



Remember Action Mental Health are running an information session for parents on **MONDAY 12TH OCTOBER AT 6:30** in the school. Please email to let us know if you can attend.



EMAILS TO THE TEACHER

Please email the teacher:

- To report your child's absence
- To let him/her know if your child has an appointment (please try to make these outside of school hours)
- To ask a question or seek clarification
- To give an update on a situation regarding your child, medical or otherwise

Please do not use email to:

- Send pictures of your child or samples of your child's work to the teacher.



P.E WITH THE IFA

This year we have the privilege of funded weekly PE lessons from the Irish Football Association. At different stages throughout the year classes will receive a block of 6 lessons. Ben, the coach, has become a familiar face around Ballykeel P.S over the past few years and the pupils all get very excited about his lessons. So far he has been focusing on using space with the children and the importance of using spaces as a strategy within team games. Through a range of games and challenges Ben is working hard with the children to develop fitness, teamwork skills and fundamental movement skills. Hopefully your child will really benefit from this great opportunity.



We are continuing to focus on the Take 5 approach in school.

The 5 Steps to Wellbeing are:

- ▶ **Connect** – Spend time with people
- ▶ **Keep Learning** – Don't be afraid to try something new
- ▶ **Be Active** – Exercising makes you feel good
- ▶ **Take Notice** – of your thoughts and feelings and of others around you
- ▶ **Give** – Do something nice for someone else

This week we filled in a survey from the council to say what we would like included in the new park for Ballykeel and this covered all 5 steps. You can also vote at home and have your say on what the park should look like.

<https://www.surveymonkey.co.uk/r/Ballykeelplayarea>

MEET THE NEW JIGSAW WORKER



This year, our new Jigsaw worker, Patricia, has been working with P4-P6 to learn about 'Emotional Resilience.' So far we have learned some strategies to help manage our emotions, such as meditation and mindfulness. We have also been using positive affirmations to help boost our self-esteem.

Patricia will be holding a socially distanced coffee morning for parents on Thursday 15th October at 9am. The theme will be self-care and promoting our wellbeing.

SEPTEMBER 2020

CLASS OF THE MONTH
FOR UNIFORM: P6SM

PUPILS OF THE MONTH

P1CC – ALEXA MCPEAKE
P1KM – EMILY MORRISON
P2JT – RILEY GAULT
P2AM – NOAH MCFADDEN
P3LK – JAKUB DABROWSKI
P3CM – TOBIAS MCKENDRY
P4JDT – JOHNATHAN RICHMOND
P4KH – GRACE WYLIE
P5MA – TAMMIE-LEE RAINEY
P5BE – TOM ALLEN
P6SM – CATELYN WILSON
P6JF – JESSE MCNEILLY
P7SG – CAITLIN WARNOCK
P7JH – BENJAMIN WARNOCK



