



## This week is Children's Mental Health Week



Booster Club P1-4, P7  
Cyberpals Workshop for KS2 led by the Dry Arch  
P7 Service of Commitment, 7pm, St Patrick's Church, Dungiven



Skill School



9am Mass for Ash Wednesday  
Booster Club P5-6  
Minecraft Club P3-P4



P5-P6 Swimming  
Camogie/Hurling Club P3-4  
Irish language club with Miss McKeever P5-P7



"Come as Yourself" non-uniform day for Children's Mental Health  
Hedgerow Heroes planting with P7  
Irish trad singalong with Miss Kelly P5-P7



### Important to note:

As we reach the midpoint of the school year, we would like to take a moment to thank our families for their continued support and partnership. The first half of the year has been a busy and positive one, and we are proud of the progress, learning and community feel across the school.

This newsletter contains several important updates and dates for the weeks ahead, including additional school closure days, an update on our Stay and Play Provision, upcoming events, and key information for parents.

Next half term, we welcome Miss Kelly who joins us on Teaching Practice in P5/6. We trust that everyone has a restful week off and look forward to seeing you all on Monday 16<sup>th</sup> February.



"where hearts and minds grow"



### Children's Mental Health Week

We will be marking Children's Mental Health Week in school during the week beginning 16 February. This year's theme, "This is My Place", focuses on belonging, feeling safe and being able to talk about our feelings.

During the week, pupils will take part in short, age-appropriate activities linked to our Zones of Regulation, helping them to recognise how they are feeling, understand that all feelings are okay, and practise strategies to help them regulate their emotions.



Families are warmly invited to join us for Mass on Wednesday 18 February to receive Ashes and mark the beginning of Lent. Mass will begin at 9:00 am. We kindly ask that all pupils are dropped off at the chapel by 8:50 am to allow time to be seated.

As part of our Lenten fundraising, we will be supporting Trócaire through the Spare Change Challenge. Over the coming weeks, pupils are invited to bring in any spare coins they may have at home to place in their class collection box. All funds raised will go directly to Trócaire to support their vital work with communities experiencing poverty and injustice.



The link to order PE uniform is now live until 17/02/26 <https://link.mfc-sports.com/UZIF16>

HOLIDAY DATES 2025-2026	
Monday 9th – Friday 13th February	School closed for February half term
Monday 16 <sup>th</sup> March – Tuesday 17 <sup>th</sup> March	School closed for St. Patrick's Day
<b>Wednesday 18<sup>th</sup> March</b>	<b>School closed for School Development Day</b>
Thursday 2nd April – Friday 10th April	School closes at 11am on Wednesday 1 <sup>st</sup> April for Easter
Monday 4th May	School closed for May Bank Holiday
<b>Tuesday 5<sup>th</sup> May</b>	<b>School closed for School Development Day</b>
Monday 25th May	School closed for May Bank Holiday
<b>Tuesday 26<sup>th</sup> May</b>	<b>School closed for School Development Day</b>
Monday 30th June - August	School closes at 11am for summer holidays Friday 27th June

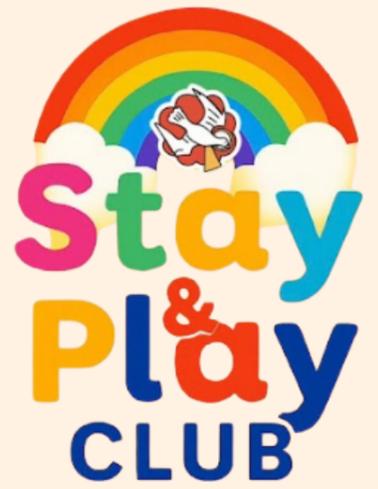
The school will be closed to pupils for three additional days that were not included in the initial holiday dates. Two of these closures are additional School Development Days granted by the Department of Education to support staff engagement with the TransformED programme. The third additional closure is a rescheduled day in lieu of Monday 5 January. Updated holiday dates have been included above, and we thank parents for their understanding and continued support.

## Stay and Play - Update for Parents

After careful review, the Board of Governors has agreed that the Stay and Play wraparound provision will finish at the end of June and will not continue into the next school year.

Stay and Play was introduced to support families, based on initial interest from parents. Unfortunately, over time, uptake has been lower than expected and the service is not financially sustainable.

Thank you to the families who used Stay and Play and for your continued support of the school. If you have any feedback or would like to discuss this further, please do get in touch with Mrs Jackson.



Parents and carers are reminded that all school policies are available to view on our school website. These policies outline our approaches to safeguarding, behaviour, learning and wellbeing and reflect our commitment to providing a safe, inclusive and high-quality educational experience for every child.

Safeguarding remains our highest priority; our Safeguarding and Child Protection Policy clearly sets out the procedures in place to protect pupils. Miss Doherty is the school's Designated Teacher for Child Protection, with Mrs Ciara Walsh as Deputy Designated Teacher. Parents are encouraged to familiarise themselves with these policies, which are reviewed regularly, as we continue to work in close partnership to keep all children safe. Click on the image below to be taken directly to our Safeguarding Policy.

## OUR SAFEGUARDING TEAM

If you have a worry, you can talk to...



**Miss Doherty**

Designated Teacher for Child Protection



**Mrs Walsh**

Deputy Designated Teacher for Child Protection



**Julie McCullagh**

Chairperson of the Board of Governors



**Fr. Gerard Sweeney**

Designated Governor for Child Protection



**OR ANY OTHER ADULT IN OUR SCHOOL**

# Looking Ahead

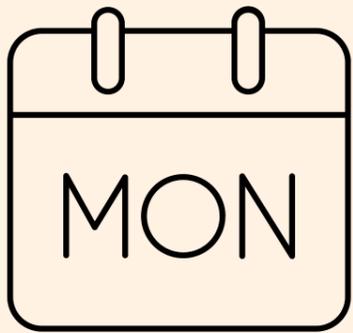
## February 2026

16 Children's Mental Health Week  P7 Service of Commitment 7pm St. Patrick's Church, Dungiven	17 Shrove Tuesday	18 Ash Wednesday 9am Mass  Shared Ed P1-2 at school	19 Swimming P5-6 Adoration  Residential Information Session for P6/7 Parents 5:30pm	20 "Come as Yourself" non-uniform day for Children's Mental Health  Hedgerow Heroes planting with P7
23	24 Indoor Camogie and Boys Football - Meadowbank  Shared Ed P1-2 at school	25 PLP meetings for pupils on SEN register	26 Swimming P5-6	27

## March 2026

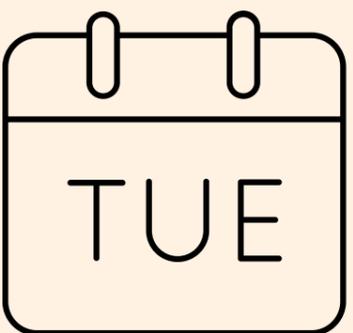
Mon	Tue	Wed	Thu	Fri
2 P4 and P7 pupils attending 10am Mass in Dungiven	3  Parent Workshop – Big Feelings led by Rise NI 6pm	4	5 Swimming	6 World Book Day – pupils dress up
9 P6/P7 pupils on School Residential to Woodhall  Science Week	10 P6/P7 pupils on School Residential to Woodhall	11	12 Swimming  Shared Ed P1/2 at Drumrane PS	13 KS2 St. Patrick's Day Assembly 1:30pm Parents welcome
16	17	18 <b>School Closed – Staff Development Day</b>	19 Swimming	20
23	24 Shared Ed C Feeny	25	26 Last day of swimming	27 P7 Love for Life Workshop
30	31 World Maths Day Easter Talent Show  Parent Workshop – "Face to Facebook" How to keep your child safe online led by Love for Life at St. Canice's PS 7pm-8pm	1 <sup>st</sup> April  School closes at 11am for Easter	2 <sup>nd</sup> April	3 <sup>rd</sup> April

# After School Clubs



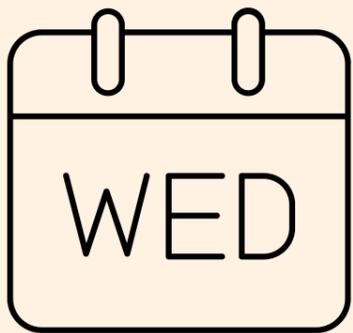
Booster P1-P2

Booster P3-P4, P7



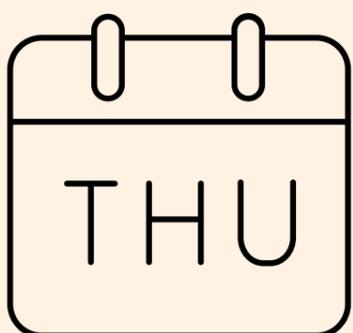
Skill School P1-P2

Skill School P3-P7



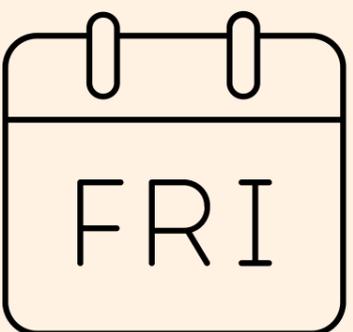
Booster P5-P6

Minecraft P3-P4

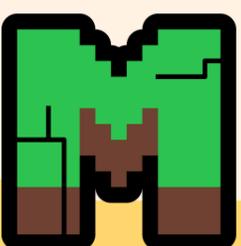


Camogie/Hurling P3-P4

Irish Language P5-P7



Irish Trad Songs P5-P7



# EAT SMART WEEK THE LUNCH BUNCH



## WEEK BEGINNING

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

16th February 16th March 13th April 11th May 8th June	Baked Fish Goujons with Lemon Mayo - Or - Classic Margherita Pizza  Steamed Broccoli & Baked Beans Chipped Potatoes & Baked Potato  Selection of Fruit Yoghurt Pots	Homemade Beef Bolognese - Or - Penne Pasta and Tomato Bake with Herb Crust  Baton Carrots & Green Beans Fusilli Pasta & Fresh Seasonal Salad  Mandarin Orange Sponge with Custard	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Cheese & Tomato Panini Melt with Coleslaw  Garden Peas & Fresh Seasonal Salad Steamed Rice & Oven Roast Wedges  Peach & Raspberry Traybake Trifle	Roast Pork with Stuffing and Rich Gravy - Or - Creamy Pepper Chicken  Steamed Broccoli & Cauliflower Mashed Potatoes & Oven Roast Potatoes  Chocolate and Pear Sponge Cake	Hot Dog with Tomato Ketchup - Or - Baked Potato with Butter Beans in Tomato Sauce & Cheese Melt  Garden Peas & Mini Corn on the Cob Chipped Potatoes & Baked Potato  Vanilla Ice Cream with Sliced Pears
23rd February 23rd March 20th April 18th May 15th June	Golden Baked Cod Bites - Or - Sweet Potato and Chicken Bake  Steamed Broccoli & Baked Beans Chipped Potatoes & Baked Potato  Frozen Strawberry Yoghurt and Fruit Tub	Mild Beef Chilli - Or - Classic Margherita Pizza  Sweetcorn, Fresh Seasonal Salad & Coleslaw Steamed Rice & Oven Roast Wedges  Homemade Apple Sponge with Custard	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Oven Roasted Vegetable Sausages with Tomato & Bean Stew  Garden Peas & Diced Carrots Steamed Rice & Mashed Potatoes  Fresh Fruit Salad with Strawberry Yoghurt	Roast Turkey with Stuffing and Rich Gravy - Or - Roast Quorn Fillet with Rich Gravy  Roast Carrots & Spring Cabbage Mashed Potatoes & Oven Roast Potatoes  Fruit Muffin and Milkshake	Cheeseburger with Tomato Ketchup - Or - Chicken Caesar Wrap  Mini Corn on the Cob & Crunchy Veggie Sticks Chipped Potatoes & Baby Potatoes  Oatmeal Biscuit with Orange Wedges
2nd March 30th March 27th April 25th May 22nd June	Golden Crumbed Fish Fingers - Or - Mighty Mac 'n' Cheese  Garden Peas & Spaghetti Hoops Chipped Potatoes & Mashed Potatoes  Banana-flavoured Mousse	Homemade Beef Bolognese - Or - Spring Frittata with Coleslaw  Steamed Broccoli & Fresh Seasonal Salad Fusilli Pasta & Herbed Baby Potatoes Summer Fruit Sponge Finger	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Chilli and Garlic Quorn Bites  Green Beans & Baton Carrots Steamed Rice & Oven Roast Wedges  Blueberry and Lemon Sponge with Custard	Roast Gammon with Stuffing and Rich Gravy - Or - Savoury Mince  Cauliflower & Roast Butternut Squash Mashed Potatoes & Oven Roast Potatoes  Jelly Whip with Mandarin Oranges	Baked Pork Sausages - Or - Cheese and Tomato Deli Roll with Fresh Seasonal Salad  Sweetcorn & Baked Beans Chipped Potatoes & Mashed Potatoes  Frozen Vanilla Yoghurt with Melon Wedge
9th March 6th April 4th May 1st June 29th June	Homemade Beef Bolognese - Or - Chicken Stroganoff  Baton Carrots & Steamed Broccoli Fusilli Pasta & Oven Roast Wedges  Melon, Mandarin and Pineapple Pot	Ham and Cheese Pizza - Or - Mediterranean Roasted Vegetable Quesadilla with Hummus  Sweetcorn & Coleslaw Chipped Potatoes & Baby Potatoes  Raspberry Jelly with Two Fruits	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Tex-Mex Beef and Veg Tortilla Boat Garden Peas & Roast Butternut Squash Steamed Rice & Potato Salad  Pineapple Upside Down Cake with Custard	Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy - Or - Baked Salmon and Tomato Pasta Roast Carrot & Cauliflower Mashed Potatoes & Oven Roast Potatoes  Chocolate-flavoured Mousse with Chopped Fruit	Oven Baked Chicken Goujons - Or - Tuna and Pasta Salad  Garden Peas & Baked Beans Chipped Potatoes, Baked Potato & Fresh Seasonal Salad  Homemade Flakemeal Biscuit with Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO PRODUCT AVAILABILITY

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



# School Development Plan 2025-2028

Our School Development Plan outlines how we will continue to support children to learn, grow and thrive in a caring Catholic school community.



## Strengthening Thinking Skills and Assessment for Learning

We want children to know what they are learning, why it matters and how to improve.

### What this means for your child

- Greater confidence talking about their learning
- Clear personal targets and next steps
- Growing independence, motivation and resilience

### What we are doing in school

- Building regular opportunities for children to talk with teachers about their learning, progress and next steps
- Using reflection journals so pupils set and review personal goals
- Training staff in evidence-informed teaching approaches to strengthen learning across the school



## Raising Standards in Literacy, Numeracy and ICT

We want every child to leave St Mary's with strong foundations for learning and life.

### What this means for your child

- Secure reading, writing and maths skills
- Improved spelling and number fluency
- Confident skills using digital tools responsibly
- Real-life learning through outdoor and practical experiences

### What we are doing in school

- Strengthening our approach to teaching reading and spelling using evidence-informed approaches
- Redeveloping our maths curriculum using a mastery approach to build secure number understanding.
- Implementing a progressive ICT curriculum so children can confidently create, explore and communicate digitally.



## Celebrating Diversity and Removing Barriers

We want every child to feel understood, supported and included, with barriers to learning identified early and addressed carefully.

### What this means for your child

- They feel a sense of belonging
- They learn to understand and respect difference and equity
- Support is planned and reviewed regularly.

### What we are doing in school

- Implementing a three-year Accessibility Plan to improve access to learning, the school environment and information for all
- Raising awareness of differences through teaching and assemblies that promote diversity and identity
- Using a whole-school provision map to identify and put support in place early
- Reviewing interventions to ensure they effectively support learning, communication and wellbeing



## Nurturing a Healthy, Safe and Supported School Community

We want St Mary's to remain a school where children feel safe, valued and ready to learn, and where wellbeing is prioritised for pupils, staff and families.

### What this means for your child

- Their wellbeing and confidence are nurtured
- Positive relationships support learning and behaviour
- They develop resilience, self-regulation and readiness to learn

### What we are doing in school

- Embedding daily wellbeing routines and calm supports for pupils and staff through our Being Well, Doing Well approach
- Developing pupil leadership and outdoor wellbeing activities that build confidence, resilience and positive relationships
- Working in partnership with parents, staff and external services to support wellbeing, attendance and engagement

“where hearts and minds grow”

Parent / Carer Information Session

# Helping Children Manage Big Feelings

All children experience big emotions at times. This practical and supportive session will help parents and carers understand what is behind their child's emotional responses and how to support them calmly and confidently at home.



## **In this session, you will:**

- Learn why children experience big feelings
- Explore simple, realistic strategies to support emotional regulation
- Gain practical ideas you can use immediately at home
- Build confidence in responding to challenging behaviour with empathy

**Tuesday 3rd March | 6.00 pm**  
**School Hall, St. Mary's Gortnaghey Primary School**

Delivered by RISE NI (Regional Integrated Support for Education)  
in partnership with St. Mary's Gortnaghey PS

# Ready, Steady, Learning Together & Speech, Language and Communication Programmes

(Programmes for neurodivergent families & Programmes for Speech  
and Language Support)

## *Ready Steady Shine!*

*Limavady / Dungiven*

*Dates and Times TBC*

*Contact Caroline for more information*

**BOOKING ESSENTIAL**

We believe every child is unique and has their own pace of development.

Facilitated by our neurodiversity champion, this programme is tailored to meet the individual needs of each child, allowing them to grow and thrive at their own speed.

## *Family Events & Workshops*

*One off events / workshops -  
see social media / WhatsApp  
for details*

These one off events and workshops focus on specific areas relevant to your parenting and family journey, including Neurodiversity Information Sessions



*Changing Time Is Chatting Time /  
Any Time is Chatting Time  
Dates & Venues TBC, contact  
Caroline to express interest*

This programme explores how a baby & toddler's brain develops; and simple messages are promoted i.e. when you smile, talk, laugh, sing and share stories with your child, you are helping to build their brain.

*Ready Steady Sing & Play - Baby &  
Toddler Groups  
4 sessions for parents with babies  
aged 6 months - 18 months & 18  
months - 3 years*

Parents / carers will obtain a range of Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and games.



# Programmes For Parents

(Parent Only programmes for parents / carers of children aged 0-4 years.  
Creche available at some programmes.)

## ***Building Better Boundaries - Nurturing your child's potential***

***Dungiven / Limavady,***

***contact Caroline to express interest***

- Whatever you need to know; linking children's stage of brain and emotional development to appropriate expectations of behaviour.
- Growing together: a readiness for change & creating the conditions for change to happen.
- Descriptive guidance and praise. Communicating clearly, being responsive to child's needs.
- Naming and showing empathy towards children's feelings.
- Reacting and responding appropriately to children's behaviour.
- Setting limits and Holding Boundaries.
- 7 C's of Respectful Parenting
- Wellbeing for parents / carers

## ***The Parenting Puzzle***

***4 Sessions***

***Dungiven / Limavady,***

***contact Caroline to express interest***

This programme explores the following topics:

- Empathy and the 4 building blocks required for effective relationships
- Appropriate expectations of behaviour and how to promote boundaries
- Praise & Encouragement
- Family Rewards
- And more



*family*

## ***Men's Health & Wellbeing Hub***

***Dungiven / Limavady,***

***contact Caroline to express interest***

This 4-week programme is designed to get male parents and carers moving, building strength, and boosting overall wellbeing through fun and accessible fitness sessions. Each week focuses on a different aspect of physical health, combined with short reflections on mental wellbeing and the benefits of staying active.



## ***Fathers And Families - "Empowering Dads, Strengthening Families"***

***Dungiven / Limavady,***

***contact Caroline to express interest***

The Fathers & Families Programme recognises the vital role dads play in their children's lives — whether they live with them or not.

- Over 6 sessions you'll explore:
- The important role of fathers
- Positive parenting styles & discipline
- Communication with your child
- Supporting children through challenges
- Rules, boundaries & consequences
- Quality time & building bonds

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*For more information, or to express interest in programmes, please contact Caroline in the Sure Start office on 028 7744 6317 or Caroline.OKane@dryarchcentre.co.uk or complete the online enquiry form at [www.dryarchcentre.org](http://www.dryarchcentre.org)*



*[www.dryarchcentre.org](http://www.dryarchcentre.org)*



*[www.facebook.com/DryArchSureStart](http://www.facebook.com/DryArchSureStart)*



*@DryArchCentre*



*Dry Arch Children's Centres (Updates Tab)*





## CBeebies Parenting and Apps

CBeebies Parenting is full of useful information from creative activities, recipes and information about the CBeebies apps.

CBeebies apps are free to download with no in-app purchases. Their apps include:

PlaytimeIsland-FunGames for Kids App. This app includes 40 free games.

CBeebiesLearn-EarlyYears Learning App. This app includes games and videos and is based on the Early Years Foundation Stage curriculum.

GetCreative-Open-ended Creative Activities App. This app is free and includes lots of drawing and painting activities.

Storytime-ReadingStories App. This app includes interactive story books.

You can find out more here:

<https://www.bbc.co.uk/cbeebies/parenting>

**Would you like to read this newsletter in a different language?** You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/february-2026-primary/>

## Using AI to alter images

AI image generator and moderator tools are widely available and often used by children. Whilst these tools can be used for creative purposes, we need to ensure our children are aware of the appropriate way in which to use them and the circumstances when they should not be used, even if harm is not intended.

### What are AI image generator and moderator tools?

It is when Artificial Intelligence is used to create or modify images, for example it could be used to swap faces, change expressions or for more sinister reasons, such as to remove clothes. These images are often very realistic and therefore difficult to see that they are fake.

### Privacy concerns and consent

If your child is using these tools, they need to be aware of potential loss of privacy and the importance of consent. They should know that they should only use images of other people with consent.

### What does my child need to know about using these tools?

- Children shouldn't use AI tools to manipulate images of school staff. Even if the child's intention is not malicious, children should not use AI tools to create or edit photos of teachers under any circumstances.
- Manipulation of images of friends or other children – if you are using images of other people, then consent **must** always be sought.
- The tools should not be used to create images that can embarrass or hurt others - this is a form of online bullying.
- Copyright issues – who owns the copyright? These images could be reused by others, which can affect their own digital footprint.

### What should I do?

- Chat to your child if they are using these tools and ascertain the reason why. Ask them to show you the images that they have created.
- Check the age ratings of any apps/websites that your child is using and set up appropriate parental controls.
- Develop your child's digital literacy by teaching them to recognise online risks and to behave responsibly online

### Further information

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai>
- <https://oursaferschools.co.uk/2025/02/18/understanding-image-consent-at-schools/>

# TikTok

**You must be over 13 years of age to use TikTok.** TikTok is a social media platform for sharing and watching short video clips. If your child is using TikTok then make sure appropriate security / privacy settings are applied.

## Account set up

It is important that your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

## Family Pairing

Family Pairing allows you to link your own account to your child's account. You can then set controls such as restricted mode or tailor your child's 'For You' feed by selecting keywords that TikTok will use to filter out posts. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

## What do I need to be aware of?

- Inappropriate content and themes:** whilst against guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics/themes.
- Challenges:** We often see viral challenges on social media, some of which can be **risky/dangerous**. Sadly, there are reports that children have died whilst attempting online challenges. Children may not yet have developed the skills and ability to critically analyse that what they see online is not always safe for them to replicate.
- Stranger contact:** chat to your child about how people may not be who they say they are when online.

## Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

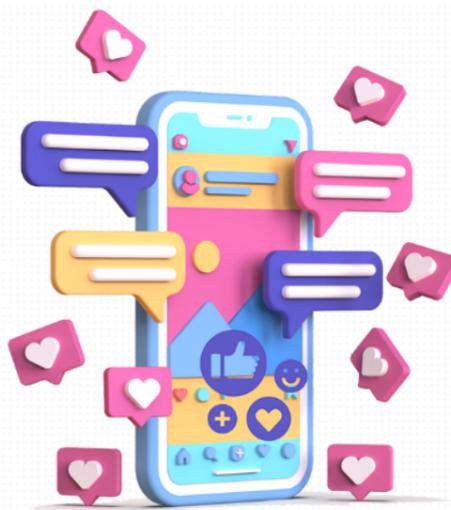
## Blocking and Reporting

Show your child how to use the safety features available.

## Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://www.tiktok.com/safety/en/guardians-guide>

*Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.02.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.*



## Balance screen time tips

Internet Matters have created simple tips to help you develop healthy online habits for your child. They also answer key questions such as "how much screentime is too much" and "is gaming bad for children." Access this information here:

<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips>

## 7 Steps to Good Digital Parenting

The Family Online Safety Institute have created seven steps to assist you as a digital parent. Find out more here:

<https://fosi.org/program/7-steps-to-good-digital-parenting/>

## Children's Commissioner launches new guide for parents and carers

The Children's Commissioner has released a new guide to help you in managing your child's digital life. The guide was written with direct involvement from children.

It includes advice on setting boundaries such as no devices in the bedroom and how to chat to your child. You can find the guide here:

<https://www.childrenscommissioner.gov.uk/blog/what-i-wish-my-parents-or-carers-knew-childrens-commissioner-launches-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day (SID) is celebrated around the world. This year, on Tuesday 10th February 2026, it will be celebrated with the theme:

**‘Smart tech, safe choices – Exploring the safe and responsible use of AI’**

## UKSIC Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, help and advice and quizzes to help you start a conversation with your child. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

## What is AI and is it safe?

Internet Matters has a wealth of information on their website about AI, including is it safe for children to use, privacy and data considerations, examples of popular tools and the risks that you should be aware of. You can access this information here:

<https://www.internetmatters.org/advice/by-activity/using-artificial-intelligence/what-is-ai-artificial-intelligence/>

## AI Chatbots

ParentZone have published an article highlighting what you need to know about chatbots, and the growing role of artificial companions. The article discusses what an AI friend is, the minimum age rating for using a chatbot, the appeal and the risks of AI friends as well as what you can do if your child is using them. You can access it here:

<https://parentzone.org.uk/article/ai-chatbots>

## AI Tips from the NSPCC

This article from the NSPCC introduces AI tools and discusses what AI generated content is. It also includes tips on how to support your child to use AI safely. Read the article here:

<https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents/>

## Parenting in the AI age

UNICEF have published an article discussing how to approach AI with your child. It discusses how AI can help promote learning as well as some of the dangers. You can find the article here:

<https://www.unicef.org/parenting/digital-parenting/how-approach-ai-children>

## Resources for Parents and Carers from London Grid for Learning (LGfL)

LGfL have several resources on their website in support of SID, including a video about what children are being exposed to online with generative AI tools. You can find the resources here:

<https://lgfl.net/safeguarding/safer-internet-day>

# SKILL SCHOOL

# AFTER SCHOOL SPORTS SESSIONS

Fun • Professional • Inclusive



## GORTNAHEY PRIMARY SCHOOL

- ✓ Engaging programmes led by professional, experienced coaches
- ✓ Focused on helping children grow through sport and physical activity
- ✓ Builds key values such as self-belief, respect, resilience, honesty, and empowerment

## SESSION DETAILS



Tuesday  
17th February 2026



Multi Sport



P1-P2 2:00pm - 3:00pm  
P3-P7 3:00pm - 4:00pm



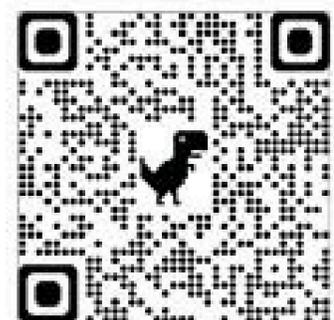
£20 for an 8 week course, with the school kindly subsidising £16 of the cost. 10% family discount.

## HOW TO BOOK

**REGISTER:** Online at [skillschoolni.com/bookings](https://skillschoolni.com/bookings)

**PAYMENT:** Pay online or select the cash option when booking.

**CASH PAYMENTS:** Cash in a sealed envelope with child's name to school office.



[skillschoolni.com/bookings](https://skillschoolni.com/bookings)