

Deanby's Digest

February 2020



From the Principal's Desk:

Every parent/carer, wants the best for their child. We want to protect them and give them a positive start to life. When they go to primary school they begin to explore a new world of adventure through the different learning areas of our curriculum. The most important thing that you can do for your children's learning is to spend a little time listening to them talk, reading to them and encouraging a love of books. It is a scientific fact that reading to your child is one of the most effective ways to build language development in the brain. Reading to children makes them feel loved and enhances well-being within them. It keeps them calm and builds listening skills and imagination, making them more creative. This then raises their intelligence. Books teach children about relationships, situations, personalities, and what is good and bad in the world we live in. At night-time get rid of screens and phones in bedrooms. Allow your child to read or look at books in bed before they go to sleep. This encourages a restful night's sleep and gets rid of the stresses of the day. This Thursday 5 March is World Book Day- let us celebrate reading. It's fun!

Mrs Hughes

Website/Social Media -

Don't forget to keep up to date with all the great things we have been doing and everything coming up on our website, Facebook and Twitter.

Workshops for Early Years -

We are delighted to announce that we have secured a number of workshops for some of our P1,2 and 3 classes. These will be delivered by Occupational and Physio therapists, as well as Behaviour specialists, from RISE NI-Regional Integrated Support for Education. In the sessions the girls and staff will learn about skills for good attention and listening, gross motor development, core strength and posture control. All of this learning will take part in a fun and active environment and we are looking forward to the programmes having an impact on our children.



World Book Day -

Our School Council are running a whole school Book Swap to celebrate World Book Day on Thursday 5th March. Please have a look through your books at home and be ready to swap on World Book Day. Books for grown ups too! Let's all get reading!



Families Connect -

Families Connect is currently being delivered by Miss Hutchinson and Mr Lowry. Families Connect is a programme run by Save the Children, bringing parents and carers into school to learn how to help their child. During the first session they were exploring the social and emotional connection in our children's learning - focusing on the importance of feelings. The following week they learnt all about the importance of praise. Did you know that for every one positive comment our children hear, on average, most will hear 8 negative comments? During this workshop they made 'Family Superstar Awards' focusing on helpful praise. Families can use these as a reminder to look for the positives and to praise everyday little things.

Action Mental Health -

During the month of February, P5, P6 and P7 enjoyed workshops led by Leah from Action Mental Health. During the workshops, the girls discussed the different feelings we experience when we do certain activities and how people show their emotions in different ways. It was reinforced that our mental health and looking after ourselves emotionally, is just as important as our physical health. The girls were reminded that it is always better to share their worries with an adult that they trust than to keep it to themselves.



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Important Dates for your Diary:

Tuesday 3rd March -

RISE P2 workshop

Wednesday 4th March -

P5 Self-Esteem workshop

P7JM PeacePlayers

Thursday 5th March -

World Book Day; Book Swap

Friday 6th March -

P6AB Belfast City Council - Litter Games

Tuesday 10th March -

P3KS Young at Art trip to MAC

Wednesday 11th March -

P5 Self-Esteem Workshop

P6 visit to Trinity College

P7JM PeacePlayers

P7KD reading to Nursey pupils

P6 Transfer meeting for parents

Thursday 12th March -

Emotional Health and Well-Being Day

P7KD Buddy Up

RISE P3CR workshop

Friday 13th March -

Irish Culture Day

Monday 16th/Tuesday 17th -

School Closed

Wednesday 18th -

P5 Self-Esteem Workshop

P7JM reading to Nursey pupils

RISE workshop P1CK

Thursday 19th -

P7 STEM

Friday 20th -

P3 Mass of Enrolment

RISE P3CR workshop

Tuesday 24th -

Belfast Cross Country Championships
(Running Club)

Wednesday 25th -

P7JM PeacePlayers

Friday 27th -

P3 First Confession

Irish Culture Day -

In honour of St Patrick's Day, we will be having a day of Irish Culture on Friday 13th March. This will be a non-uniform day and we would encourage our girls to wear something green to school! We are inviting parents to attend a short concert at 1pm. Come along and join our celebration of culture, have a wee bowl of stew and enter a free ballot. A lovely way to begin our St Patrick's weekend.



February Girls of the Week -

P1CK - Megan Reilly, Bernadette Marley P2SH - Ceadaoin Murphy, Amelia Quinn P2JS - Aoibhe Quinn, Jessica Larkin-Boyle P3CR - Cadhla Fullerton P3KS - Rosa Crossan, Ruby Eneh P4ED - Skylah McCann, Ruby McNeill P4PD - Giselle Shaw, Sophie McLarnon Petticrew P5LP - Alana McGrogan, Abbie Cahoon, Nadia Mloczek P5KT - Maria Bialek, Mya Petticrew P6JG - Evie McAllister, Kaitlyn McAfee P6AB - Sarah Maguire, Gabriela Fracala P7KD - Katie McAleenan P7JM - Tiona Begley, Bethany Curley.

This Month's Top Tip

Think about ... 
Getting Enough Sleep

SLEEP HELPS THE BRAIN SORT ITSELF OUT

Always wind down before bed..... like read a book

GRUMPY - YOU MIGHT NEED MORE SLEEP

Sleep keeps you fresh and healthy

SLEEP MORE STRESS LESS

We don't usually think very much about sleep - it's just routine. Teenagers need between 9 to 10 hours sleep each night. Sleep is more than a period of rest. It is an essential time for your body to carry out routine maintenance. Sleep brings many health benefits. It improves your memory and mood and makes you more alert.

SLEEP IS IMPORTANT FOR YOUR EMOTIONAL HEALTH AND WELLBEING

You may not be getting enough sleep if you are

- ★ Having trouble getting out of bed in the morning
- ★ Feeling less motivated than usual
- ★ Having trouble concentrating or remembering
- ★ Feeling tired during the day
- ★ Feeling bad tempered
- ★ Nodding off during lessons

A routine sleep pattern is important to allow your mind and body to function properly. The following tips may help

- ★ Go to bed and get up at the same time each day.
- ★ Don't take naps too close to bedtime.
- ★ Avoid eating close to bedtime - food can boost your energy levels.
- ★ Avoid sugar and caffeine in the evening.
- ★ Relax before you go to bed - it will help you unwind.

An occasional night without sleep will make you feel tired the next day but there will be times when you just can't sleep most likely when you are worried or excited about something. If you are having trouble getting to sleep speak to your doctor. These websites provide useful advice.

Useful Websites:

- www.nhs.uk/Livewell/Childrensleep/Pages/childrensleephome.aspx - tips for getting better sleep
- www.spunout.ie/health/Healthy-body/Get-a-solid-night%2527s-sleep - how to get a good night's sleep
- www.mind.org.uk/help/diagnoses_and_conditions/sleep_problems - advice on how to deal with sleep problems
- www.bbc.co.uk/science/humanbody/sleep - tips to improve sleep
- www.moodjuice.scot.nhs.uk/sleepproblems.asp - very helpful information to help with sleep problems