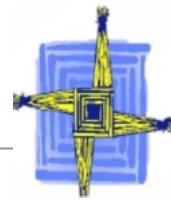


ST BRIDE'S BUZZ!



News & Celebrations |  @StBridesPS1 | www.stbridesps.org.uk

Keeping everyone safe...

As we approach typical flu season, with COVID-19 still with us alongside other respiratory infections and seasonal illnesses, we continue to ask parents to carefully consider your child's health and fitness for school. Schools are very vulnerable to the rapid spread of bugs and viruses due to the sheer number of people on our premises daily. St Bride's whole school community want our staff, children and families to be able to stay safe and well - **so we need your help!**

Please ensure you:

- **inform school** immediately of any suspected/confirmed COVID, chickenpox or other illnesses
- **Keep any sick children at home**
- Promote good hand hygiene
- Complete any necessary periods of isolation to stop spread
- **Once a week, take a peek!**
Please ensure that you treat any cases of headlice to prevent spread.

Health Guidance...

Do I need to keep my child off school?				
Chicken Pox	Conjunctivitis	Diphtheria & Whooping Cough	Glandular Fever	Hand, Foot & Mouth
Until all spots have crusted over	For several days until discharge or crusts should be removed	48 hours after last episode	After the day symptoms first appear or when discharge has stopped	Until blisters are dry and scabs have fallen off and new ones have appeared
Mumps or German Measles	Mumps	Scalpitis	Scarlet Fever	Stopped Diarrhoea
4 days after onset of rash	End of pain or swelling	Until the first bout of pain has stopped	24 hours after completing antibiotics	48 hours after completing antibiotics
Flu	Hodgkin's	Threadworms	Tonsillitis	
Until recovered	No need to stay off school if a child can manage to eat	No need to stay off school if a child can manage to eat	He needs to stay off school until symptoms should be resolved	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe something cool in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active
7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax
14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to practice an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Welcome back to Term 1B! We hope everyone had a spooktacular Hallowe'en break! In New Ways **November** we turn our attention to **#FRIENDSHIP** and explore the many ways in which we can be a good and kind friend to others and to ourselves by exploring positive self-talk.

Next week combines two important aspects of our Preventative Curriculum and PDMU learning as we acknowledge and celebrate both NIABF **Anti-Bullying Week** and National **Road Safety Week**.

We have an action-packed week of activities to coincide with provincial theme days but it's important to note that our learning in these areas takes place all year round on an ongoing basis.

Kicking off events on **Monday**, we are taking part in **#OddSocksDay** acknowledging and celebrating our **diversity and individuality**. We encourage everyone to get involved by wearing their wackiest odd socks for all to see!





Birthdays so far...

Happy birthday with love from everyone at **St Bride's PS, Belfast**

❤️😊 End of October Birthdays

- Cameron (P3McN) Kathleen (P6McA)
- Charles (P5LW). Gavin (P2KP)
- Emann (P5MMcK). Alannah (P7BM)
- Khalfan (P3RL) Rachel (P2MOP)
- Mary-Kate (P1AM). Felicity (P3ML)
- Cassie (P3McN). Brody (P3ML)
- Olivia (P6JD). Henry (P2JODG).

November birthdays so far 😊

- Niamh (P5LGH). Yousif (P4McI)
- Patrick (P7BM). Elias (P3McN)
- Eva (P1AM). Samantha (P4McI)
- Anna (P3McN) Kate (P4KG)
- Cillian (P3RL). Ciaran (P2JODG)
- Maggie (P2JODG). Callia (P1MW)
- Ellen (P4McM). Angela (P5LGH)
- Hernan (P3ML). Rua (P3McN)
- Hanna (P2JODG). Jake (P7BM)
- Brendan (P5LW). Sean (P5MMcK)
- Niamh (P7JM). Noah (Nursery)
- Austin (P2MOP). Gersi (P4McLL)
- Daniel (Nursery). Antonio (P7BM)
- Harry (P3ML). Maya (P2KP)
- Patrick (P3McN). Oscar (Nursery)
- Katie (P4McM). Rory (P2KP)
- Michael (P5MMcK). Matilda (P6CK)
- Orla (P4KG). Emma (P7MC)



All classes have a range of activities planned to explore key themes across the week but, as a whole school, we will end the week on **Friday** with a **neon bright non-uniform, #DitchTheDark** day, encouraging our pupils, staff and families to **#BeBrightBeSeen** when out and about on these darker winter days.

Both photos below contain



children. This illustrates just how important it is to be sure that our children and us adults too, can be seen on the roads at this darker time of year.

Congratulations to last month's **Hot Chocolate Friday** winners who were selected for being excellent role models for all in demonstrating and living out our focus on **RESPECT**. Who will be nominated this month for **#FRIENDSHIP**... I look forward to finding out soon!



Thank you to our fabulous staff & PTA who organised and ran **two fantastic Hallowe'en discos for P4-7 children**. Well done families and children on the fantastic outfits and groovy dancing! It was lovely to have everyone back partying together! **Thank you everyone for your support!**



Thank you to our fantastic **Canteen Staff** who went all out to create a frightfully tasty Hallowe'en themed surprise for our pupils!

Good luck to our **Boys Gaelic Team** who will play in the semis (and hopefully finals) in the Cumann na mBunscol Schools League next week. Naomh Bríd Abú



As our P7 pupils begin a series of examinations over the next few weeks, we keep them and their families in our prayers.

Sincere thanks to all staff for supporting our pupils to prepare so well and to their family members supporting and encouraging them at home.

All of our P7 children have worked so hard and we are so very proud of them!

Go, do your best children and remember, to us, you are so much more than a score on a test! **#Superstars**

To help prepare our P7 children to stay calm, focussed and relaxed, we have been enjoying lots of mindfulness, resilience and aromatherapy sessions.



Huge thanks to Mrs Gaffney-Fee for leading these wonderful sessions.

Sending lots of love, luck and positivity to our P7 children!

So much more

You, dear child, are so much more,
Than a number, a percentage a level or a score,
You're a brilliant artist painting a scene,
A wonderful poet describing a dream,
An author creating mystery and surprise,
A rugby player scoring a hat trick of tries,
A chorister singing a beautiful song,
A mathematician who is rarely wrong,
A sailor sailing away in a boat
A musician hitting the perfect note,
An amazing athlete winning the gold,
A fearless adventurer so brave and so bold,
The list is long and I could go on,
You really are a talented one,
Your tests are important but be in no doubt,
They do not describe what you are about,
You see, dear child, you are so much more,
Than a number, a percentage, a level or a score.

B. Banks

Help with Childcare and School Costs

Help with childcare costs for working parents

- Tax-free childcare: Save 20% of childcare costs, up to £2,000 per child per year
- Childcare vouchers: Salary sacrifice scheme. Save up to £969 per year per parent
- Universal Credit: Provides claimants with 85% of their registered childcare costs
- Tax Credits: Provides claimants with 70% of their registered childcare costs

Help with school costs

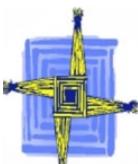
- School uniform grant: Contribution to the cost of school uniforms
- Free school meals: Entitles claimants to free school dinners

St Bride's PS staff are **here to help and support** all families. If you, or a family you know, are in need of our support, please get in touch to speak to us in confidence.

Need to chat to us or raise a concern... We will always be happy to help!

Most often **class teachers** are the best person to speak to. They can be contacted via the school email address or landline.

Email: info@stbrides.belfast.ni.sch.uk or Telephone 02890 381700. If, after speaking with class teachers, the matter remains unresolved, it may be further raised to the Head of Key Stage, SENCo, Senior Leadership Team, VPs and then the Principal.



Keeping up with St Bride's... I'd encourage all adults to follow St Bride's PS on **Twitter** to get a glimpse into all that goes on in our school. Check us out **@StBridesPS1**.

Have you moved house, changed your telephone number or email address?

Please ensure that you update the School Office Team with any change of details to ensure that you have continued access to our SchoolComms & Gateway App for important information and payments. **Thank you!**

Looking ahead... Dates for your diaries

Monday 14th November - Odd Socks Day

Friday 18th November - Ditch the Dark Neon Non-Uniform Day

Monday 21st November - School closed to all pupils - Parent-Teacher Consultation Meetings

Safeguarding our premises...

Families, unfortunately adults are still 'hanging around' on our school premises between school pickups, despite our pleas to vacate the areas. We cannot facilitate parent, grandparent or childminding waiting areas. Anyone arriving before 1.50pm or remaining on site after 2.10pm and before 2.50pm will be asked to leave in adherence with safeguarding procedures. Respectfully families, once you have collected your children, you are politely requested to leave school premises. **Thank you for your co-operation.**



Other Reminders:

- **Parking:** I appreciate and have witnessed the difficulties associated to traffic management, however, I respectfully request that parents adhere to road markings, **avoid using staff carpark areas, refrain from blocking school or residents' gates**, zigzag crossing lines etc and instead park **responsibly**, with **respect** for local residents and of course, children's safety.
- We will call the **police** in respect of any **illegal parking or dangerous driving**.
- **Our only concern is the safety of our school community.** Parking convenience is not a priority.
- **Abuse towards school staff will also not be tolerated** and could result in further action taking place.

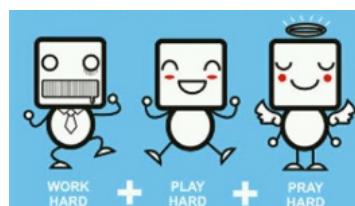


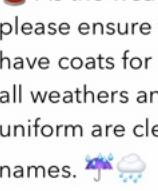
PIC•COLLAGE

- Safer School Premises:

- Families, you may be aware that we have a number of children with severe, often life-threatening, allergies, others with mobility issues and many who have experienced trauma which can be easily triggered. With that in mind, as the children's safety and well-being is my paramount concern, I respectfully ask that ALL food coming into school is nut-free, adults refrain from smoking on school premises and that dogs are not brought on to our school sites.
- **Thank you** for your co-operation in protecting and safeguarding our children.

Now for a summary of **what's on next week...**



Day & Date 	Events  	Points to note  
Monday 14th November Odd Socks Day	 Early Morning Drop-off 8.30am  Clarinet Lessons  P5 Mandarin Lessons  Odd Socks Day  Miniversity (ICT Suite)  Irish Dancing (DV Hall)  Many Faces Drama P2-3  Girls' Gaelic P6-7 (Ashleigh Pitch)	 Remember to book school meals by Sunday for the week ahead.
Tuesday 15th November	 Early Morning Drop-off 8.30am  Mass P5M/McK & LGH  Brass & Cello Lessons  Arts & Crafts Club - DV Site  French (Derryvolgie Front Entrance)  Gymnastics MR Sports - DV Hall  Playball After-School Club - Ashleigh  Orchestra & Brass Ensemble	 Follow us on twitter @StBridesPS1 to keep up with all that goes on in our school!
Wednesday 16th November	 Early Morning Drop-off 8.30am  Violin Lessons  P7 Swimming - Queens PEC  BOYS' Gaelic League Semi/Finals  Hurling & Camogie - St Brigid's  Soccer MR Sports - DV Hall  French (Derryvolgie Front Entrance)	 As the weather changes, please ensure that all pupils have coats for outdoor play in all weathers and that all items of uniform are clearly labelled with names.
Thursday 17th November	 Early Morning Drop-off 8.30am  Viola & Percussion lessons  P7BM Retreat  P7 Basketball Coaching  KS1 Gaelfast  School Counsellor Sessions  Basketball Club - Ashleigh Hall  Boys' Gaelic Coaching - Queens PEC	 REMEMBER ONCE A WEEK, TAKE A PEEK
Friday 18th November Ditch the Dark Non-Uniform Neon Brights Day	 Early Morning Drop-off 8.30am  Flute lessons  P6JD Library Visit  P7BM Assembly for P6&7  World Children's Day  Judo DV Hall  Yoga (Ashleigh Hall)  Irish Lessons (DV Front Entrance)	