

**Important Information**

Keep an eye on the website for up-to-date news and events.

**JANUARY**

**Tues 8<sup>th</sup>** – ‘Food and Fitness’ workshop for P5 and P6 classes. See blog below.

**Tues 8<sup>th</sup>** - P1KM to St Brigid’s + P1KH in B’keel PS.

**Fri 11<sup>th</sup>** - ‘Mental Health Awareness’ sessions with P5. See blog below.

**Mon 14<sup>th</sup>**- NSPCC Childline Assembly (See below) followed by P6 workshops at 11am & 1pm.

**Mon 14<sup>th</sup>**- NSPCC Childline 2pm - Parent workshop on ‘Online Safety’

**Tues 15<sup>th</sup>** – NSPCC Childline workshops for P6 & P7 children at 9.30am and 10.50am. (See below)

**Tues 15<sup>th</sup>** - P5 & P6 to St. Brigid’s + St. Brigid’s to B’Keel PS.

**Wed 16<sup>th</sup>** - Incredible Years Parenting programme starts for parents of Nursery, P1 & P2 pupils.

**Fri 18<sup>th</sup>** – P7 INOV8 at Cullybackey College.



**Tues 22<sup>nd</sup>** - P5BE Sh. Ed. visit to All Saints Church + P5MA to B’Keel Pres Church. P6 to St. Brigid’s + St. Brigid’s to B’Keel PS.

**Thurs 24<sup>th</sup>** – P7 to St. Brigid’s + St. Brigid’s to B’Keel PS. ‘Getting to Know You’.

**Thurs 24<sup>th</sup> & Fri 25<sup>th</sup> & Mon 28<sup>th</sup>** - Action Cancer visit the Nursery to P3 pupils (see below).

**Thurs 24<sup>th</sup>, 31st Jan** - (2pm-3pm) P5BE - Amazing Jesus lessons (Rachel Sheppard).

**Fri 25<sup>th</sup>** - (2pm-3pm) P5MA - Amazing Jesus lessons (Rachel Sheppard).

**Tues 29<sup>th</sup>** - P5MA Sh. Ed. visit to All Saints Church. P5BE to B’Keel Pres Church.

**Tues 29<sup>th</sup>** – P2 Sh. Ed. to St. Brigid’s + St. Brigid’s to B’Keel PS to celebrate Chinese New Year.

**Thurs 31st**- P7 to St. Brigid’s + St. Brigid’s to B’Keel PS: – Finding out more about Famine.

**FEBRUARY**

**Fri 1<sup>st</sup>** – Choir to ‘School Choir of the Year’ (details to follow).

**Fri 1<sup>st</sup> & 8<sup>th</sup> Feb** - (2pm-3pm)

P5MA - Amazing Jesus lessons (Rachel Sheppard).

**Tues 5<sup>th</sup>** - P6 & P7 to St. Brigid’s + St. Brigid’s to B’Keel PS.

**Thurs 7<sup>th</sup>** - (2pm-3pm) P5BE - Amazing Jesus lessons (Rachel Sheppard).

**W/B 11<sup>th</sup> Feb** – Parent / Teacher Interviews. **SCHOOL CLOSSES AT 1.30pm ALL WEEK. NO CLUBS.**

**Tues 12<sup>th</sup>** - P5 to St. Brigid’s + St. Brigid’s to B’Keel PS.

**Wed 13<sup>th</sup>** – P5-P7 string players to Ballymena Music Festival.

**18<sup>th</sup> – 22<sup>nd</sup>** – **MID TERM BREAK**

**Mon 25<sup>th</sup> & Tues 26<sup>th</sup>** – Choir to Ballymena Music Festival.

**Tues 26<sup>th</sup>** - P5 & P6 to St. Brigid’s + St. Brigid’s to B’Keel PS.

**IF IT SNOWS!**

We will only send out a message via the app if the school is **NOT** open. Children can bring in their wellie boots on snow days so that they can go outside and have fun!

**AFTERSCHOOL CLUBS**

Please see the website for details of our After School Clubs in 2019. In the ‘School Life’ section you will find a list of After School activities, showing the days on which they are held. It may be useful for you to look over and discuss these with your child/children before they opt in for a club.

**LOOK AFTER YOURSELF AND OTHERS THIS NEW YEAR!**

We encourage you to **TAKE 5** after the Christmas period to look after your emotional health & wellbeing and others around you to keep well over the winter months. Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu.



**TAKE 1 – CONNECT:** Connect with your friends and family around you, call in with your neighbours. Reaching out and connecting with people may also help identify those who need support after the festive period.

**TAKE 2 – BE ACTIVE:** Do something that gets you moving, especially after all the extra food we consume during Christmas! Being active like taking a walk, cycling, playing a game with the kids etc helps to promote our physical wellbeing. This also helps to support our emotional wellbeing and promote positive thinking. Regular exercise will make you feel more energetic, which should make it a little easier to get out of your warm bed on cold, dark mornings. Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

**TAKE 3 – TAKE NOTICE:** Be observant, look for something beautiful, savour the moment and be aware of the world around you. Be thankful for your blessings in life and take notice of those who may be feeling isolated or lonely during Christmas and New Year. Take notice of the new PHA televised campaign, ‘Helping Others’ which focus on how people can support family or friends to deal with a mental health problem.

**TAKE 4 – KEEP LEARNING:** Set yourself a challenge for the New Year (a realistic and achievable one!) should it be learning a new instrument, gaining skills in crafting, baking or woodwork. Don’t be afraid to try something new. Encourage your family and friends to learn something new with you.

**TAKE 5 – GIVE:** Try to do something nice for a friend, family member or even a stranger. A friendly smile and conversation can be greatly appreciated by someone who is lonely or feeling underwhelmed. Seeing yourself and your happiness linked to others can be rewarding and will help you to connect to others around you.

**MILK MONEY****Primary School Pupils Only**

Milk money to cover  
from Monday 25<sup>th</sup>  
February - Friday 12<sup>th</sup>

April is **£7.35. THIS MUST BE PAID to the class teacher ON MONDAY 4<sup>th</sup> February Only.**

*Late payments cannot be made.*

**ACTION MENTAL HEALTH**

On Friday 11<sup>th</sup> January, Action Mental Health will deliver a programme to the P5 classes which aims to promote mental health awareness and improve resilience. The interactive workshop is designed to educate children on issues surrounding mental health, using games and technology to create an engaging and exciting learning experience.

**CHILDLINE VISIT**

In January the CHILDLINE team will visit us to deliver their message about 'Speak out. Stay safe'. They will speak to the whole school in two different assemblies and introduce us to 'Buddy' their mascot. The P6 and 7 classes will then have follow up workshops and discussions with the CHILDLINE staff.

They come into schools every other year and we look forward to welcoming them back to Ballykeel.

**'REDUCE, REUSE & RECYCLE'**

After the busy Christmas holidays, this may be a good time to remind you of the recycling facilities which are available for everyone's use in the school car during school opening hours.

The money raised is used for school funds – the last fill raised £132!

**Incredible Years Parenting Programme – for Parents of Children Nursery to P.2**

If you are interested in doing this 10-week programme, please contact the school's family support worker Zane Fraser on 07712547481. See blog for more information.

**PARENTAL CONSULTATION GROUP**

The group met again on 4<sup>th</sup> December. We chatted about communication again, the school's delegated budget from the Department of Education, fundraising for the school's current account and what it is used for, and the mental health and welfare of children. Some very good suggestions were made around fundraising and the collection of money by teachers.

**NETBALL LEAGUE MATCHES**

The week beginning 7th January the netball team will play a series of matches against other primary schools in our local area. One match will be played each week over the course of 6 weeks. We will play three home and three away matches. Please check the website for updates on matches including dates, pictures and scores! BY Miss L Kane



The excellent Barnardo's Incredible Years parenting programme is coming to Ballykeel P.S. The aim of the programme is to promote Positive Behaviours in Early Childhood.

The programme is designed to strengthen parenting skills, and prevent behaviour problems in young children (3-6 years).

- Learn and share tips on how to promote good behaviour
- Have time out and fun with other parents
- Enjoy a relaxing cup of tea and snack

**You will learn tips for**

- Strengthening children's emotional health
- Strengthening children's academic and social skills
- Motivating children through rewards and praise
- Setting limits, rules and routines in your home

Return slip to the class teacher by 7<sup>th</sup> January if you are interested in participating.

**CLASSES OF THE MONTH:-**  
**See website****PUPILS OF THE MONTH**

P1KH – JACOB SLOAN  
P1KM – FREYA CURRELL  
P2JT – ZACK McCRYSTAL  
P2AM – MEGAN McCULLOUGH  
P3LK – ADAM NELSON  
P3CM – AALIYAH DOHERTY  
P4JDT – EVA OLIVER  
P4CC – LEAH BLEAKLEY  
P5MA – MILLIE CARLISLE  
P5BE – DAISY McCONNELL  
P6SM – AMY HOLMES  
P6JF – CARTER MURRAY  
P7SG – CAVAN CULLY  
P7JH – JACOB GLASS

**'FOOD AND FITNESS' WORKSHOP**

On Tuesday 8<sup>th</sup> January the Dairy Council for Northern Ireland will be delivering a 'Food and Fitness' workshop to our P5 & P6 classes. The interactive programme will help pupils explore the concept of balance; balance within the diet, based on the five food groups; and lifestyle balance, focusing on the importance of physical activity.

**'HEALTH ACTION HEROES'**

On Thursday 24<sup>th</sup>, Friday 25<sup>th</sup> and Monday 28<sup>th</sup> January, Nursery to P3 children will participate in the 'Health Action Heroes' session delivered by Action Cancer. The session will cover issues relating to healthy eating, exercise, sun safety and the dangers of smoking.

**Who?** Parents of Nursery to P2  
**Venue:** Ballykeel Primary School

**Date:** Starts Wed 16<sup>th</sup> January 19 (for 10 weeks)  
**Time:** 9.15am – 11.15am (refreshments provided)