



Altamuskin's November News

Anti Bullying Week 2020

Anti-bullying Week 2020 is being held between the 16th and 20th November. Organised by Anti-Bullying Alliance, this year's theme is "**United Against Bullying**". Anti bullying week is a great way to take a stand against bullying and raise awareness in our school. Each class will be taking part in a 'Design a Poster' competition. The

winning poster will be published in next month's newsletter! **Get Designing!** All entries must be A4 size and should include this slogan: "Change starts with Us!"

Last entries on Friday 20th November



What to do if your child has Covid Symptoms.

Covid Symptoms at home-What to do?

Any one of the following:
A new, continuous cough;
or A high temperature/fever;
or Anosmia (a loss or change in your normal sense of smell, which can also affect your sense of taste)

Everyone you live with must stay at home.

www.nhs.uk/ask-for-a-coronavirus-test

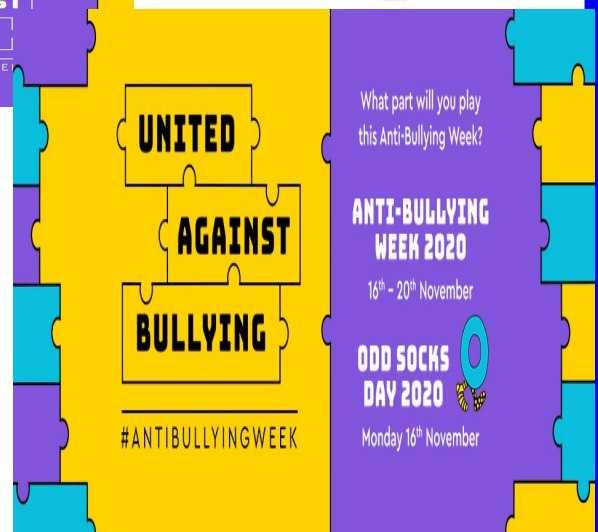
Positive Test

Negative Test

Individual self isolates for at least 10 days in line with PHA advice. Inform school of positive test.(directly or via PHA Contact Tracing Service) Cooperates with Test, Trace, Protect / PHA Contact Tracing

Those in the same bubble will be informed and advised to selfisolate and follow PHA guidance - i.e. Covid Test

Where an individual has had a negative result and everyone with symptoms who was tested in their household receive a negative result, the pupil or member of staff can return to school providing they are well enough and have not had a fever for 48 hours.



Dates for the Diary

- * Saturday 17th April 2021 First Holy Communion.
- * Tuesday 17th November 2020 School nurse Flu Vaccine.
- * Friday 20th November 2020 School photographer.

Children aged between 4 and 16 are of compulsory school age in Northern Ireland and parents/guardians need to apply in order for their child to be considered for a place. You can click on the appropriate guide below for further information and the eligible age ranges for admission. More info on: www.eani.org.uk

Primary School - If you are applying for a primary school place.

Spread the news and encourage new families to consider starting at our school!



School Nurse.

The school nurse will be in school on the 17th November to administer the flu vaccine.

Thank you!



Micheal Fleming and Senan Owens sold the winning tickets for our Halloween hampers. The money raised will be used to furnish our new outdoor playhouse!

Stranger Danger

During November, we will focus on reminding children about the dangers of being approached by strangers. We encourage all families to talk to their children about how they should handle dangerous situations. One way is to teach them "No, Go, Yell, Tell." If in a dangerous situation, kids should say no, run away, yell as loud as they can, and tell a trusted adult what happened right away. Make sure that your children know that it is okay to say no to an adult in a dangerous situation and to yell to keep themselves safe, even if they are indoors. It's good to

practice this in different situations so that your children will feel confident in knowing what to do.



School Calendar

Children finish school on Monday 21st December at 11am and re-turn to school Thursday 7th Jan 2021.

2020		December						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
30	01	02	03	04	05	06		
07	08	09	10	11	12	13		
14	15	16	17	18	19	20		
21	22 Christmas	23 Christmas	24 Christmas	25 Christmas	26	27		
28 Christmas	29 Christmas	30 Christmas	31 Christmas	01 Christmas	02	03		
2021		January						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
04 Christmas	05 Christmas	06 Christmas	07	08	09	10		
11	12	13	14	15	16	17		

Birthday PARTY

We are very conscious that lots of children have been unable to have their own birthday party because of the Covid 19 restrictions.

Our staff have decided to host a birthday party for the children who have had their birthdays on the last Friday of every month so they can celebrate with their friends.

Attendance

October's Attendance was: 98% Well Done!

Reminder: All absences should be followed up with a note for the class teacher. Please record the date and reason for the absence.



schoolmoney

From next week onwards, 9th November, dinners and clubs can only be paid for using "school money". In order to pay for the service, school dinners have now increased to £2.70 per day. All dinners and clubs will have to be booked in advance before midnight the day before the service is used.

We hope this service will make using clubs and paying for dinners etc easier for you. If you have any technical issues please contact sgormley238@c2kni.net.

We thank you for your support with starting this new system and we appreciate your patience.

2 O'Clock Club



The 2 O 'Clock club is an after school facility for P1/2 children who wish to stay on at school until 3:15pm.

If your child is attending the 2 O' Clock Club, payment must be made on the Monday. The cost of the club is £10 per week. The children benefit from a structured programme of work-ICT/Computers/Lego club/Outdoor Play/Jigsaws/DVD under the supervision of Julianne.

School Photographer

Our school photographer will be in school on Friday 20th November 2020 to take family, whole school and class group photos. 9:30am.



Head Lice

Head lice is very common in young children and they don't have anything to do with dirty hair. They are usually picked up from head-to-head contact.

Please continue to be vigilant and check your child's hair regularly.

Let the school know if you have found headlice.

Check:

- Your Child's hair once a week
- Use a proper detection comb to trap head lice
- If you find live lice, contact a pharmacist for treatment advice immediately
- If head lice are spotted, take a close look at the hair of all the family

Treat:

- Please treat your child with a clinically proven treatment
- Leave the treatment on for the recommended time for maximum effect
- Repeat the treatment for a second time seven days after the original treatment to kill any eggs that may hatch after the treatment
- Continue to check for head lice on a regular basis



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

Keep Calm · Stay Wise · Be Kind

SPOOKTACULAR



We were overwhelmed with the brilliant response to our Virtual Pumpkin Competition. Well done to every single entry-We hope you had fun carving your pumpkins and had fun making memories together! It was impossible to pick 1 winner so we picked a winner from each classroom. P1/2: Oisin Reilly, P3/4: Michael Conroy, P5/6/7: Tiernan Treanor. Your £5 Prize will be awarded at Celebration Assembly on Friday.