









Saint Vincent de Paul Primary School

February 2022



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Click to link to Parish of Saint Vincent de Paul.

169 Ligoniel Road, Belfast BT14 8DP Phone: 02890715401 Mobile: 07910833699 Email: stvincentdepaul@downandconnor.org



Saint Vincent de Paul
Ligoniel





10th February 2022

Dear Parents

As you are aware, we have had quite a difficult start to the new term with COVID affecting both staff and children. Thankfully things appear to be settling down- Fingers crossed! We still ask you to support us by wearing a mask on the school premises and by keeping your child at home if they have any symptoms

This term we have been looking after our children's Health and Well Being through **Children's Mental Health Week**. The Theme this year is "Growing Together" you will find lots of ideas and tips on the Place2Be website and in our Newsletter.

Safer Internet Day 2022 was celebrated on 8th February with the theme 'All fun and games? Exploring respect and relationships online'. The children have taken part in Assemblies and special lessons to learn about keeping safe online.

I wish everyone a safe and enjoyable Mid Term Break. School will be closed for Mid Term Break from Monday 14th of February to Friday 18th February.

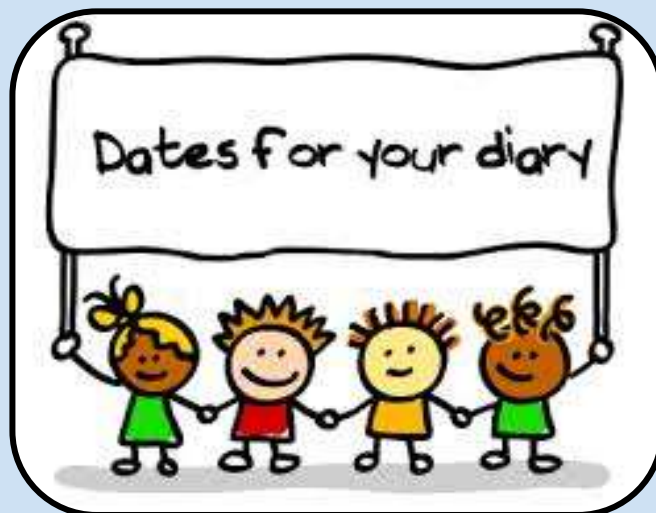
Yours sincerely

Bronagh McVeigh



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Date	Event	Class
Week Beginning 21/02/22	Science Week	All Classes
Wednesday 23 rd February	Online portal closes for Post Primary Admission	P7
Thursday 24 th February	Fire Services Class Visits	P4/5 Mrs Hair P5/6 Mr Erskine P5/6 Mrs Forte
Friday 25 th February	Cookery with Maria	P5/6G Mr Erskine
Wednesday 2 nd March	Community Dental Health Team	P1/P2 Classes
Friday 4 th March	World Book Day Non uniform day Come dressed as your favourite character	All classes
Thursday 17 th March and Friday 18 th March	School Closed for St Patrick's Day Holiday	All Classes
Tuesday 22 nd March	World Water Day	All classes
Friday 25 th March	Music Makers Workshop	P5/6 Mrs Forte
Tuesday 5 th April	First Confession	P3L Mrs Lally at 10.00 P3G Mrs McGrogan at 11.30
Thursday 14 th April - Friday 22 nd April	Easter Holidays	All classes



Sacramental Dates



Sacrament	Date	Time	Class	No. of Children	Teachers
First Confession (Child and 2 adults)	Tuesday 5 th April	10.00am	P3	17	Mrs Lally
First Confession (Child and 2 adults)	Tuesday 5 th April	11.00am	P3	18	Mrs McGrogan
Confirmation (child, Sponsor and 2 adults)	Tuesday 10 th May	11.00am	P7	44	Miss McFarland Mrs Walsh
First Communion (child and 2 adults)	Tuesday 24 th May	11.00am	P4	40	Mrs C McVeigh Mrs Hair



Do you have a child aged 5 to 11 years in a clinical risk group?

They can now be vaccinated against COVID-19. Children aged 5-11 living with someone who is immunosuppressed are also eligible.

Children at special schools may be vaccinated there. For all other eligible children see the link below or the QR code to make an appointment at a children's vaccination clinic in your Trust:



<https://covid-19.hscni.net/get-vaccinated/>

If you have any concerns speak to your child's GP or paediatrician.



Please bring to the appointment written evidence that your child is in a clinical risk group, eg GP letter, hospital letter, prescription.

For clinical risk groups see the parents' guide at:
www.pha.site/5-11



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

7 - 13 February is Children's Mental Health Week. The week is run by the charity Place2Be, and focuses on the importance of promoting good mental health and wellbeing for children and young people.

WHAT'S IT ALL ABOUT?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

This week all the children have been learning about Mental Health and how to improve it. The classes have engaged in a range of activities and workshops. One of the activities was to create a Support Balloon of people who can help us. Follow the link below to see a small selection of the children's work.



WHAT CAN YOU DO?

Here are a few simple ways you can support your child's emotional growth.

1. Talk about when your child was younger

Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous.

If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.

2. Notice when your child has developed and grown

You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

3. Encourage your child to try new things

This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.

4. Listen to your child's hopes and dreams for the future

Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.

5. Support your child to learn from tough situations

It can be really hard when your child is not getting on with friends or having a problem with a teacher, or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

Activities from Place2Be's Art Room

Support Balloon – have a go at this simple art activity with your children. Aimed at primary-age children, this activity from can help children think about who supports them to grow.

bit.ly/3m2R9ib 

My Changing Shapes – try this activity designed for secondary-age children. This activity supports young people to look back at their past growth.

bit.ly/3nhiYTl 

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional wellbeing and growth of primary-age children.

parentingsmart.org.uk 





Tuesday, 8th February marked Safer Internet Day. All of our classes took part in class workshop events and year group assemblies. The theme this year was "All Fun and Games— Exploring Relationships and Respect Online." A reminder that online gaming presents risks to all users. Children and parents should be alert to unknown players in the game and be cautious about using chat functions. The best way to protect our children is to educate ourselves and to monitor children's online habits. Below are some guides which will give further information about online risks, and a copy of a presentation given to children in P4 to P7. It is worth taking time to discuss this with your child.



Guides on topical issues

Cyberbullying
Inappropriate content
Online challenges
Online reputation



Online Guide to Apps

Snapchat
Roblox
TikTok

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Be Resilient

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



Inspire...



Research...

The world is full of people who have needed resilience to get where they are going. Help your child to find out about a celebrity or person they may be interested in who has needed resilience.

Michael Jordan is considered to be one of the best basketball players of all time. He famously once said:

"I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed."

Support...



Remember...

We can help our children to build their resilience by reminding them of past successes or achievements. The more good memories they have of things that went well for them, the better they can cope when things are not going their way. Past achievements can be small things like learning to count or learning to walk. The first time we tried those things, we didn't manage it, but we kept trying until we got there!

Challenge...



Quick, Tell Me...

When the going gets tough for our little people, it's hard for them to find positives to focus on and keep them going.

We can help them to stay positive by helping them consider the good things from their day. These can be little things like a nice lunch or getting to play your favourite game at playtime.

Quick, tell me 3 good things that happened today!



Be Resilient

Play



Play helps to nurture imagination and give a child a sense of adventure. Through this, they can learn essential skills such as problem solving, working with others, sharing and much more. In turn, this helps them develop the ability to concentrate and to be resilient.

Tell a story

We are walking through the jungle and we met...

- something big with a long wavy trunk, draw the animal on the child's back with your finger as you describe it
- something long and slithery
- something with a long neck and 4 long legs
- something that likes to swing through the trees.



Matching Socks

Leave the screen for a while and match all those stray socks with your child. Are there any games you could play with the matched socks?

- Sock ball basketball - practice throwing their ball into a laundry hamper, small cardboard box, or another household container from different distances and angles.
- Bowling with sock balls - Make three sock balls. Clear a floor space in your house, such as a hallway, approximately one metre wide by five to seven metres long. Be sure to remove breakable objects. Set up six empty milk cartons or empty plastic bottles as bowling "pins" at one end of the space. Roll the sock balls on the floor and try to knock over the pins!



Inspire...



Support...



Challenge...



Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Eye Signals

Hold hands and stand facing each other. Use eye signals to indicate direction and number of steps to take; for example, when you wink your left eye 2 times, both you and the child take 2 steps to your left. For older children, you can add signals for forward and backward movement as well (head back for backward head forward for forwards).

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



Create a special handshake

Make up a special handshake together, taking turns adding new gestures, for example, high five, clasp hands, wiggle fingers, and so on. This can be cumulative over several sessions and can be your beginning or ending ritual. It can be used to good advantage when parents join the session.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



Trace Messages

Using your finger, trace shapes or simple positive messages on the child's back for her to decipher.

Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Wheelbarrow

Have child put her hands-on floor. Stand behind her and clasp her firmly by the ankles or just above the knees. Child "walks" on her hands. This is hard work for the child so you should stop as soon as it becomes too tiring.

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Click to download the latest High Five Magazine produced by the EA Primary Behaviour Support Team.



Schools News

Well Done to the Winners of
Our Poster Competitions!



Class News Nursery Ms Donnelly



*Happy
Valentine's
Day!*



LOVE • LOVE • LOVE



PIC • COLLAGE



Class News Nursery Ms Donnelly



LOVE • LOVE • LOVE

***Happy
Valentine's
Day!***



PIC • COLLAGE



Class News Nursery Ms Donnelly



***Happy
Valentine's
Day!***



PIC • COLLAGE



Class News P1 Ms. Glover

Children's Mental Health Week 2022

clever

special

cheerful

kind

caring

loving

artistic

adventurous

Growing Together

W.A.L. Number bonds to 10

$$3+7=10$$

$$7+3=10$$

$$5+5=10$$

$$8+2=10$$

$$8+2=10$$

$$2+8=10$$

Class News P1 Ms. Glover

W.A.L. Number bonds to 10



W.A.L. Number bonds to 10

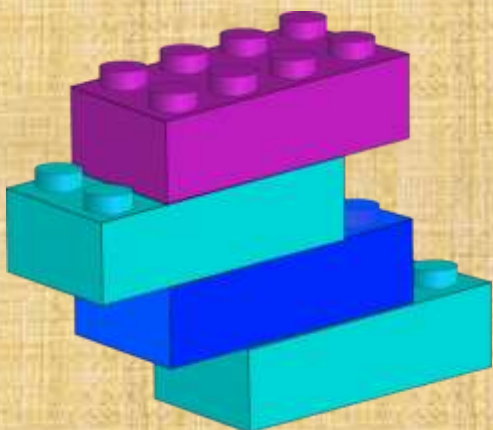


Class News P1 Ms. O'Rawe



Look at our cool constructions

PIC•COLLAGE



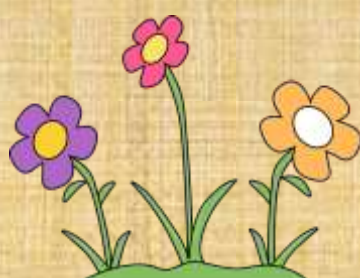
Class News P1 Ms. O'Rawe



jump jiggle and jive



PIC•COLLAGE



Class News P2 Mrs. McLaughlin



Class News P2 Mrs. McLaughlin



P2L looking
for
signs of
Spring
and having
fun in the
park

PIC•COLLAGE

Class News P2 Ms. Jamieson



Class News P2 Ms. Jamieson



Signs of Spring



Class News P3 Mrs. McGrogan



P3M



PIC•COLLAGE

Class News P3 Mrs. McGrogan



Class News P3 Mrs. Lally



*P3 having great fun in the
Community Centre 😊*



PIC•COLLAGE

Class News P3 Mrs. Lally



P3L Celebrating
Chinese New Year



PIC•COLLAGE

Class News P4/5 Mrs. Hair



P4 5 FISHING FUN



PIC COLLAGE

Class News P4/5 Mrs. Hair



Class News P5-6 Mrs. Forte



Class News P5-6 Mrs. Forte

African Drumming



Class News P4 Ms. O'Kane



**PRIMARY 4
-NUMERACY TASK
WORK**



PIC • COLLAGE

Class News P4 Ms.O'Kane



Class News P5-6 Mr. Erskine



Class News P5-6 Mr. Erskine



Class News P7 Mrs. McFarland



FISHING TRIP 🥶

