



# Ballyclare Primary School

Principal: Mrs K. Mulligan BEd (Hons), MEd, PQH

## Weekly Bulletin 09.05.24

### SPORTS DAY

Our traditional Sports Day is going ahead as usual this year and we plan to do this on Wednesday 29<sup>th</sup> May. Should the weather be unsuitable, we will defer the sports to Thursday 30<sup>th</sup> May. After this date, we will run the sports at a suitable dry spell in school time.

We will send you a running order of times soon for each year group.

P1-4 will be in the morning session and P5-7 will be in the afternoon.

Our sports take place on our Harrier Way Sports Field.



### FORGOTTEN ITEMS - DON'T PANIC!

Any item forgotten in the morning does not need brought later to school, after the gates have closed. Please ensure all pupils have all they need for the school day before entering the classrooms.

We have spare equipment/shoes/coats in school; the children are welcome to have these.

Due to the current inclement weather, please ensure your child still brings a coat to school each day. May has been unexpectedly wet at times than we hoped so far but warmer at least. Good weather is on the way!



**Where:** St, Johns Hall  
(beside Ballyclare Primary School)

**When:** Week 1: 22<sup>nd</sup> - 25<sup>th</sup> July  
Week 2: 5<sup>th</sup> - 8<sup>th</sup> August

**Time:** 10 - 12:30

**Age:** 3 - 8 year olds

**Cost:** £15 Per day, or £55 for 4 days

**Bring:** Snack & Water

**Book:** Contact Sarah 07825152467  
\*Limited Spaces\*

HELP: We need coat hangers for costumes. Please send in any not in use for P7. Thank you.

### P1 FORMS

All P1 information for enrolment should be with us in school by tomorrow, Friday 10<sup>th</sup> May.

### BUILDING RESILIENCE

We continue to encourage our pupils to be increasingly resilient. A bit of encouragement, support and a positive spirit really helps us all. I commend all parents for continuing to give their children a positive "can do" attitude to life. This is encouraged in school and our children display happiness each day.

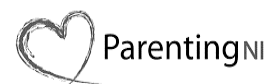
Please note the following to help you build this resilience in pupils.



- ☑ 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. Problem solving is a life long skill.
- ☑ 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](http://www.parentingni.org/family-wellness-project)



## 'Working together, towards excellence, for all.'

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