



22/09/23

Week Three  
Dinner menu

## CIPS Weekly Bulletin

### That Dreaded Word!

We have seen a marked increase in Covid cases over the last seven days. Whilst the symptoms appear to be much milder than previous strains, there is still a direct impact on schools in that staff testing positive have to isolate for five days and this then puts pressure on our ability to operate at full capacity. Parents are reminded to remain vigilant and should not send children to school who are unwell. Current guidelines for children with Covid is three days isolation. Full details of current guidelines can be found at:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-testing-and-stay-home-advice>



### Keeping Children Safe Online

The NSPCC has an excellent online safety hub which offers advice to parents about helping their children stay safe online. Talking regularly with your child is the greatest tool to help them stay safe online. There are lots of helpful ideas shared on this platform. There is even 'Lego Build and Talk' which will give you ideas on how to talk about key online safety topics through Lego play! The site may be visited at:

<https://www.nspcc.org.uk/keeping-children-safe/online>

### Free Fruit Friday

Over the next few Fridays we will be able to provide pots of fruit for our pupils in different classes each week. This is to promote healthy snacks for our pupils. The classes receiving fruit pots will be as follows:

- Friday 22<sup>nd</sup> September- P3
- Friday 29<sup>th</sup> September- P4
- Friday 6<sup>th</sup> October- P5
- Friday 13<sup>th</sup> October- P6
- Friday 20<sup>th</sup> October- P7
- Friday 27<sup>th</sup> October- P3

If there are some pots remaining each Friday these will be passed on to the next year group. We hope our pupils will enjoy their Free Fruit Fridays!



### Seesaw

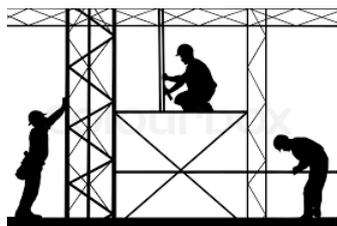
All parents should now have received their QR code to access and setup an account for Seesaw. Seesaw is used for delivery of parts of homework and to deliver important information to parents such as this bulletin. However, it is an **information only service** and therefore the facility to send messages is not available. Messages sent through Seesaw will not be seen or read, so to ensure you have your query answered, please contact the school office or better still, send a note in with your child for their teacher.



## Uniform Policy

Parents are reminded of our uniform policy (available upon request. Whilst most children are wearing full uniform, increasingly some children are not. We have pasted a copy of current uniform below.

GIRLS	BOYS	PE KITS (all children)
School Tie White Blouse Navy Skirt or Pinafore or trousers Navy Jumper or Cardigan Navy and white checked Summer Dress White Socks or Navy Tights Black Shoes*	School Tie White or Grey Shirt Grey Trousers Grey Jumper or Cardigan Black Shoes*	Navy Track Suit Bottoms Bottle Green embroidered Polo Shirt with school crest Navy hoodie with school crest PE Shoes or Trainers
<b>Jewellery</b>		
For health and safety reasons, children are not permitted to wear jewellery in school. The exception to this rule are ear-ring <b>studs</b> in pierced ears.		



### Building Update

We continue to improve the facilities and school grounds. Work in the back playground is coming to an end with playground markings, painting and the refurbishment of the wall around the playground. Next week, we are hoping that the contractor will complete the line markings in the front carpark, including a remarking of the zebra crossing. This will possibly mean having to

close the gates to both vehicles and pedestrians for a 2 day period. Once we are given the date and time we will text and make you aware when the work starts.

### Parent Information Sessions

Don't forget that we have planned information sessions for P1-P6 parents next week. Dates and times can be found below and I would urge all parents to attend this essential information session. Not only does this give you the opportunity to meet the class teacher and other parents, it provides you with the information and tools to help your child flourish this year. The information sessions will be as follows:



**P1 meeting Tues. 26<sup>th</sup> Sept. 11.30am-12.00pm**

**P2 meeting Wed. 27<sup>th</sup> Sept. 1.30pm-2.00pm**

**P3 meeting Tues. 26<sup>th</sup> Sept. 1.30pm-2.00pm**

**P4 meeting Tues. 26<sup>th</sup> Sept. 9.00am-9.30am**

**P5 meeting Thurs. 28<sup>th</sup> Sept. 2.30pm-3.00pm**

**P6 meeting Tues. 26<sup>th</sup> Sept. 2.30pm-3.00pm**

These sessions will be held in the assembly hall and tea and coffee will be available. We look forward to seeing you there!

### Patrol Person



Unfortunately, we do not have a Patrol Person available at present. Please exercise vigilance when crossing the road and remind children they must only cross at the crossing at the lights on the Cliftonville Road.

### Early Morning Sessions in the library

Our early morning session started this week and parents are making the most of this. The computer suite will be open for pupils to engage in Accelerated Reading, Athletics or Mathseeds so why not make the most of the early start and send your child. These sessions operate daily from 8.30am for children from P3 to P7. (No admittance after 8:45)

### Saturday Morning Gardening Club

Session 2 –  
23<sup>rd</sup> September

**Blackberry picking** – make dye with them.  
**Plant rocket** – getting your greens in autumn/winter.  
**art activity** – leaf print/rubbing – drying leaves for later



### School Photographer

The school photographer will be in school on Tuesday, 7<sup>th</sup> November and Wednesday, 8<sup>th</sup> November. This is for individual and family photographs. Details will follow closer to the time.



### And Finally.....

Congratulations to both Miss Murray and Mr Murray. Despite not being related, they both set themselves the challenge of entering the Belfast Half Marathon and last Sunday, despite the torrential rain, completed this gruelling race. We are proud of them both and hopefully their efforts will inspire others to put on their running shoes too!

## Reminders

### Picking Children Up Early

We would like to remind parents that it is important that appointments are booked outside of school times, to avoid children missing key learning. Increasingly, over the past couple of days, parents have arrived in the office lobby to pick children up from school early for an appointment. In some instances, no note had been provided and therefore, both the teacher and the child were unaware of this.



Of course, emergencies do happen and last-minute appointments are not always available from GP's. However, removing children from Class on a regular basis will be both detrimental to their child and disruptive to the class and office staff.

Please ensure that all appointments, during school time, are kept to a minimum and that notes are provided in advance clearly stating the reason for the withdrawal.

**In addition, parents are asked to complete the sign out sheet at the office.**

### Healthy Drinks

Some children are bringing trendy energy drinks into school – please note that it is not appropriate for children to have these drinks as they are designed for adults participating in sport. Please read the bottle label carefully – you might be shocked at the level of Caffeine, sugars and sweeteners.

“Physical effects from over-consumption of energy drinks are



mostly related to Caffeine. Increased Caffeine consumption in children and adolescents results in increased blood pressure, sleep disturbances, headaches and stomach aches. Self-reported injury due to hyperactivity has also been reported.”

### British Dietetic Association

#### Dogs on school property

Please do not bring your dog onto school property – this is an Education Authority regulation.

Dogs, even on leads, cannot enter the playground or be inside the school gates or on the school paths. Even the cutest, gentle and most obedient dog can have a ‘bad day’ which could result in a child being scarred for life! Please work with the school to keep everyone safe.



#### Punctuality Book

Your child being punctual for school is very important as it gives them a good start to the day and learning is uninterrupted in the Classroom. If your child is late for school and it is past 9.10am then a parent/Carer must come to the school office and sign their child in and write a reason for the lateness.

### Holidays During Term Time

Increasingly, some parents are booking holidays outside of school vacation periods. Whilst the temptation to do so is there, it should be noted that this has a direct impact on the education of their children. Parents should also note that such holidays require a letter to make the teacher aware of this absence. In most cases, unless the circumstances are exceptional, this absence will be unauthorised and will be marked on the attendance register as such.



**Work in advance of or during holidays will not be provided for unauthorised absences.**

### Attendance

It is essential that our pupils attend school regularly and maintain a pattern of good attendance throughout their school career. Excellent attendance at school is important to allow a child or young person to fulfil their potential. Please take time to read the Attendance Matters guide, included with this bulletin, to find out how you may support your child meeting their potential.



If your child is absent, for any reason, from school then please complete an absence slip or send in a note to explain their absence. A set of absence slips will be sent home with each child next week. As stated in the A to Z Guide to the Year Ahead, we will be looking at ways to improve attendance and ask that parents work constructively with the school on this.



### Contact Information Reminder

You have been given Data Capture and Parental Responsibility forms. Please could you ensure these are returned to school as soon as possible. This information will ensure that your child's details are kept up to date on our computerised system.

We will not be held responsible if you do not receive text messages as a result of not providing us with updated mobile phone numbers. Given that we are in the middle of a pandemic, it is essential that we can communicate through text, at short notice.



# Wee Chicks

## Halloween Camp 2023

Monday 30th October -  
Friday 3rd November

Flexible booking options available,  
running 8:30am-5:30pm daily



Registration now open

### Activities:

- Storytelling
- Painting
- Arts & Craft
- Fun Games
- Mindfulness
- Clay Work
- Yoga

Register  
Online  
Today

[www.weechicks.com](http://www.weechicks.com)

or call

07598247742

WomensTEC Building  
Antrim Road, North Belfast