

Saint Vincent de Paul Primary School

April 2023



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Dear Parents/ Guardians

Welcome to our Spring Term Newsletter. We have had another very busy and successful term. Working together in partnership to make a difference is so important to us. To ensure that your child gets the best out of school, we ask for your support with the following:

Attendance

Regular levels of Attendance continue to be a problem for over 30% of our children. We are aware that absence due to illness cannot be avoided. However, if there are other difficulties that are making attendance a challenge, please do not hesitate to get in touch so that school can offer support.

Be an Attendance **H.E.R.O.**

Here
Everyday
Ready
On time



Communication

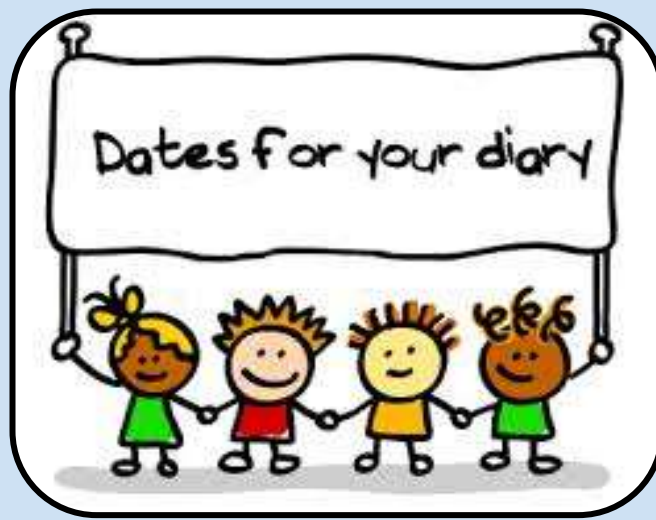
Keeping in touch with our parents is SO important- you can keep up to date through SEESAW and the School website. Any queries or concerns about getting connected please do not hesitate to contact us.

Yours Sincerely

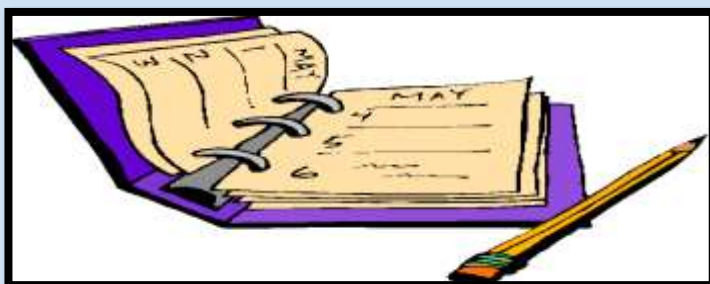
Bronagh McVeigh

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Date	Event
Thursday, 27th April	Nursery / Primary One Acceptance Letter
Thursday, 11th May	Primary One Induction Meeting @ 12.30pm
Friday, 19th May	Nursery Open Day
Saturday, 20th May	Primary Seven Post Primary Notification
Thursday, 22nd June	Primary Seven Leavers Mass @ 10.00am
Friday, 23rd June	Primary One—Primary Six Awards and Celebration Day



Sacramental Dates

Sacrament's update

First Confession took place on Tuesday 28th of March- Father Vincent asked me to pass on his thanks and congratulations to the children, their teachers and parents.

Confirmation

This takes place on Friday 28th of April at 11.00. School closes at 12.00 on that day for all pupils. Lunches will be as normal.

The Primary Seven children should be in the church with their parents and sponsor NO LATER than 10.30. The children will be provided with a Confirmation stole which they will wear over their normal school uniform.

Communion

This takes place on Saturday 13th May at 11.00. The Primary Four children should be in the church with their parents NO LATER than 10.45.

Father Vincent welcomes the boys' and girls' families to attend both services. There are currently NO restrictions on numbers.





**Planned Industrial Action
Wednesday, 26th April
School will be
closed all day.**

As I'm sure you are aware Industrial Action in many parts of the Public Sector has been taking place over the past number of months. Schools in England, Wales and Scotland have recently taken strike action with teachers withdrawing their labour.

Teaching Unions in Northern Ireland are set to follow. It has been announced that NASUWT, INTO, UTU and NAHT members will strike on 26.04.23 from 12.00am until 12.00pm.

The school will be closed to all pupils.





New School Update

I am delighted to update you on our new school build. It has now moved to the Planning Application stage. I would like to invite our parents and members of the local community to a **PAN** (Planning Application Notification) meeting on:

Monday 15th May between 4.00 and 8.00 in the School Assembly Hall

At that meeting you will get to meet the architects, view the design and ask any questions that you may



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P6/7 Swimming

Dear Parents/ Guardians

We are delighted to let you know that all our P6/7 classes will take part in Swimming lessons in Ballysillan Leisure Centre.

The classes will run from Friday 21st of April until Friday 16th June.

The lessons cost £3.50 per week. Please ensure your child has:

Swimming Bag

Swimming Costume

Towel

Goggles

Sliders/ Flip Flops

If you have any concerns or queries, please contact your child's class teacher.

Yours Sincerely

Bronagh McVeigh





School Lunch Menu – No Choice 08/02/23

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week beginning: 10.04.23 08.05.23 05.06.23	Golden Crumbed Fish Fillet Chips Mini baked Potato Baked Beans & Garden Peas Sponge & Custard	Homemade Beef Bolognaise Pasta Spirals Sweetcorn/Grated Cheese Garlic Bread Slice Vanilla Ice Cream and Jelly	Mild Chicken Curry & Naan Bread Steamed Rice/Garden Peas Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy Mash & Roast Potatoes Carrots & Parsnip Strawberry Mousse	Hotdog Chips, Salad & Coleslaw Homemade Flake meal Milkshake
Week 2 Week beginning: 20.03.23 17.04.23 15.05.23 12.06.23	Oven Baked Chicken Nuggets Chips or mashed Potatoes Sweetcorn & Baked Beans Pear & Chocolate Sponge & Custard	Homemade Pie (Sausage or Minced Beef Pie) & Gravy Mashed Potatoes Peas & Carrots Rice Krispie Square & Milkshake	Mild Chicken Curry & Naan Bread Steamed Rice/Garden Peas Homemade Jam & Coconut Sponge & Custard	Roast Beef with Stuffing & Gravy Mash & Roast Potatoes Bacon Carrots Cornflake Tart & Custard	Golden Crumbed Fish Fillet Chips/baked Potatoes Salad Coleslaw Popcorn Cookies Fruit
Week 3 Week beginning: 27.03.23 24.04.23 22.05.23 19.06.23	Oven Baked Pork Sausages Mashed Potatoes Baked Beans & Garden Peas Ice-Cream & Peas with Hot Chocolate Sauce	Pepperoni Pizza Slice Chips, Tossed Salad & Coleslaw Zesty Orange Sponge & Custard	Mild Chicken Curry/Beef & Naan Bread Steamed Rice/Garden Peas Caramel Tart Fruit	Roast Gammon with Stuffing & Gravy Mash & Roast Potatoes Carrot & Turnip Iced Sponge with Sprinkles & Custard	Oven Baked Breaded Fish Fingers Chips Spaghetti Hoops/Garden Peas Strawberry Milkshake & Flakemed Biscuit
Week 4 Week beginning: 03.04.23 01.05.23 29.05.23 26.06.23	Homemade Beef Bolognaise Pasta Spirals Sweetcorn/Grated Cheese Garlic Bread Slice Apple Sponge & Custard	Mild Chicken Curry & Naan Bread Steamed Rice/Garden Peas Vanilla Ice Cream Sponge & Fruit Salad	Oven Baked Sausages Chips & Baked Beans or Sweetcorn Sticky Toffee Pudding & Custard	Roast Chicken Fillet with Stuffing & Gravy Mash & Roast Potatoes Broccoli/Carrots Chocolate Brownie and Milkshake	Oven Baked Cod Fishcake Chips or Baked Potato Baked Beans/Coleslaw Frozen Mousse Fruit

Breads, Milk, Water & Fresh Fruit Available Daily

If You Require Any Additional Information on Allergens or Special Diets Please Contact the School to complete a Special Diets Application Form

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EASY MINDFUL PRACTICE

MINDFULNESS IS THE BASIC HUMAN ABILITY TO BE FULLY PRESENT, BEING AWARE OF WHERE WE ARE, WHAT WE ARE DOING AND NOT BECOMING OVERWHELMED BY WHAT IS GOING ON AROUND US.

try these simple tips to support the practice of mindfulness

feeling overwhelmed?

SMILE
BREATHE (EXERCISE BELOW)
EXERCISE
FORGIVE

keep a journal
relax
cook
talk

just one breath

FIND A RELAXING PLACE, SIT COMFORTABLE
SET A TIMER FOR ONE MINUTE

breathe deeply in and out paying attention to sounds and sensations you hear

take a slow deep breath and feel it going into your lungs and out again

take one more breath, hold and release it



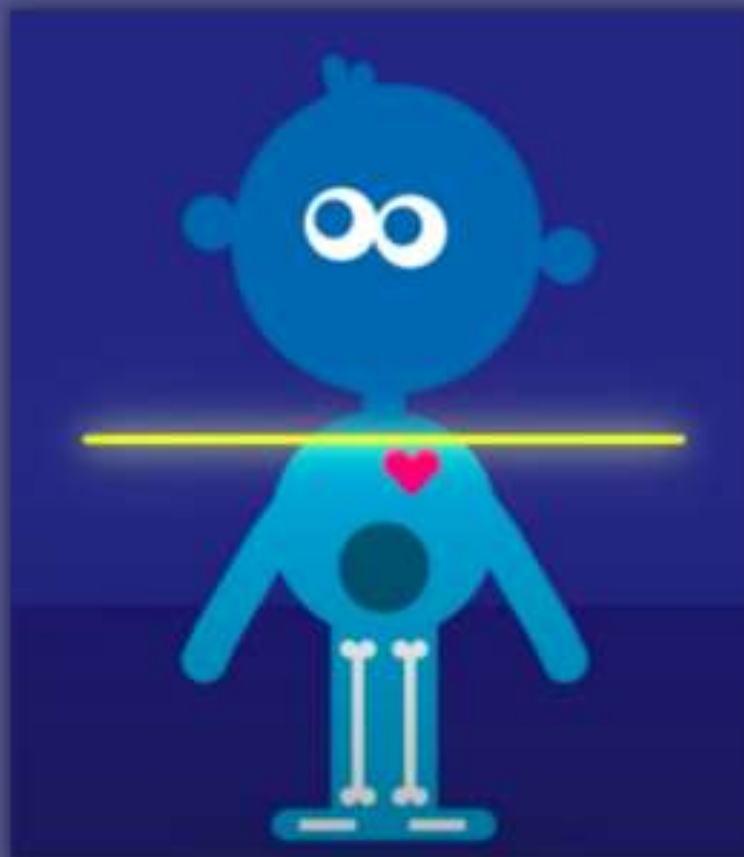
Be Mindful

Body Scanner



The body scan breathing exercise, helps us to feel calmer and makes us pay attention to each part of our body and how we are feeling.

We first need to get comfortable by either lying down or even sitting on your chair in class. Close your eyes and relax. Focus on your breathing and on your chest as it rises and falls.

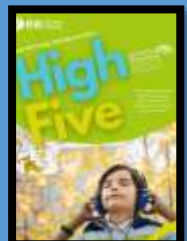


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Click to download the latest High Five Magazine produced by the EA Primary Behaviour Support Team.



Family Mindfulness



When we think about our own family wellbeing it is important to consider first how we ourselves deal with the anxiety and stresses of our busy day to day lives. Barnardo's provides some useful support and tips for improving your family's calmness and mindfulness. As a family create a plan of activities that works for you.

Here are some of the things you could include in your plan:

Make a Zen Den - a safe area where children and adults can retreat to in order to calm down, recharge their batteries or take a brain break

Exercise - Go for a walk, get some fresh air, dance or do something physical

Do an activity - Draw, colour, or do something arty; read a book or a comic; or listen to music or an audiobook

Talk it out - talk to a friend, family member, or even a pet. Sometimes talking through your feelings can make a real difference. Write your feelings in a diary

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



Trocaire

TOGETHER FOR A JUST WORLD



This year we raised just over £200 for Trocaire. Thank you for all your donations and support for the bun sales.

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Schools News



Congratulations to all our pupils who achieved 100% attendance during Term 2.



Champion Mathematicians



Star Pupils



Easter Egg Winners



Class News Nursery Mrs. Hair



PIC•COLLAGE

Class News Nursery Mrs. Hair



Enjoying the



Spring
sunshine at
Nursery



PIC•COLLAGE

Class News P1 Ms. Glover



We made hot
chocolate to
help us with
instructional
writing



YUMMY, YUMMY

Class News P1 Ms. Glover

We've been having loads of fun in P1



jump jiggle and jive



MUSIC

Class News P1 Ms. O'Rawe



SAINT PATRICK'S DAY



PIC•COLLAGE

Class News P1 Ms. O'Rawe



P1R LOVE JUMP,
JIGGLE AND JIVE



PIC•COLLAGE

Class News P2 Mrs. McLaughlin




aspire2achieve
P2 Parent and Child
Making Memories Workshop



PIC•COLLAGE

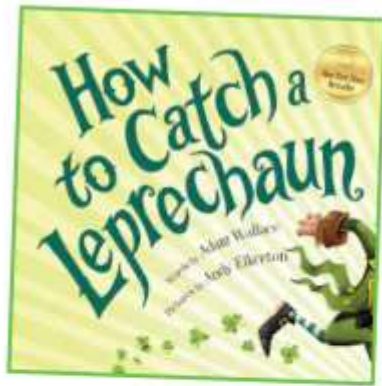
Class News P2 Mrs. McLaughlin



**Celebrating World
Book Day
With a visit from
Harper the
Wonder Dog!**



Class News P2 Ms. Jamieson



PIC•COLLAGE

Class News P2 Ms. Jamieson



Class News P3 Ms. Kearney



Class News P3 Ms. Kearney



PIC COLLAGE

Class News P3 Mr. Wisdom



SPRING HAS SPRUNG
IN
PRIMARY THREE



PIC•COLLAGE

Class News P4 Ms. Lally



Class News P4 Ms. Lally



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Class News P4 Mrs. McGrogan



Class News P5 Ms. O'Kane



Class News P5 Ms. O'Kane



Art exhibition 2023



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Class News P6-7 Mrs. Forte



Class News P6-7 Mrs. Forte



Class News P6-7 Mrs. Forte



Class News P6/7 Ms. Keenan



Trek Trip to City Hall



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Class News P6/7 Ms. Keenan



Debbie Doolittle



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Class News P6/7 Ms. Keenan



World Book Day Fun 📚



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