

SURVEY

Thank you again for all the returns sent concerning our school questionnaire. These have been much appreciated. We will process these returns and share the outcomes with you.

Closing date is Tuesday 18th May.

<https://forms.gle/3XPANZKH4o7xjFd98>

COVID 19 ADVICE

As you know, we are still following the Government and DE Guidelines for school re: COVID 19. Thus far, we have been very fortunate and we hope to continue to the end of term safely.

At present we are entering and exiting well with most parents wearing masks and trying to remain at a safe distance when queuing/waiting. Thank you for doing this everyone – it encourages others.

SPORTS' DAY

We cannot celebrate many of our usual Term 3 events with parents in attendance – but we do still plan to enjoy some events with our children in school. Our PE Team will be sending you further information about our sports events for pupils this year.



It will be good to let the children enjoy more outdoor time in sporting activities when we can in May/June.

TELEPHONE CALLS

All parents, please note we have a telephone calling system each morning should you have an absence to report. Leave a message and we will note this.

If you have any difficulties – just call the office later and we will help you.

ANTI SOCIAL BEHAVIOUR

We are aware that PSNI has been visiting families re: some anti-social behaviour after school and in the evening throughout our town.

Again, I reiterate it is good to know where your children are and what they are doing when not under your supervision each day. Thank you.

P1 FORMS

All P1 information for enrolment should be with us in school by Friday 14th May.

K. Mulligan

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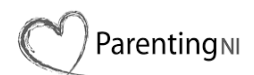
BUILDING RESILIENCE



The past year has encouraged us all to be more resilient than we perhaps ever thought possible. Our pupils have shown us that a bit of encouragement, support and a positive spirit really helps us all. I commend all parents for giving their children a positive “can do” attitude to life. This is encouraged in school and our children are happy. Please note the following to help you building this resilience in pupils.

- ☑ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ☑ Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ☑ Help them to see that problems can be solved.
- ☑ Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- ☑ Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- ☑ Encourage children/young people to accept responsibility for their actions.
- ☑ When reading stories or discussing events, point out how people manage to overcome difficulties.
- ☑ Remember that learning is often frustrating. Encourage children/young people to persist and believe they can get there.
- ☑ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ☑ Create a positive environment emphasising the importance of relationships and having a sense of purpose.

For more resources on mental health visit:



www.parentingni.org/family-wellness-project