the school gym hall, tennis balls, shuttlecocks, a fabulous music sound system and a new wall bracket for the Gym boxing punch bag.

School Nursing Resilience Award -



School Nursing gifted Mercy College with a special recognition shield to be presented to a student who has demonstrated the ability to recover from challenging life experiences, especially through mental, emotional and behavioural flexibility and their adjustment to internal and external demands in everyday life.

St Columban's

June 2024 seen the closure of Our Lady's P.S. and the amalgamation of Sacred Heart Boys P.S and Our Lady's to become **St Columbans**. This is an exciting time for school staff, students, parents and the whole school community. Your School Nurse Angela looks forward to working with you this academic year. A special thank you to principle Emer Hughes and all staff for embracing the Enhanced School Nursing programme in Our Lady's P.S. It was a pleasure working alongside you all.



Exams – Congratulations to all Mercy College **A level and GCSE Students** on your fantastic Exam results. Best wishes to all post Year 14 students in your new educational or career pathway Journey!.

School Nurse – Your School Nurse Angela would like to share some of her own news. Many of you know I headed back to University to study in September 23–24. On 01/07/24 I graduated from Ulster University with a commendation in **Postgraduate Certificate in Education for Healthcare Professionals**. Many thanks for all your support, inspiration, well wishes and prayers along the way it helped! ☺.



Well done everyone on a successful Academic Year 2023 – 2024 it was very busy for us all.

News Letter



All schools within the enhanced programme prior to the end of last term received their **NI Water** donated “**Water Butt**” to help support our schools ECO Councils to collect rain water to help their Nature Gardens grow coming into the summer months. I hope all your lovely flower gardens appreciated these as we had plenty of rain over the summer months 😊.

NI water is keen to work with our pilot schools in September 2024 on recycling. Each student will receive a reusable water bottle as a keepsake. Your School nurse is currently liaising with NI water to access the “**NI Waterbus**” to visit Primary Schools.

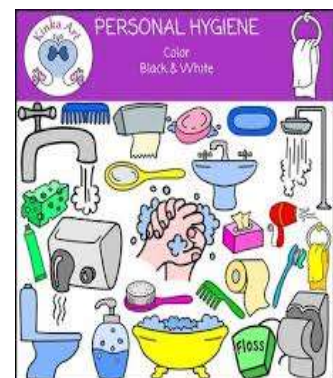
Action Plans – In September 24 your School Nurse will be in touch to schedule a date to complete Anaphylaxis, Epilepsy and diabetic plans for children with additional needs.



The daily Mile continues to pick up pace each academic year despite the Northern Ireland weather 😊. Well done to all the schools within the pilot programme for continuing to recognise the importance of daily exercise. The Daily Mile programme continues to be an excellent opportunity to introduce daily exercise to improve the physical, social, emotional, mental health and wellbeing of students and school staff.

Good personal hygiene is one of the best ways to protect ourselves from getting gastro or infectious diseases such as tummy bugs, colds and flu. Maintaining good personal hygiene will also help prevent you from spreading diseases to other people. Good personal hygiene also boosts confidence by dealing with problems like bad breath or body odour.

Due to the success of personal hygiene awareness sessions last term; they will be delivered in post primary school to years 8 & 9 and within all four primary schools to Primary 6 & 7 students.



News Letter

This term we are hoping to have our **young carer's** event. This event is excellent for identifying and supporting our young carers within the school environment and community.



Mercy College Health and Wellbeing Area – Last term Students and school staff continued to make good use of the Student wellbeing space in the Nurse's room. This area was developed by Mercy College Well-being Ambassadors in 2023 funded by the PHA. It is a very much welcoming and inviting space for anyone wanting to chat to the school nurse in confidence.

A massive thank you to all the schools within the Enhanced School Nursing pilot programme for demonstrating how Health, Education and the Community can collaborate effectively to support our children and young people.



Text-A-Nurse has extended the confidential text messaging service to parents, carers and school staff of young people aged 11-19

**Northern Trust Text-A-Nurse
07312 277422**

**Western Trust Text-A-Nurse
07312 277420**

**Belfast Trust Text-A-Nurse
07312 277418**

**Southern Trust Text-A-Nurse
07312 277421**

**South Eastern Trust Text-A-Nurse
07312 277419**