



September 2022

DIARY DATES FOR SEPTEMBER

12, 19, 26 September - Adult Fitness Classes 7.30pm
13, 20, 27 September - Fit for Fun
14, 21, 28 September RM Football After-Schools Activity
15, 22, 29 September Core Kids After-Schools Activity
12 September -Yr 7 Trip Omagh Academy- Living History Event
22 September Small Worlds Café Event
23 September International Day Of Languages Activity Day
26 September STAFF DEVELOPMENT DAY- SCHOOL CLOSED
28 September—Yr 7 Discover Drumragh Event
28 September—Nursery Mini Movers Session
 Use the link below to keep up to date with what is happening in school
<https://www.omaghcounty.org/parent-area/calendar-1/>

SCHOOL CLOSED



School closed **Monday 19th September** for Her Majesty Queen Elizabeth II's State Funeral and **26th September 2022** for staff training

SCHOOL HOLIDAYS 2022-23

2022-2023 School Holiday list is available on the school website, or by using the link below.

<https://www.omaghcounty.org/parent-area/holiday-list/>



HEALTHY BREAKS AND LUNCHES

SNACKS:

Childhood is a critical time for growth and development, and snacks provide important nutrients that your child needs between meals. Healthy snacking also contributes to your child's emotional well-being and aids concentration.

We would ask that you support us at home and encourage pupils to bring in healthy snack choices.

Chocolate and crisps are prohibited and please remember to check the sugar content, as many cereal bars contain very high levels of sugar.

WATER:

In school we appreciate parents and carers sending in a drink each day to keep children hydrated.

Pupils regularly sip from their bottles and if the bottles contain juice, they will increase their chances of tooth decay more so than when they drink juice along with just their lunch.

To support children's current and future dental health **water bottles for drinking during the school day must contain water only.**

PACKED LUNCH:

Children should have healthy breaks and packed lunches in school with them such as sandwiches, fruit, yoghurt or vegetable sticks.

PLEASE REMEMBER NO NUTS OR KIWIS, AS THERE ARE CHILDREN IN SCHOOL WITH SEVERE ALLERGIES.

PLEASE



NO PEANUTS OR NUT PRODUCTS

WE ARE AIMING TO BECOME PAPERLESS !!!!



To reduce our carbon footprint and our school overheads we are aiming to

reduce our paper consumption. Going forward newsletters and parent communications will be emailed to parents, made available on the school website and through the school web app. Parents who do not have an email will be sent home a paper copy.

PASTORAL CARE



All parents will have received an email with their GDPR consent form and our Pastoral Care Pack, including our Safeguarding

Policy. Thank you to all the parents who have replied to the email giving their consent for photographs of their children to be taken and used on school platforms. Safeguarding and Pastoral Care Policies and Information can be found on our school website or follow the link below.

<https://www.omaghcounty.org/parent-area/>



OMAGH COUNTY PRIMARY SCHOOL

PARENT INFORMATION MEETINGS

Thank you to everyone who attended our Parent Information Meetings last week. Parent Interviews will take place later in the year. Please remember if you have any concerns or need to speak to your child's teacher contact the school office to arrange an appointment.

REMINDERS

Parents are reminded that all items of school uniform should be clearly labelled with their child's name. Also boys and girls should be wearing **black shoes** on uniform days.

On **PE days** children may wear **black bottoms**

(no stripes or logos), **black trainers** and either **PE tops** or **polo shirts**.

If anyone requires items from the school swap shop, please complete a request form from the school office.

CLOTHING BANK

If you are tidying out the wardrobes now that the weather has got a little chillier, remember to recycle clothes, bed linen, shoes or bags in our school clothing recycling bank at the back gate. Your contribution supports the work of our PTFA and goes towards their fundraising efforts.



PATHS QUOTE OF THE MONTH



CONTACT DETAILS

Please ensure that the school office has your updated contact details—telephone number, address and email. Telephone or email 02882242642 or alogan321@c2kni.net / kclarke603@c2kni.net



AFTER SCHOOL ACTIVITIES



We have a number of after-school activities in place for Term 1 Little Artists, Jumping Clay, Multi Skills and Football. Notes regarding teacher led after-school activities have gone home today. These are led by our teaching staff and include Sewing, Dance, Hockey, Computer Club, Art and Running and Rounders.

MUSIC TUITION

Our EA Music tutors are selecting children for music lessons. Lessons are excellent value for money. However, parents are reminded that Music Tuition Fees work out at approximately £150 per year, excluding instrument hire. The first instalment will be £50 and must be paid by the end of September. Once your child starts lessons parents are liable for the full cost, whether or not the child continues with the lessons or not. Families in receipt of Free School Meals are exempt from tuition fees.

YEAR 3 DAY EXTENDED

The Year 3 day is extended from today, Monday 19th September, when children will go home at 3.00pm Monday-Thursday and 2.00pm on a Friday

September 2022

SCHOOL GATES



Please be mindful of leaving the parking bays at the front and back of the school free for bus pick ups and drop offs. Thank you.

Around the school gates is also a

No Smoking area. We would appreciate it if parents did not smoke or vape when in these areas.



LUNCH AND WRAP AROUND PAYMENTS

School dinner payments and Wrap Around Care payments must be paid promptly and not let fall into arrears. Failure to pay promptly will result in the services being withdrawn. If at anytime families are struggling to make payments, please contact Ms Funston at jfunston506@c2kni.net or call 02882242642

Dinner Money can be paid for daily or weekly, Wrap Around Care payments within 3 working days of receiving the invoice.

A.Q.E.

Please note applications for AQE close at 4.00pm on Friday 23rd September.

The dates for the AQE assessments are-

Saturday 19th November
Saturday 26th November
Saturday 3rd December

GOLDEN TIME

Children from Year 4-7 may bring in Golden Time toys. Please note, these should be able to fit in your child's school bag. Electronics, tablets, phones, collectors card (eg football cards, Pokemon)etc are prohibited.



OMAGH COUNTY PRIMARY SCHOOL

Workshops and Classes that maybe of interest:

- For pre-school or Nursery children (18 months- 4 years old) Fit for Fun is on every Tuesday. Please contact bpollock293@c2kni.net
- Parent Line are running workshops to support those parenting a neurodiverse child through the diagnosis journey, self-regulation and puberty
- Action for Children are holding monthly drop in sessions for parents who are maybe feeling lonely, isolated or overwhelmed
- And finally due to the popularity of our Adult Keep Fit classes a second class from 6.30-7.30pm has been introduced. Places still available for anyone wishing to join.

A tailored programme for children aged 18months to 4years

Fit For Fun

£20 For 8 weeks
Limited Spaces Available
8 week programme commencing

TUESDAY 6TH SEPTEMBER
(9.30am-10.30am) or (10.30am -11.30am)

6th, 13th, 20th & 27th September
4th, 11th, 18th & 25th October

9.30am: 1 Space
10.30am: 2 Spaces

Opportunity to socialise and co-ordinate with other children and parents

• Aids language

BOOKING ESSENTIAL
Email: bpollock293@c2kni.net
Please include: child's name, age, contact number and preferred class
** Discounted rate for family groups**

PIC-COLLAGE

Eden

Parent LineNI
0808 8020 400

We are excited to announce a NEW series of FREE workshops for parents/carers

Delivered online via Zoom together with Rebecca from Eden Consultancy

Parenting a neurodiverse child

A series of 4 workshops
Sep/Oct 2022

For more information or to book a place call 0808 8020 400

Eden

Parent LineNI
0808 8020 400

Session ONE

The Diagnosis journey.

Grief, acceptance and family dynamics
Whether you have journeyed through diagnosis for your child or at the very beginning of the journey this workshop is for you. The process can feel long and lonely and throughout this session we will be talking about the wide range of emotions that can be experienced throughout this journey from grief to acceptance and how family dynamics can be challenged and changed throughout.

Wednesday 14th September
10am-11.30am

For more information or to book a place call 0808 8020 400

Eden

Parent LineNI
0808 8020 400

Session THREE

Big life events. How to journey through family changes, holidays, Christmas, birthdays and friendships

Life is full of big events. Births, loss and grief and many celebrations. Journeying through all of these can be particularly challenging whilst parenting a child with neurodiverse needs. During this workshop we will be sharing top tips on how to approach each of these.

Wednesday 12th October 10am-11.30am

For more information or to book a place call 0808 8020 400

Eden

Parent LineNI
0808 8020 400

Session TWO

The next steps. What now? The Key things to know, helpful approaches and self regulation

So your child has received a diagnosis or you think they may have a neurodiverse need. What happens next? Throughout this workshop we will be discussing the key things to know, approaches that should start to become part of your everyday life and how to self regulate when things get tricky.

Wednesday 28th September 10am-11.30am

For more information or to book a place call 0808 8020 400

Eden

Parent LineNI
0808 8020 400

Session FOUR

What comes next? Puberty and what comes next?

What next can be a scary question to ask as a parent of a child with neurodiverse needs. During this webinar we will be talking about Puberty, employment and what happens next after school.

Wednesday 26th October 10am-11.30am

For more information or to book a place call 0808 8020 400



OMAGH COUNTY PRIMARY SCHOOL

KEEP FIT
With Aubrey Kerrigan For Adults

8 WEEK PROGRAMME
SUITABLE FOR ALL AGES AND ABILITIES

MONDAY 5TH SEPTEMBER
7.30PM
5TH, 12TH, 19TH, 26TH SEPTEMBER
3RD, 10TH, 17TH, 24TH OCTOBER

£25 for 8 weeks
Aubrey: 07706977352



Action for Children

MONTHLY DROP IN SESSION

FEELING LONELY OR ISOLATED? WOULD LIKE TO MEET OTHER PARENTS / CARERS AND TALK? FINDING SOME PARTS OF PARENTING DIFFICULT OR OVERWHELMING?

JOIN US EACH MONTH IN A WELCOMING AND RELAXED ENVIRONMENT, CHAT TO OTHER PARENTS, WITH ADVICE AVAILABLE FROM A MEMBER OF STAFF

Beginning THURSDAY 8TH SEPTEMBER 2022 **1st Thursday of every month thereafter**
10AM-12NOON

EARLY INTERVENTION SERVICE
2A HOLMVIEW TERRACE, CAMPSIE, OMAGH
CALL US ON 02882 259495 IF ANY QUESTIONS

It is great to see so many children walking and cycling to school.
Please remember the Green Cross Code and your Bike Safety Guide.

Bike Safety Tips for Kids

- Wear a Bike Helmet** (Illustration of a helmet)
- See and Be Seen** (Illustration of a person on a bike with a red dot)
- Use Verbal and Non-Verbal Communication** (Illustration of a hand and a speech bubble)
- Check Your Equipment** (Illustration of a bike wheel and a wrench)
- Watch for and Avoid Road Hazards** (Illustration of a car and a road hazard sign)
- Avoid Riding at Night** (Illustration of a person on a bike with a red dot)

THE GREEN CROSS CODE

A thorough knowledge of the Green Cross Code is vitally important to primary school children aged **over 7 years**:

1. First find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass, look all around again and listen
5. When it is safe go straight across the road - do not run
6. Keep looking and listening for traffic while you cross

STOP - LOOK - LISTEN

