



'Being the best that we can be'

Friday Note

Friday 20th November

No. 12

Dear Parents,

It's been another hectic week! Our school video is beginning to take shape and preparations for our Christmas performances are well under way. I must extend a huge thank you to all the staff who have the school looking amazing and for providing such wonderful opportunities for the children to express themselves. At the end of today's newsletter, find some useful advice on the importance of sleep.

Condolences

We send our condolences to Mrs Allen and her family who lost their mummy, Mrs Jacqueline Barlow (RIP), last week. Jacqueline was a great friend of St. Joseph's with all three of her children, Caroline, Ciara and Shannon, attending school here. As an entire school community, we send her husband Paul and her three daughters our deepest sympathy at this time. Please remember them in your prayers.

Digital Book Fair - Live!

This week, you will have received a link to the brochure on the website where there is a great selection of books! An order form with instructions on payment has also been sent home with your child. Books are available to order straight away, right up until **Friday 27th November**. You can return the order form to your child's teacher as soon as you have made your purchase. Thank you so much in advance for your support of the Book Fair!

Nursery pupils

If you have a child due to start P1 in September 2021, we would appreciate if you could let us know by email. Further details of the application process will follow in due course.

Also, a reminder that new parents to the school, or first time parents, **may make an appointment** to visit and speak to the Principal or Vice-Principal.

Hamper Collections

If you feel you can donate an item, please send it into school with your child before **Friday 27 November 2020**. These items will be used to make up Christmas hampers for St. Vincent de Paul, the Simon Community and other needy charities in the Lisburn area. The PTA will also use a small selection of the hampers as prizes in their annual Christmas Ballot which will help to raise money for our own school. Thank you sincerely for your continued generosity.

- P1 Crisps/Pringles/Twiglets
- P2 Biscuits /crackers
- P3 Sweets/Chocolates
- P4 Mince pies/puddings
- P5 Christmas cakes/Christmas logs/ buns/cakes
- P6 Tea/Coffee/cranberry sauce/pickles
- P7 Bottles of shloer/juice and adult juice

Crest Awards and World Around Us

We are all still enjoying our science days and using the outdoors to help with our designing, building and testing. P6 made some fantastic rafts which linked really well to their class novel. They gathered the raft materials from Castle Gardens, designed and built their rafts. What a challenge it was to find the raft that could support the heaviest weight.



Shared Education

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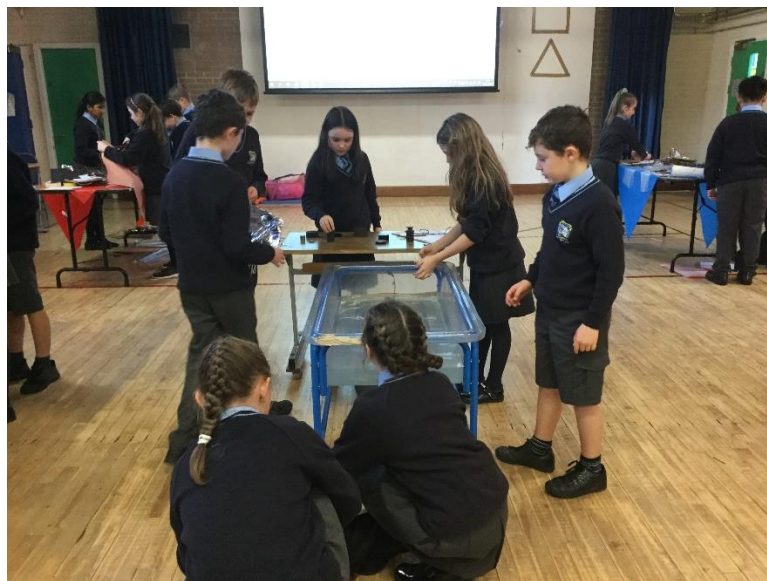
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Mrs Gorman's P6 class building and testing their rafts



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P4 loved making their 'Journey Sticks', linking beautifully to our P4 music programme. P4 will be learning about Aboriginal Journey sticks. Well done P4.



'St. Joseph's has the Christmas Sparkle'

The excitement is building for the talent show - we have an amazing amount of joke tellers in Key Stage 2!

We can hear the children practising and everyone is very excited. Some of the acts may be combined to create new acts as we won't have room for every single act. The children will have the opportunity to perform their acts next week and remember it's all about having fun!

Tuesday 24th November - P5

Thursday 26th November - P7

Friday 27th November - P6

We are looking forward to seeing our talented children perform.

Eco Council

We were awarded our second green flag in Term 3 of last year when we submitted digital evidence of our work in Eco Council. This year P7 pupils applied for their position by writing their application letters to Mrs O'Hare. We had so much interest and are delighted to introduce our new team.

Mrs Hunter will meet the children on Monday afternoon (2:00 – 2:30)

Our first topic is 'Global Citizenship'. The Eco team will be coming up with ideas on how we can support local charities and a global charity this Christmas. Every year St. Joseph's raises thousands of pounds by carol singing, performing in the Island Centre and class activities. This year we are unable to raise funds for charities in the usual ways so our Eco team will be leading the fund raising in school. Good luck.

The team are Eva Branks, Ruby Lavery, Nara Beggs-McCormick, Dara Gorman, Isaac Lagan, Tariq McDowell, Leon McGrady, Ryan Nokes, Eimear Rafferty and Rosie Wright.

PTA News:

Christmas Cards:

Sample Christmas Cards and order envelopes were sent home this week with any child who submitted a design.

Completed orders and payment should be returned to your child's teacher in the order envelope as soon as possible. The deadline for return of orders is next Friday, 27th November.



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PTA Christmas Ballot:

We will be holding our annual Christmas Ballot again this year. Ballot books will be sent home with each child next week. £1 per ticket, £5 per book.
There are lots of great prizes to be won!

- 1st Kindle Fire 10 Tablet and Amazon Voucher
- 2nd £100 Smyth Patterson Ltd. Voucher
- 3rd Kindle Fire 8
- 4th Tom Ford Sunglasses
- 5th Four Ball at Down Royal
- 6th Boiler Service from Fusion
- 7th Luxury Alcohol Hamper
- 8th £50 McCalls Voucher
- 9th Sweet Basket from Bonka's and Smyth's Voucher

Plus, lots more including.....Berry's Butcher's £35 Hamper Voucher, Photography Voucher from Mark McGrogan Photography, Tesco's Hamper, Family Passes for the LeisurePlex, Beef and Bird £20 Voucher, Toy Hamper, Pamper Hamper, Dough Brothers Pizza £15 Voucher, Michelangelo's Pizzeria Voucher, Selection Boxes and a Box of Tayto Crisps!

There will also be a prize for the children who sell the most ballot tickets!

The draw will take place on 10th December and can be watched on our PTA Facebook page - details to follow closer to the time.

Completed ballot stubs and money can be returned to your child's teacher in an envelope any time before 9th December. Please don't feel obliged to sell the tickets, you can return any that you don't sell. Alternatively, if you would like to sell more tickets, please ask your child's teacher.

The week ahead – 23/11/20

Monday	Tuesday	Wednesday	Thursday	Friday
IFA coaching P5-7 Engage Programme (Mon-Thurs)	Art/Creative Voices – P6CG	GAA Coaching (Paul Law) – P2, P3 & P4 P5Ck – tin whistle	Art/Creative Voices – PEMcC P5 and P6 – Basketball @ Racquets Club	P5ES – tin whistle Christmas Hamper goods due in school Book Club Orders Christmas card orders

Barry McMahan
Acting Principal

'Sleep is the best meditation.'
Dalai Lama



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Developing Good Sleeping Habits in Children

We have noticed many children looking tired in school these days. This could be a combination of the darker nights coming in, breaks in routines, etc., with lockdown. Good sleep is important for your child's physical and mental wellbeing. It is an excellent habit to develop in childhood as it will continue into adult life as well. Studies have shown that **kids** who regularly get an adequate amount of **sleep** have improved attention, behaviour, learning, memory, and overall mental and physical health. Not getting enough **sleep** can lead to high blood pressure, obesity and even depression. The amount of sleep a child needs varies with age. This table shows you how many hours of sleep your child needs depending on their age:

Child's Age	Hours of sleep needed per night
4	11 hours 30 minutes
5	11 hours
6	10 hours 45 minutes
7	10 hours 30 minutes
8	10 hours 15 minutes
9	10 hours
10	9 hours 45 minutes
11	9 hours 30 minutes

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or the very best thing to do is to read a story together.

Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media. Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room. Encourage your child to stop using screens at least **an hour before bedtime**.

Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C. Fit some thick curtains to block out any daylight.



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