



OPEN NIGHTS AT LOCAL SECONDARY SCHOOLS FOR P6 & P7

- Magherafelt High School
Tues 12/1/16 at 7pm
- Rainey School Wednesday
Wed 13/1/16 at 7pm
- Sperrin Integrated College
Thurs 21/1/16 at 6.45pm

NISCA EVENT
WEAR IT: BEAT IT
CALLING ALL PUPILS FOR OUR
NON UNIFORM DAY!
FRIDAY 12 FEBRUARY 2016

Wear your sporty clothes (eg trainers, joggers/leggings, hoodies/sweatshirts) and take part in a short fun physical session in school and pay £1 towards the British Heart Foundation. The cooks will provide a special 'Red menu' on this day to support this charity.

Be Active in the fight against Heart Disease!



SCHOOL PHOTOGRAPHER VISIT
MONDAY 22 FEBRUARY 2016

Families may come into school from 8.30 am to have their photos taken before school commences. Everyone please make sure you are in full uniform and looking your best on this day!

P7 children may bring in a change of clothes and a favourite school prop e.g their instrument or hockey stick/football for the P7 class photo.

	MILK	SNACK
FEB	£3.78	£5.40



Staff and governors would like to wish all of our families a very happy and peaceful new year. We have all enjoyed the Christmas festivities, watching the school concerts, attending the Grand Opera House to see the pantomime, enjoying the Christmas Coffee morning and enjoying a fun party with our friends at school.

Term 2 will be another busy term with lots of teaching and learning throughout the school. We have planned some special activities to enhance the children's learning and some outside trips. Please keep visiting our school website for up-to-date information on what is happening.

Early to bed Happy children; happy parents; happy teachers!

An increasing number of children appear very tired in school. We are aware that this is a very busy time both in and out of school. However children need to have a good night's sleep in order to be alert and able to concentrate for their day at school. So we ask all parents to please make a big effort to have children in bed early on a school night. Children are all different but the majority of Primary School aged children need 10 - 12 hours of sleep each night.

You may have noticed in the news about how the use of 'tablets' and other electronic devices prior to bedtime can disrupt children's and adults' sleep quality. There is a strong link between tablets or any type of small screen that emits, what is known as, 'blue light' and sleep disruption as it awakens the brain's functioning. Electronic devices should be switched off **at least an hour and a half** before bedtime to give our minds time to relax and unwind for a good quality sleep. We would always recommend a reading routine is established at night for all primary aged children.

Our school policy is to promote a healthy and active lifestyle in all of our children. At the beginning of a new year we want to remind all families of the need to send a healthy lunchbox to school each day. Try to include some fresh fruit or vegetables e.g. an apple and/or carrot sticks; and limit the sugary snacks included. Try to include a plain bun or cake instead of chocolate bars or sweets. Crisps can be sent to school but again it is recommended as a treat and not a daily habit. No fizzy drinks or chewing gum are allowed in school. Please visit our school website and read the DENI leaflet on healthy lunchboxes for more ideas.

AFTER SCHOOL CLUBS JAN/FEB

This term we are running a Scripture Union Club on Wednesdays from 3 pm - 3.50pm. This was previously advertised on the timetable for P4 & P5 only. However, we have spaces and are now opening the club up to P6 & P7 children as well. If your child is not attending Hockey on a Wednesday and is interested in attending Scripture Union please complete the reply slip below and return to school with £3.40 for the 5 weeks remaining.

There are also still some spaces in the art club on a Monday with St Trea's Primary School and Diane McCormick so if your P6 or P7 child is interested in attending this club on a Monday please send in a reply slip ASAP. Remaining spaces will be allocated on first come first served basis.

ONLINE SAFETY INFORMATION FOR FAMILIES

Department of Education has asked all schools to inform parents that there is a new website to give parents information about how to keep their child safe from abuse both on and off line. Visit www.thinkuknow.co.uk/parents to read articles on topics as diverse as: challenging harmful sexual attitudes, promoting positive behaviours, helping a child with autism negotiate life online, supporting a child who has been abused etc. Families can also report abuse online by visiting www.ceop.police.uk/safety-centre

MENU CHANGE

Please note that the menu on Thursday 21 January is now changed to Fish and Chips.

LIFE AND TIMES SURVEY

P7 pupils have been invited to take part in this survey on children's attitudes for the Department of Education. The survey will be carried out in school on-line and should take 15 – 20 mins max and. If any P7 parent does not give their child permission to complete this survey please contact Mrs White or Mrs Derby not later than Friday 15 January.

ANNUAL GENERAL REPORT 2014 - 2015

The Board of Governors' Annual General Report for the school year 2014 – 2015 is now available on our school website under the heading 'Parents'. Any questions relating to the contents of this report can be put in writing and sent to Mrs White before the 29th January 2016.

OUTSTANDING FEES

Parents are reminded of the Education Authority and Guitar Music Fees and instrument costs now due.

Please send in a cheque or cash in a named envelope. Preferably on a Monday morning when teachers are collecting dinner money.

Thank you for your co-operation in this matter

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SCRIPTURE UNION AFTER SCHOOL CLUB

I would like my child _____ to attend the Scripture Union after school club. I enclose £3.40 to cover the costs of the 5 week club. I understand that the club starts on Wednesday 13 January from 3 pm - 3.50pm.

Signed: _____ (parent) _____ (date)

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P6 and P7 Art Club



I would like my child _____ to attend the Monday Art club with Mrs Diane McCormick and the children from St Trea's Primary School. I understand that this club is FREE and has been paid by a grant from the Mid Ulster Council. The club will run from 3 pm to 4 pm from Mon 11 January - Mon 8 February 2016.

Signed: _____ (parent) _____ (date)