

# *LISBURN CENTRAL PRIMARY SCHOOL AND NURSERY UNIT*

*FRIDAY NEWSLETTER 30/09/22*

## *Year 1*

Year 1 Full Day.....

From Monday 3rd October Year 1 pupils will stay in school until 2.00 pm. Please send a healthy packed lunch or if they require a school meal the cost is £2.60 per day or £13.00 per week. ALL MEALS SHOULD BE SELECTED VIA SCHOOL MONEY by midnight on Sunday whether FREE or PAID.

## *PTF Meeting*

A **PTF** meeting will take place on **Tuesday 4th October at 7pm**. Everyone is welcome! I would like to encourage as many as possible to get involved this year. The PTF raises much needed funds to provide resources in school. Please consider offering to help?

## *School Trips*

A huge thank you to everyone for completing the online survey. All parents have indicated that they would like school trips to take place this year and the majority are willing to pay the extra costs. Therefore, we will plan our class trips as usual and will endeavour to keep costs as low as possible. You will be informed of trips well before the date to allow extra time for payments.

## *Boys' Football*

Yesterday, the boys took part in the first round of the Boys' Lisburn league. They played to a very high standard, and we were very proud of their performance.



## Cycle to school week 3rd - 7th Oct

Next week is 'Sustrans' cycle to school week. We would encourage as many as possible to cycle, walk or come on a scooter to school next week. There will be treats for the class with the most people cycling, walking or scooting each day.

If you're taking part in Cycle to School Week from 3 to 7 October 2022, don't forget to make a pledge with them for your chance to win! Visit [www.bikeability.org.uk/cycletoschoolweek](http://www.bikeability.org.uk/cycletoschoolweek) to find out more.



## Walking to and from school

For child protection and safety reasons I would recommend that children are accompanied when walking to and from school by an adult.

## Healthy Eating



We would encourage you to participate in our Healthy Break programme at a cost of £2 per week.

The Public Health Agency have stated that:

- Childhood is an important time to establish good eating and drinking habits for future health.
- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- Healthy Snacks help prevent tooth decay.
- A healthy break programme will help meet our target of five or more portions of fruit and vegetables a day.

**Children receive fruit every day from Monday to Thursday and a treat of biscuits and cheese or yoghurt on Friday. Please DO NOT send chocolate bars, crisps or flavoured juice to school with your child.**

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Please send a water bottle to school with your child each day. Water and milk are the most suitable drinks for children.

[Healthy choices. Choose wisely: Advice for parents | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net/healthy-choices-choose-wisely-advice-for-parents)

Remember this is a NUT FREE school.

## Free School Meals

### Free School Meals and Uniform Allowance



Are you waiting on expected approval for a Free School Meals or Uniform Allowance application for your child/children? Please read below.



**You Must Apply Every Year**  
You must reapply every year and include all children for whom you have parental responsibility and who will be full-time at school or Regional/FE College. Ensure that you upload the correct documents with your application.



**Not heard from us? Check the status of your application in your account**  
If you submitted your application **more than four weeks ago** but have not received confirmation that your child/children will receive Free School Meals and Uniform Allowance, first check your email including your junk folder. If you have not received an email, contact us at [mealsanduniform@eani.org.uk](mailto:mealsanduniform@eani.org.uk), quoting your National Insurance Number and your submission ID.



**Applied within the last four weeks**  
If you have applied in the past four weeks you will receive an email from us shortly. It can take up to four weeks to process an application. Thank you for your patience.

[www.eani.org.uk/fsm](http://www.eani.org.uk/fsm)

Please ensure you have completed the online application for your child if you are entitled to free school meals.

## Parent/ Teacher Interviews

Parent/Teacher interviews are planned for week beginning **24th October**. More information to follow.

## NSPCC Speak Out. Stay Safe.

I am pleased to tell you that this term we will be participating in the **NSPCC's Speak out. Stay safe. online** programme. This consists of an online assembly and supporting classroom-based activities. *Speak out. Stay safe.* is a safeguarding programme which aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

Your child will receive a letter next week to explain the programme in more detail. Each teacher will use the assemblies and materials in their own classrooms. These will take place from 10th - 14th October.

Please feel free to contact me if you have any further questions.

## After School Clubs

**Monday** - ART (Activity NI)

Netball,

**Tuesday** - Hockey, Scripture Union

**Wednesday** - Football (Burns)

**Thursday** - Gaga Ball (Activity NI)

Football

**Friday** - Dance (Burns)

## Dates Ahead

**10th Oct** - Gardening Workshops

**10th - 14th Oct** NSPCC Assemblies

**24th - 27th Oct** Parent/Teacher Interviews

**28th Oct** - School Training Day