



SPORTS DAY

Our traditional Sports Day is planned for Wednesday 27th May. Should the weather be unsuitable, we will defer the sports to Thursday 28th 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 changeable weather, please ensure your child still brings a coat to school each day. May has been lovely and we have enjoyed that, but it can be changeable.

MARATHON

Well done to everyone who completed a run/walk for the fundraising effort in the lead up and during the Marathon last Sunday. All our pupils and staff took part in our Monthly Mile last week and our staff relay team crossed the line on Sunday in a fabulous time. Well done especially to Mr Joyce, Mr Lynn, Mr Harrison, Mrs Robinson and Miss Greer. Thank you to all who contributed to our fund raising appeal for the Cancer Fund for Children. We have another cheque to send for this year amounting to £971.25. This charity appreciates all we can do for these children. So thank you.

MAY FAIR PARADE

On Saturday 16th at 1:30pm we will be meeting at the Sixmile Leisure Centre for the May Fair Parade at 2pm. All pupils wishing to attend should be registered on our Teachers2Parents form. Pupils attend in school uniform and we have a number of USA themed props to carry. Come along and support the walking group. We'd love to see you there.

AMAZING JOURNEY

Our school will host the Amazing Journey Bible display next Tuesday and Wednesday in school. All pupils will have opportunity to visit this live exhibition with their class.

P1 FORMS

All P1 information for enrolment should be with us in school by now. Please contact the school office if you have any issues.

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



RNLI

RNLI will also visit our school on Monday 18th May for P3-7 pupils to discuss water safety as we approach the summer. This group do a fabulous job ensuring children have the right messages to keep themselves safe at the seaside.