



Altamuskin's February News

As part of our continual focus on developing our school we create a School Development Plan. The targets that we will be focusing on, created in consultation with you and all school stakeholders, are outlined in the diagram below.

Thank you for sending rushes into school. We had great fun learning how to make the St. Brigid's Crosses today and sharing stories about the life of St. Brigid. Congratulations to Orlaith Mullin and Fiachra Conroy who won best cross awards today!



Keep up to date with all the success of our wonderful school-Like, share and comment to help spread the great vibe!

February 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Mid-Term Break

The dates that the children are off for Mid Term are:
Monday 14th February until Friday 18th February.
All children return to school on Monday 21st-
Enjoy your well earned break!

Who do I talk to if I'm feeling worried?

Encourage your child to talk to an adult at school if something is worrying them, either at home, or in school.

Mrs Gormley is the Designated teacher for safeguarding and Miss Mc Nulty is the Deputy. Maura Montague is the Designated Governor for Safeguarding and Fr O Dwyer is the Chair of The Board of Governors.



St. Brigid's Primary School Altamusklin

If you do not feel safe or you are worried about someone else, you must speak to an adult you trust

Our first priority is that ALL students feel safe and happy in our school.

Come and talk to me! I am here to listen too!

Come and talk to me! I am here to listen!

Mrs. Gormley
Designated Teacher for Safeguarding

Miss Mc Nulty
Deputy Designated Teacher for Safeguarding

Mrs. Gormley and Miss Mc Nulty are responsible for safeguarding in school. Please speak with them if you have concerns.



Concussion Awareness

The benefits of exercise and sport for children and young people are well known. Children who are active have stronger muscles and bones, are less likely to become overweight, have a

lower risk of developing some illnesses and have a better outlook on life.

Taking Part

Taking part in sport has additional benefits such as improving co-ordination, flexibility and stamina while being part of a sports team provides a great sense of belonging and encour-

ages life skills such as teamwork, goal-setting and self-control. Accidents Happen

However accidents happen from time to time, on the sports pitch, in the school grounds or even at home and injury can occur. This month we will be explaining a type of injury called a concussion to the children.

Our message to them is to report to an adult whenever someone receives a blow to the head or is displaying any of the signs of concussion show below.



Lent begins on Wednesday 2nd March this year. This is a great opportunity to give up a bad habit or maybe to begin doing something like making your bed every morning, saying an extra prayer or paying someone a compliment every day. The season of Lent lasts for 6 weeks.

We hope to make pancakes on Tuesday 1st March with a VIP who will visit our school. More info to follow closer to the time!

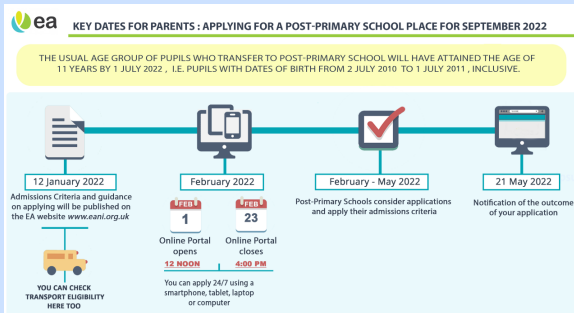


Healthy Lunch

Remember to only send one treat to school in your child's lunch box. Please send a piece of fruit every day for break time.



Post-Primary Admissions



Young Enterprise

Starting soon for P1-7!!! These education programmes are aimed at young people of all ages from a diverse range of backgrounds. Students who take part in our programmes will: Learn from hands-on practical learning in real life contexts, understand money management, benefit from employer engagement, develop key employability skills, raise aspirations & develop career intentions.

**young
enterprise**
start something

After School Club

Exciting news....after the success of the last Multi Sports Club, Mr Lynch has decided to restart his Multi-Sports After School Club for P5-7's on Tuesday 22nd February. The Club will run from 3pm until 4pm. Please arrange for your children to be collected promptly. Encourage your child to come along to learn lots of new games basketball, gaelic, soccer etc.



Top tips for Safer Internet

1. Talk to your child about their favourite websites. Starting a conversation on a positive foot can lead nicely into a chat about online safety.
2. If your child loves to use social networking sites, teach them about protecting their personal information by thinking about what they are sharing and who they are sharing it with. Show them how to use privacy settings, and how to block and report - and advise them to only accept friend requests from people they know in real life.
3. Remind your child that showing respect for others online is just as important as showing it offline. Encourage them to think before they post and encourage them to show positive behaviour online.
4. There are lots of ways you can advise your child about cyberbullying, if they are worried remind them to save the evidence and to always tell an adult they trust if something upsets them online.
5. There are ways in which you can help to prevent your child from seeing inappropriate content online. Have you considered parental controls and filtering in your home and also on your children's portable internet enabled devices?



Communion 2022

Date for this year's Communion is 7th May 2022 in St Mary's Chapel, Dunmoyle at 11am.

Confirmation 2022

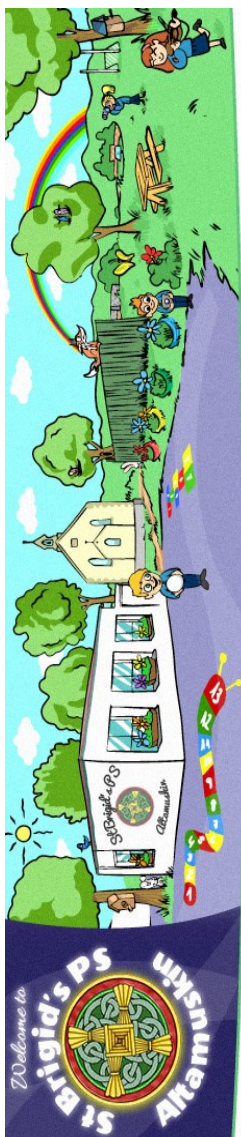
Date for this year's Confirmation is 15th May in Church of the Immaculate Conception Ballygawley at 11am.



**Safer
Internet
Day 2022** Tuesday
8 February

Coordinated by the UK Safer Internet Centre

Safer Internet Day is celebrated across the globe on 8th February. Schools, companies, governments are all getting involved to help encourage the safe, responsible and positive use of technology. For parents, Safer Internet Day is a great time to have a conversation with their child about staying safe online. The children will be carrying out planned activities to raise awareness of how to be safe online.



Parenting Anxious Children and Teenagers

As more and more young people are overwhelmed with anxiety, parents frequently find themselves in the powerless position of watching on helplessly, unable to intervene, as their child struggles relentlessly.

Join Bronagh Starrs, internationally renowned psychotherapist, trauma specialist, academic and author for this seminar which will focus on supporting parents of anxious children to understand childhood anxiety.

A trove of helpful strategies will be presented.



WHEN:
2nd February 2022

TIME:
7.00pm - 8.00pm

Interested? Get in touch and register today:



NI: 07770647884
ROI: 0874697966



zara.doherty@westerntrust.hscni.net

**FREE
ONLINE
COURSE**



We are so impressed with the level of engagement on Mathletics this term. (P2-7) Keep up the brilliant work boys and girls-Here's hoping we will get another few Gold Certificates and pizza vouchers before Mid Term!

We thank you and your family for looking after your school community by following PHA guidelines on stopping the spread of Covid. A reminder to book a PCR test if your child shows any symptoms.

If you are isolating due to you, or a member of your family having covid, a reminder to contact your teacher to arrange the best means of St. Brigid's sending you work for remote learning. P1-4 use Seesaw and P5-7 use GoogleClassroom.

COVID SYMPTOMS? ISOLATE STRAIGHT AWAY!

DON'T WAIT FOR YOUR TEST RESULTS



HIGH TEMPERATURE



NEW CONTINUOUS COUGH



LOSS OF TASTE OR SMELL



ISOLATE



GET TESTED

AND STAY AT HOME EXCEPT FOR GOING FOR A TEST.