

# ST BRIDE'S BUZZ!



News & Celebrations | [@StBridesPS1](https://www.instagram.com/StBridesPS1) | [www.stbridesps.org.uk](http://www.stbridesps.org.uk)

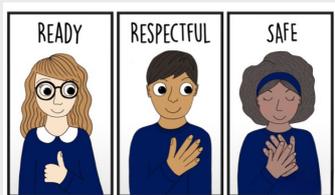
## Keeping everyone safe...

COVID-19 is very much still with us. Whilst it's great to see society return to some sense of normality, the onus and responsibility of keeping everyone safe lies with us all. Schools are very vulnerable to bugs and viruses due to the sheer number of people and families on our premises daily. St Bride's whole school community want our staff and children to be able to stay safe and well - **so we need your help!**

### Please ensure you:

- inform school immediately of any suspected/confirmed COVID cases
- Keep any sick children at home
- Promote good hand hygiene
- Complete any necessary periods of isolation to stop spread

## Ready, Respectful, Safe...



In St Bride's we teach our children how best to be ready to learn. We also equip them with the skills to know how to care for others and keep themselves safe. Our Safeguarding Team work hard to ensure that our children can become confident to Approach, Tell & Share their worries.



## 2022-23.. Let's do this!

It is so good to be back at school and to begin the process of meeting all of the wonderful children and families of St Bride's Primary School. A huge warm welcome to all of our new Nursery & P1 pupils and their families and to all new pupils and families, who, like me, have joined us from other schools - **Welcome!**

The pupils are all off to a great start and look so smart in their uniforms, thank you families for your efforts and support. ❤️ We are delighted to be joined by new teachers, classroom assistants and ancillary staff too - we hope you will all be very happy here - **welcome to our team!** Whilst I hope that everyone enjoyed a good summer rest and the lovely sunshine, we are conscious too that for some families, it has been a difficult time and so we keep in our prayers all members of our school community - past and present - who, for whatever reason, are in need of our kindness, prayer and support.

If any family needs any help or would like to chat with us in confidence, please get in touch via the school office.

Email: [info@stbrides.belfast.ni.sch.uk](mailto:info@stbrides.belfast.ni.sch.uk) Tel: **02890 381700**





**Birthdays so far...**

Happy birthday to these children who are celebrating their birthdays this fortnight with love from everyone at St Bride's 🤝🥰

- Katie (P2IM).      Ava (P3ML)
- Emel (P3ML).    Thomas (P5MRM)
- Una-Rose (P7JM).    Robyn (P7BM)
- Roisa & Sienna (P5MRM)
- Bosco (P7JM).      Toleen (P2COH)
- Finn (P2IM).      Emma (P7BM)
- Anjuma (P3McN).    Aryan (P7MC)
- Luca (P2COH).      Noor (P1JT)
- Michael (P6TM).    Carragh (P6CK)
- Isla (P4KG).      Clare (P6JD)
- Noah (P4McC/L)



We have a wide range of additional tuition, peripatetic support and coaching available to our children throughout the year. We are extremely grateful to all of the many wonderful outreach, community, parish, PTA and business supporters who work with us to support our children.

*Thank you!*



Families, thank you all again for the warm welcome. As part of my settling-in to St Bride's, I am taking the time required to become familiar with a large school across two sites and the many logistical arrangements that go with that. I'm spending lots of time out of the office, visiting classrooms, meeting teachers, assistants, ancillary staff and of course the wonderful children that form our St Bride's Community. I will be taking at least this first term to get to know as much of the current workings of St Bride's before beginning to work with the school community to plan the way forward. This is such an exciting time to be taking up post as work advances, through public consultation, to drive forward our plans to modernise and enhance the existing facilities for the children and ease the traffic congestion in the interests of our children and for the safety and convenience of all school families and the very patient residents around us.



I'm delighted to say that, as ever, Miss Joyce has done a fantastic job in ensuring a wide range of after-school

activities are available to our children. The full timetable is available on the school website at [www.stbridesps.org.uk](http://www.stbridesps.org.uk)

In addition, **Early Learners** provide Breakfast Club from 7.30am and wraparound care from 2pm to end of day. School staff are also on hand to facilitate early morning drop-off for children from **8.30am**.



As a cashless school, we use the SchoolComms system to collect payments for your convenience. This is also our main method of communication with parents and how I will be keeping in touch with you all for this school term, so, please ensure that you have downloaded the app and that you have informed the school office of any change of Home Address, Email or Mobile Telephone Number. Thank you for your co-operation.

**Coming soon..** Parent Curriculum Newsletters packed full of Term One information to help support your child at home.

## September: Self-Care.



**BE KIND  
TO EVERYONE,  
INCLUDING  
YOURSELF.**

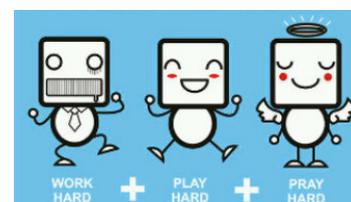
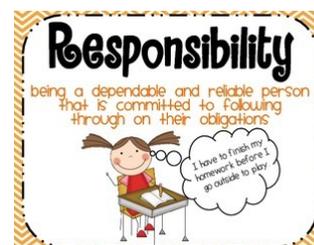
Our Monthly **School Value:**



**Self-Care September 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
1. Find time for self-care. It's not selfish, it's essential.	2. Notice the things you do well, however small.	3. Let go of self-criticism and speak to yourself kindly.	4. Plan a fun or relaxing activity and make time for it.	5. Forgive yourself when things go wrong. Everyone makes mistakes.	6. Focus on the basics: eat well, exercise and go to bed on time.	7. Give yourself permission to say 'no'.	8. Be willing to share how you feel and ask for help when needed.	9. Aim to be good enough, rather than perfect.	10. When you find things hard, remember it's ok not to be ok.	11. Make time to do something you really enjoy.			
12. Get active outside and give your mind and body a natural boost.	13. Be as kind to yourself as you would to a loved one.	14. If you're busy, allow yourself to pause and take a break.	15. Find a caring, calming phrase to use when you feel low.	16. Leave positive messages for yourself to see regularly.	17. No plans day. Make time to slow down and be kind to yourself.	18. Ask a trusted friend to tell you what strengths they see in you.	19. Notice what you are feeling, without any judgement.	20. Enjoy photos from a time with happy memories.	21. Don't compare how you feel inside to how others appear outside.	22. Take your time. Make space to just breathe and be still.	23. Let go of other people's expectations of you.	24. Accept yourself and remember that you are worthy of love.	25. Avoid saying 'I should' and make time to do nothing.
26. Find a new way to use one of your strengths or talents.	27. Free up time by cancelling any unnecessary plans.	28. Choose to see your mistakes as steps to help you learn.	29. Write down three things you appreciate about yourself.	30. Remind yourself that you are enough, just as you are.									

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



-SchoolComms **Gateway App**: Where possible, please book school meals by **Sunday** evening for the week ahead.

-**Parking**: I appreciate and have witnessed the difficulties associated to traffic management, however, I respectfully request that parents adhere to road markings, keep clear of school gates and crossing areas and **park responsibly**, with respect for local residents and children's safety.

- **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 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.



Day & Date 📅	Events 🧑🎓🧑🏃	Points to note 📌📄
Monday 12th September	<ul style="list-style-type: none"> <li>🕒 Early Morning Drop-off <b>8.30am</b></li> <li>🎵 <b>Clarinet Lessons</b></li> <li>🎓 <b>Miniversity</b></li> <li>🕺 <b>Irish Dancing</b></li> <li>🎭 <b>Many Faces Drama</b></li> <li>🏈 <b>Girls' Gaelic Coaching</b></li> </ul>	<p>📌 <b>Remember</b> to book school meals by Sunday for the week ahead.</p>
Tuesday 13th September	<ul style="list-style-type: none"> <li>🕒 Early Morning Drop-off <b>8.30am</b></li> <li>🙏 <b>Mass P6CK &amp; P6TM</b></li> <li>🎵 <b>Brass &amp; Cello Lessons</b></li> <li>🎨 <b>Arts &amp; Crafts Club</b></li> <li>🤸 <b>Gymnastics MR Sports</b></li> <li>🏀 <b>Playball After-School Club</b></li> </ul>	<p><a href="#">P7 Post-Primary GL &amp; AQE registration closes 24th September.</a> Please ensure you have registered if you wish to sit these exams.</p>
Wednesday 14th September	<ul style="list-style-type: none"> <li>🕒 Early Morning Drop-off <b>8.30am</b></li> <li>🎵 <b>Violin Lessons</b></li> <li>🏊 <b>P6 Swimming PEC</b></li> <li>🏏 <b>Hurling &amp; Camogie - St Brigid's GAC</b></li> <li>⚽ <b>Soccer MR Sports</b></li> </ul>	<p>📌 As the weather changes, please ensure that all pupils have coats and that all items of uniform are labelled with names.</p>
Thursday 15th September	<ul style="list-style-type: none"> <li>🕒 Early Morning Drop-off <b>8.30am</b></li> <li>🎵 <b>Viola &amp; Percussion lessons</b></li> <li>🏀 <b>Basketball</b></li> <li>⚽ <b>Boys' Gaelic Coaching - St Brigid's GAC</b></li> </ul>	<div style="border: 2px solid #00a0e3; border-radius: 15px; padding: 10px; text-align: center;">                   Follow us on  <b>twitter</b> </div> <p><b>@StBridesPS1</b></p>
Friday 16th September	<ul style="list-style-type: none"> <li>🕒 Early Morning Drop-off <b>8.30am</b></li> <li>🎵 <b>Flute lessons</b></li> <li>🧘 <b>Yoga &amp; Mindfulness P1-3</b></li> <li>🥋 <b>Judo</b></li> </ul>	