



CIPS Weekly Bulletin

Online Applications



The online application portal for both Nursery and Primary One admissions for September 2022 opened this week on **Monday 10th January 2022 at 12 noon.**

Parents of prospective Nursery or Primary One pupils must complete an online application before the deadline **12 noon on Friday 28th January 2022.** We advise all parents to complete this online application process as soon as possible.



The Education Authority (EA) have set up a Parent helpline to assist with this process.
(TEL: 028 9598 5595 Monday to Friday 9am to 5pm)

In addition, Cliftonville Integrated is happy to assist any parent that requires additional support in completing the online process. If you require further assistance, then please contact the school office on 028 9035 1638.

**Please note: before contacting the school office,
ensure that you have already contacted the EA Helpline.**

Promoting Our School

If you know of a parent who is considering sending their child(ren) to our school, then please encourage them to visit the school website and Facebook page where they will find useful information, including promotional videos, virtual tours and our admissions criteria. Alternatively, they can contact the school directly on **028 9035 1638.**



You can also help by hitting like and sharing our posts to help promote our school. We are also running competitions so watch out for these to be in with a chance to win a gift card. As well as our promotional videos, virtual tours and competitions, we have also been running a PR campaign in local papers and you will see our school on billboards. Please help get the word out and promote our wonderful children and school.



Surveys



During this term we are going to send you a number of surveys that will help with aspects of school development as well as day to day operations. It is important that parents take the time to complete the surveys and have their say in how we evolve so please look out for these surveys as they will appear on this bulletin and/or through our text messaging service. **The First Survey to go out will be the New Telephone System.**



Covid Update

The Omicron Variant has caused havoc with staffing since our return but because of pre-planning, we have managed to absorb the increased level of sickness without it impacting on class teaching.

However, as you will have no doubt have heard on the news, staff shortages across all schools is increasing and it is becoming next to impossible to book substitute teachers. If this continues, which I suspect it might, we may have to switch some classes to remote learning if sickness levels become unmanageable. As stated last week, if this happens, we will provide notice by text, try to accommodate families where both parents work and do this as an absolute last resort and for the shortest time possible.

The guidance around testing has recently changed. If an individual returns a positive lateral flow, then they should assume that they have Covid and isolate as per guidance.

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-self-isolating-and-close-contacts>

To protect others within our community and also avoid staff absences, which could result in some classes being switched to remote learning, I would urge all parents who believe that their child(ren) have symptoms, to keep them off and even if they return a negative lateral flow, **book them a PCR if in doubt**. There have been many examples of lateral flows returning a negative result and a follow-up PCR being positive. **For all Covid related absences, the School Office should be informed at the earliest possible opportunity.**

Colder Weather

Please ensure that your child(ren) come to school with appropriate clothing and footwear for winter. Our weather is changeable and we know it will be cold and wet in winter so please ensure they wrap up in a warm coat for the journey to and from school and during outdoor play. We also recommend sensible, leather shoes for wetter weather.



The Independent Review of Education



Over the next number of months, the current education system is being reviewed by government with a view to creating a more cohesive approach to education. Obviously, we are vested in this review and want more children within integrated schools. Please visit the dedicated website and make your views known. You might think that your opinions will not make a difference but if enough people engage with this review then you can make a difference - www.independentreviewofeducation.org.uk/your-views

Meals Menu – Week 3 from 17th January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato	Breaded Cod Fish Fingers Baked Beans Sweetcorn & Peas Mashed Potatoes	Roast Beef Stuffing & Gravy Fresh Savoy Cabbage Oven Roast & Mashed Potatoes	Breast of Chicken Curry Boiled Rice Naan Bread Sweetcorn Tossed Salad	Hotdog, Sauté Onions Peas Selection of Salads Baby Boiled Potatoes Chips
Chocolate & Orange Sponge & Custard	Swiss Roll Custard	Popcorn Cookies Water Melon	Yoghurts Pineapples	Ice Cream & Fresh Fruit Salad



Contact Information Reminder

Anyone get a new phone from Santa? Please remember to notify the office if your number changes. If we need to send an urgent text to parents, you may miss out! The school cannot be held responsible for parents not getting an important message if we don't have your latest phone number.



Punctuality

To arrive on time is a great life skill – if your children learn to get to school before the bell rings, they will understand how important it is to arrive on time for medical appointments, job interviews or work meetings. Lessons begin within minutes of the pupils getting to their desk and a late child could interrupt the class, not know what is going on or miss an important announcement or instruction.

Please try and get your child to school between 8:50 and 9:00am. Set off from home with plenty of time to spare and make a great start to your day!



Bedtime Routines

Many teachers have commented that some children are presenting in the morning and would appear to be very tired. Of course, this can be for a number of reasons but often it can be down to an erratic or inconsistent bedtime routine. Regardless of the reason, it can have an impact on their learning.

When it comes to children and sleep, a good bedtime routine is a key to success. And the younger your child is when you start, the better. A May 2015 study published in the journal *Sleep* found that having consistent bedtime routines, and starting those routines at a young age, makes it more likely that your child will go to bed and stay asleep.

While there's no exact number of hours that every child should get, it is smart to keep these age-by-age ranges in mind:

- Between ages one and two: Toddlers typically need 11 to 14 hours of sleep per day. Most of this occurs at night, but most kids of this age do still need a nap that ranges from one to three-and-a-half hours long.
- Between ages three and five: Preschool-age children usually need 10 to 13 hours of slumber per day. At age three, many kids are still napping, at age four, some are still napping, but most give up the habit by age five.
- Between ages six and 13: During the primary and early middle school years, kids typically require nine to 11 hours of sleep per day (and all of it at night).

Finally.....

We would like to welcome Mrs McLarnon and Mrs Armour to CIPS. Miss McLarnon is helping out in the office and Miss Armour is working in Primary Five. We are looking forward to working with them both and know they will be valued members of our Cliftonville Integrated family for however long they are here.

