



12 Courtenay Hill, Newry, Co Down, BT34 2EA  
Phone: (028) 3026 2175

26 November 2021

Good morning Parents,

We are now well into Autumn, a lovely time of the year when the deciduous trees in our forest turn yellow, red and brown before falling to the ground. **As the weather turns cooler and often windy and rainy and the daylight starts to grow shorter, coats should be worn to keep warm and dry.**

### **Anti -Bullying Week**

This week we celebrated Anti-Bullying week with the theme One Kind Word. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that 'One Kind Word' was chosen as the theme of Anti-Bullying Week.

Our pupils spent some time this week discussing this with their teachers and were tasked to agree their own class definition of 'Bullying'.

### **Healthy Eating**

It is important that our message is consistent about healthy eating. This means all food and drink consumed within our school should be nutritious and of good quality.

School meals are a great choice, however, some children prefer to take a packed lunch so the following guidance may be useful for healthy eating tips and ideas.

The '**Are you Packing a Healthy Lunch?**', 'Healthy Breaks for Schools' and 'Healthy Choices' resources are all available at the following link.

<https://www.publichealth.hscni.net/publications/are-you-packing-healthy-lunch-english-and-irish-translation>



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### Crack the Code

Every Friday each class teacher nominates one pupil in their class who through work or actions has displayed many elements of our code. These boys and girls are rewarded with a special 'Crack the Code' pencil or pen. The teachers will have noted through the week wonderful examples of the nominated boy or girl being:

**Gentle**

**Generous**

**Hard Working**

**Fair**

**Well-mannered**

**Honest**

### Seesaw

It is wonderful to see that many parents are responding to their children's work on Seesaw. Please continue to engage with 'liking and commenting' on work uploaded by the teacher. The private message facility can be used if you need to upload samples of work from home.

**However, if you need to inform your child's teacher of important information during the "school day" please contact the school office.** During this time teachers do not access the Seesaw messaging service as they are engaged in classroom activities.

Thank you

I wish you a safe and happy weekend

Mr Sweeney