



The Wee Friday Note

Friday 28th February 2020



Thought for the week ahead

"For every minute you are angry you lose sixty seconds of happiness." — Ralph Waldo Emerson

1. **Teacher-Parent Interviews** – these will start the week beginning Monday 30th 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.
2. **World Book Day** – Thursday 5th March is *World Book Day*. We encourage all children to come to school dressed up as their favourite character from a book. As the day is about books and encouraging reading, please direct your child to choose a book character rather than 'just dressing up' (we have other days for that! 😊)
3. **Parenting Conference for East Belfast @ Cregagh PS** – Tuesday 28th 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: building children's resilience; managing challenging behaviours; and maintaining good mental and emotional health for parents. More information about booking your tickets online etc. will be sent home soon, once final arrangements are confirmed.
4. **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.***
5. **Clothes Recycling** – 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.
6. **School Fund** – we would really appreciate the payment of any outstanding school fund as soon as possible – thank you.
7. **Mount Merrion Music Academy** – would you like your child to learn to play a musical instrument with a fully qualified musical instructor and at reasonable cost? If so, contact MMPC on 07515143775 to learn more about the musical opportunities on offer 🎵
8. **Wednesday afternoons with Alex** (Family Worker) - This term, Alex has organised a brilliant afternoon training programme for parents and carers called *Walking on Eggshells*. This course looks at different ways parents and carers can work with children who are challenging their authority and whose behaviour is increasingly difficult to manage. The programme is being run by **Parenting NI** and is delivered in a nice relaxed atmosphere where no one is 'put on the spot' by being asked to speak out or answer questions. ***Why not try it for one week and see what you think?*** (Alex Barnes ☎ 07740545129)

Important Dates for your Diary

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

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. There have been 19 confirmed cases in the UK to date (28th February) one of which is in Northern Ireland.

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

Symptoms of coronavirus (Covid-19)

