

April 2021

Dear Parents,

Please find below useful information and reminders for the month of April 2021



Return to Class Mass



P6/7 (Mrs McIntyre's Class) will attend Mass on Friday 16th April

The Mass can be viewed on mcnmedia.tv

We would like to extend our thanks to Fr McGinley. Our Friday Mass is an important part of our school week and we are delighted that we are now able to return to the Church to celebrate Mass.

Dear Parents/ Guardians,

I hope everyone had a peaceful Easter break. We have a busy term ahead of us – especially for our P4 and P7 pupils as they continue their preparations for the Sacraments of Reconciliation, Holy Communion and Confirmation.

It is important that everyone continues to adhere closely to PHA COVID 19 guidance to ensure our school remains safe for the entire school community:

- **All adults bringing children to school or collecting children MUST wear a face covering**
- **Social distancing must be observed at the school gate**
- **If you or your children show symptoms of COVID please follow guidance and do not send your child to school**

Thank you for your support in keeping our school safe.

Please do not hesitate to contact me if you have any worries or concerns cmcintyre695@c2kni.net

It is important to check the school website to keep up to date with upcoming events within the school- www.lissanps.com

Important Dates

Sacrament of Confirmation

Friday 23rd April @ 5pm

Sacrament of First Holy Communion

Saturday 22nd May @ 11am

Sacrament of First Penance (*date to be confirmed*)

"Stay and Play" 2-3pm

Unfortunately, we are still unable to offer our "Stay and Play" services due to DENI guidance. If this changes we will resume this service immediately.

School Attendance

Why is School Attendance SO important?

Good attendance at school is not just beneficial, it is essential. Attending school is directly linked to improved exam performance which should in turn lead to further learning opportunities and better job prospects. As well as this, going to school helps to develop:

- Friendships
- Social skills
- Team values
- Life skills

Absence from school

As a school we have an obligation to record details of pupils' attendance and absence at school. We do this at the beginning of morning and afternoon sessions meaning that each day your child receives two half day marks.

It is important to note that children should **attend** on a "half day" if they are to be marked present – **this will be the case from this date on.**

If your child is going to be absent from school, (e.g., for an unavoidable appointment) then you should let the school know as soon as possible. If your child has been absent due to an unexpected event such as bereavement or illness, then you must also let the school know on the first day of absence in accordance with our school's attendance policy.

We have very good levels of school attendance – so I would like to thank you for continued support in this matter.





HOMEWORK

Homework will resume on Monday 19th for all classes. It is important that the children continue to complete the activities each night as this will reinforce the learning that takes place in the classroom. All homework activities will be communicated via CLASS DOJO.

If your child is finding difficulty with any homework activity, please message the teacher immediately and we will provide support.

We ask that the children continue to read independently, and this reading is constantly monitored in school through our **Accelerated Reading** programme. The children will continue with their GUIDED READING SESSIONS in school.

If you require any support or have any questions, please do not hesitate to contact the class teacher either through Class Dojo or cmcintyre695@c2kni.net or by phone to the school office.

NUT ALLERGIES

We have several children who have severe nut allergies. It is vital that products that MAY contain nuts are not sent into school. If you are UNSURE about a product, we would ask that you err on the side of caution and do not send it in.

Many thanks for your support!



School Holidays

Monday 3rd May (Bank Holiday)

Mid Term Break

Monday 31st May – 4th June

Together we learn, grow and play in God's love and care.

Many thanks to Chris and all the staff at Lissan Vivo for sponsorship of Easter Eggs for EVERY child in school. We truly appreciate the ongoing support from all local businesses.



As we continue to fight coronavirus (COVID-19), we can all help keep our families and communities safe by continuing to support public health measures to control the spread, such as hand washing and ensuring social distancing. With our usual social interaction limited for the moment, it's very important that we look after our mental and emotional wellbeing.

Here are some tips to help you look after your mental health during this time. Remember it is temporary and there are brighter days ahead!



Connect

Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

If restrictions allow, arrange a safe and distanced meet up with family or friends.



Be active

Be active

It is important that we find ways to stay active during this time. Exercising helps us feel good mentally and physically. There are lots of ways to stay active at home, gardening or housework count as physical activity or try an online exercise video. Go for a walk, run or bike ride but make sure you follow current government advice on social distancing.



Take notice

Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is

normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.



Keep learning

Keep learning

For now, we are all learning different ways to do things and new ways to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.



Give

Give

We are all helping our community and our health service by following government regulations and guidelines and practising social distancing. This is the greatest gift you can give right now. You can still do something nice for a friend or neighbour, thank others, smile and be kind. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding.

For lots more useful resources go to:

www.mindyourhead.info

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