



# The Wee Friday Note

## Friday 6th March 2020



### Thought for the week ahead

"The standard you walk past [or ignore], is the standard you accept."

Lieutenant General David Lindsay Morrison

1. **World Book Day** – thank you to all parents who encouraged and helped their children to dress up as a favourite character from a favourite book. Congratulations also to the 9 children who won £5 gift vouchers for their excellent creative writing shown in our most recent school-wide 'Big Write'. You can see photos of all the winners on our school's FB page and website. Together we raised £86.75 for our school's library fund – thank you.
2. **Teacher-Parent Interviews** – these will start the week beginning Monday 30<sup>th</sup> March and run all week. School will finish every day (Monday to Friday) at the earlier time of 1pm to enable these very important meetings to take place. School dinners and packed lunches as normal all week.
3. **Parenting Conference for East Belfast @ Cregagh PS** – Tuesday 28<sup>th</sup> April, 9:15am-12:00noon. Free of charge. Three speakers on three topics of interest to parents of primary school-aged kids living in East Belfast: (a) building children's resilience; (b) managing challenging behaviours; and (c) parents maintaining their own good mental and emotional health. This is not a 'teaching your granny how to suck eggs' event! It is being organised to encourage and empower parents. Tickets (free of charge) are available from [www.eventbrite.co.uk](http://www.eventbrite.co.uk) (search for "Cregagh"). This event is open to parents from different schools, so let's show East Belfast just how engaged Cregagh parents are by having a good number of our own folk there 😊
4. **Big Spring Clear-Out Clothes Recycling Week** – since introducing the blue textiles recycling bin back in 2014, it has raised almost £1,000 for school funds. If you have any old but clean clothing, handbags, shoes, belts, etc. please think about donating them to our school by placing them in the big blue metal box near the Clocktower. We are having a special Big Spring Clear-Out Week from Monday 23<sup>rd</sup> to Friday 27<sup>th</sup> March, when we hope to have an extra push on gathering items for textile recycling.
5. **Coronavirus (Covid-19)** – as a school, we are making a calm, common-sense response to this issue. We are following guidance from Department of Education, Education Authority, Public Health Agency (UK), and the local Health Trusts; as well as doubling-down on school cleaning, washing of hands and managing coughs and sneezes. **Please read the information on the reverse of this note.**
6. **School Fund** – we would really appreciate the payment of any outstanding school fund as soon as possible as we are fast approaching the end of the current financial year – thank you 😊

### 1 Important Dates for your Diary 🗓️

- 🌐 **Tuesday 17<sup>th</sup> March** – St. Patrick's Day - school closed (1 school day). This year, all schools in our Education Authority region are closed.
- 🌐 **Monday 30<sup>th</sup>- Friday 3<sup>rd</sup> April** – Teacher-Parent Interviews. Children go home at 1pm every day.
- 🌐 **Monday 6<sup>th</sup> April to Friday 17<sup>th</sup> April** – Easter holidays (10 school days)
- 🌐 **Friday 8<sup>th</sup> May** – early May bank holiday (1 school day). Government moved this date from its original 4<sup>th</sup> of May position due to Victory in Europe (VE) Commemorations across the UK.
- 🌐 **Friday 22<sup>nd</sup> to Monday 25<sup>th</sup> May** – late May bank holiday & School Development Day (2 school days)
- 🌐 **Summer holidays?** Our pupils will start back to school on Wednesday 26<sup>th</sup> August 2020. Please note that on Wednesday 26<sup>th</sup>, Thursday 27<sup>th</sup> and Friday 28<sup>th</sup> of August school will finish at 12 noon each day (without lunches or dinners) to facilitate staff training. Monday 31<sup>st</sup> August is a public holiday and all schools will be closed. Tuesday 1<sup>st</sup> September will be the first full-length day of school with school dinners being available.
- 🌐 **Keep the Dates: Sports Day** Friday 5<sup>th</sup> June (a.m.); **Prize Day/Final Assembly** Thursday 25<sup>th</sup> June (a.m.)

# CORONAVIRUS (Covid-19)

Understandably, there's a lot of talk about the CORONAVIRUS at the moment. It's very important to separate the serious facts from the panic-driven rumours. Fifty-two people in Northern Ireland have been tested for the coronavirus and results have all been negative, the Public Health Agency (PHA) has said.

## WHAT ARE THE SYMPTOMS?

- It seems to start with a fever, followed by a dry cough.
- After a week, it leads to shortness of breath and some patients require hospital treatment.
- The incubation period - between infection and showing any symptoms - lasts up to 14 days, according to the World Health Organization (WHO).

## HOW CAN I PROTECT MYSELF & MY CHILDREN?

The World Health Organisation says:

- Wash your hands - soap or hand gel can kill the virus
- Cover your mouth and nose when coughing or sneezing - ideally with a tissue - and wash your hands afterwards, to prevent the virus spreading
- Avoid touching your eyes, nose and mouth - if your hands touch a surface contaminated by the virus, this could transfer it into your body
- Don't get too close to people coughing, sneezing or with a fever - they can propel small droplets containing the virus into the air - ideally, keep 1m (3ft) away

## MEANWHILE IN CREGAGH PRIMARY SCHOOL

- Extra measures are being added to the cleaning of surfaces, door handles, etc.
- School already has 3 wall-mounted antibacterial foam hand sanitiser dispensers
- Children will be encouraged to wash hands regularly throughout key times during the day
- Parents - please send in disposable tissue handkerchiefs with your child for their own use and keep in their pockets (e.g. little packets of 5 or 10)
- School has purchased additional supplies of tissue handkerchiefs and antibacterial hand soaps for use in classrooms
- Antibacterial hand gel - the problem with these in a primary school, is that children sometimes rub it in their eyes which really stings! Because of this, we normally only allow P5-7 children to have these. If your child DOES bring hand gel to school, we will assume that you know about it and have told them: 1) how it should be used; 2) it is for their use only; 3) it is not a toy.

## WHAT IF I THINK SOMEONE IN MY FAMILY IS SICK WITH CORONAVIRUS?

- Very simply - PHONE your GP for advice. Don't go to work or send to school until you have spoken with your GP.
- Don't panic! A cold, a sniff, a cough is very common at this time of year; every year. But read the advice above and follow the advice.

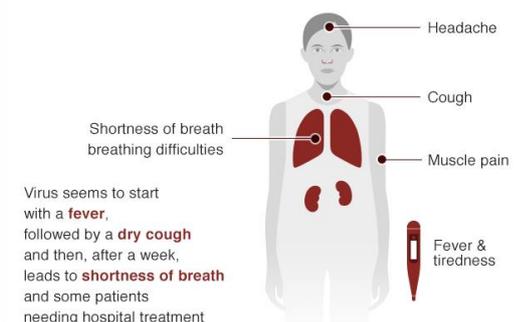
## FOR MORE ADVICE

- <https://www.publichealth.hscni.net/news/covid-19-coronavirus#what-is-covid-19>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

**How can you stop coronaviruses spreading?**

<p><b>If you need to cough or sneeze</b></p>  <p>Catch it with a tissue</p>  <p>Bin it</p>  <p>Kill it by washing your hands with soap &amp; water or hand sanitiser</p>	<p><b>You should wash hands with soap &amp; water or hand sanitiser</b></p>  <p>After breaks &amp; sport activities</p>  <p>Before cooking &amp; eating</p> <p><b>SCHOOL ETC.</b></p>  <p>On arrival at any childcare or educational setting</p>  <p>After using the toilet</p>  <p>Before leaving home</p>	
<p>✓ Try not to touch your eyes, nose, and mouth with unwashed hands</p>	<p>✓ Do not share items that come into contact with your mouth such as cups &amp; bottles</p>	<p>✓ If unwell do not share items such as bedding, dishes, pencils &amp; towels</p>

## Symptoms of coronavirus (Covid-19)



Source: WHO





# East Belfast *Parenting Conference*

**TUESDAY  
28<sup>TH</sup> APRIL  
2020**  
9:15AM - 12NOON

**Cregagh Primary School, Mount Merrion Avenue, Belfast BT6 0FL**

**Three 20-30 minute presentations on the topics of:**

- ✓ **building children's resilience**
- ✓ **managing difficult behaviours**
- ✓ **positive mental & emotional health for parents**

Open to all parents of primary school-aged children  
attending school in East Belfast

**Free of  
charge**



**Tickets: go to [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search 'Cregagh'**

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