



Hello Everyone,

I'm sure you will all be aware of the Take 5 steps to Health and Wellbeing, and that Ballykeel is now a Take 5 school. Hopefully you will have heard your child talk about the 5 steps which we have been promoting since we returned in September. If your child is old enough, ask them to tell you a little bit about the 5 steps and how we can do these every day. The 5 ways to Wellbeing are - '**Connect**', '**Take Notice**', '**Be Active**', '**Keep Learning**' and '**Give**' - think of them as your 'five a day' for mental wellbeing.

This week we would like to focus on **CONNECT**. We are especially thinking of **connecting** with your teacher. If you haven't already done so, email your teacher even if it is just to say hello, they really want to hear from you and to keep in touch. **CONNECT** by sharing pictures of your work or what you are doing or ask your teacher to ring you if you need help or guidance. The important thing is to stay **connected** over the next 5 weeks.

While we know that you cannot go out and meet your friends in the usual ways at the minute, it is still important to **CONNECT** with them. With technology you can ring your friends, send them messages, chat over FaceTime and connect virtually- it is important to keep in touch and reach out to people. Remember to do this safely and appropriately and only with those who you know and with the permission and supervision of the adult in the home.

We look forward to **connecting** with you all over the next few weeks.

From all of the teachers in Ballykeel 😊

