

We hope everyone is well and staying safe during this time. Thankfully all of our staff and their families are well and we look forward to when we can be safely back at school together. Our website is updated daily and teachers are busy on Seesaw every day. Please keep in touch whenever you can. We love to see how well you're doing.



M McGrath



This week is Mental Health Awareness Week. We have faced many challenges since we were last in school on 13<sup>th</sup> March. Our daily lives have been so very different and we have had to adjust everything. We should take some time, take stock and look after ourselves. While we know how important it is to socially distance, wash our hands and exercise, we must also realise the importance of doing what is right for us. Kindness is the theme for this week and lots of kindness has already been shown in difficult circumstances. By being kind and taking care of our friends and loved ones, we can make them feel happier and it can make us feel happier too. This week get in touch with someone you haven't spoken to in a while. Send someone a nice letter or postcard. Lift the phone and call someone, or even better a facetime call. Spread even more kindness.



You can still register at:  
[www.healthy-kidz.com](http://www.healthy-kidz.com)

We're in to Week 2 of our Virtual Sports Day. This week's events are egg & spoon and high jump. In our school we usually use golf balls or potatoes instead of eggs. If you're using an egg, boil it beforehand - saves any mess! The key to this event is concentration as much as it is about speed! Remember to update your profile every day as you earn points for being active at lots of things, even brushing your teeth! See below for some advice on this week's events.



## HIGH JUMP

### You Will Need

A high Wall or Fence  
A Measuring Tape  
A 'Tester' with a Pencil/Chalk or similar to mark the height of your jump

### How To Set Up and Record Your Result

Begin standing sideways to the Wall or Fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.

The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The Tester will then measure the distance between the two marks in centimetres (cm) and let you know your best result. Once you've got your jump height, record it in the Healthy Kidz App under Sports Day>High Jump.

## EGG & SPOON

### You Will Need

- An Egg (boiled to avoid any mess!)
- A Tablespoon
- A 'Tester' to shout "Ready, Steady and Go" and record time
- A Stopwatch
- 2 Cones or Garden Objects

### How To Set Up and Record Your Result

As per the Sprint set-up, place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).

Line up at the starting cone with your egg balancing on your top of your spoon.

Make sure you have one hand holding the spoon at the end of the handle and the other hand behind your back.

When the Tester Shouts "**Ready, Steady. . .**" tilt forwards slightly and find your balance with the egg and spoon extended slightly in front of your body.

On "**Go**", move as quickly as possible (walk or run) to the second cone and turn carefully before returning to your starting point.

If you drop your egg off your spoon, you must go back to the beginning and Start again!

Primary 1-4 (Foundation & Key Stage 1) students will cover 20m and the Tester will record how long it takes using the stopwatch.

Primary 5-7 (Key Stage 2) Students will cover 40m and the Tester will record how long it takes using the stopwatch.

**Once you've got your final time, record it in the Healthy Kidz App under Sports Day>Egg and Spoon Race.**

**Have fun!**

Remember that teachers have set up work on our Learn@Home section on the school website. Work is there if you need it, but we appreciate that everyone may have different priorities at the moment. Do what you can and please share some of your work via Seesaw. Any photos that you'd like to share with our school community, please send to: [info@stpatrickspssaul.ni.sch.uk](mailto:info@stpatrickspssaul.ni.sch.uk)



# Accelerated Reader

P4-P7 have been keeping up with their reading while we've been off. Since start of May they've read 1,870,817 words. We'd love more to be taking AR quizzes, so remember to log in to

<https://ukhosted6.renlearn.co.uk/2124881/Public/RPM/Login/Login.aspx?srcID=s>

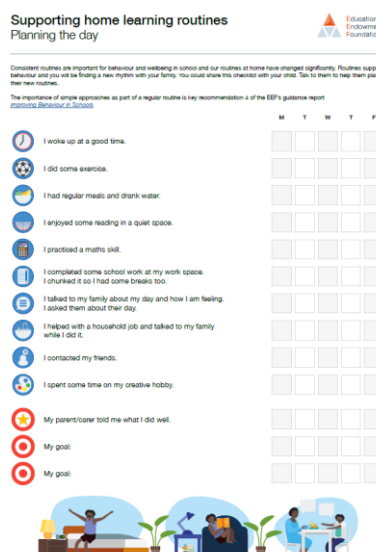
## Remember the 3 Ps

**Be Positive**  
**Be Patient**  
**Be Persistent**

P7s have hopefully enjoyed wearing their leavers jumpers. We'd love to see some photos of you all with them on.



What's your daily routine? It's important to try your best and keep a routine.





# SAFER SCHOOLS

New pupil roles  
now added!

Educate, empower & protect the entire school community.

## Dear Parents and Carers,

In these unprecedented times, we know everyone is spending more time online at home, including our children and young people. The Internet provides many benefits in keeping us all connected; however, for our children and young people especially, this can present more significant risks.

The online world can be a bit overwhelming at times, but it is important we understand what our children are doing online so we can help make them safer. The Department of Education Northern Ireland (DENI) Safer Schools App aims to help with this.

**We are delighted to invite you to download the DENI Safer Schools App using the instructions on the following page.**



## About the App

The App is designed to support you, as you keep the children and young people in your care safer online. The App will provide you with information on how you can make your home and devices safer. It gives you an in-depth understanding of Social Media and the benefits and risks of apps such as Snapchat, Instagram and Houseparty to name but a few.

The App will also provide you with more information on inspiring healthy media habits and screen time, as well as making you aware of scams and keeping personal information safer online. The in-app Safety Centre also provides you with up-to-date information on how to block, mute and report anything you or the child in your care may find worrying or upsetting online, from images to comments from online bullies.

Don't forget to check out our free Home Learning Hub for more online resources to support you further at [www.oursaferschools.co.uk/home-learning-hub](http://www.oursaferschools.co.uk/home-learning-hub)



Make sure to enable push notifications to keep up to date with our tips, advice and guidance on how to make your pupils safer.





Educate, empower & protect the entire school community.

## Download and Login Instructions

### STEP 1

Search 'Safer Schools' and download the App.



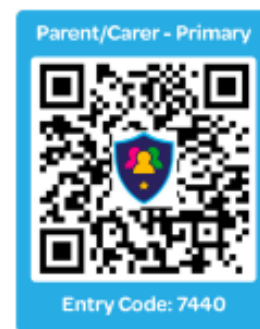
### STEP 2

When you open the Safer Schools App, you will be presented with the login screen. Here you will see your two options for accessing the App - numeric or QR.

#### 1) Scan the QR Code

First, tap the "Scan QR Code" button (...or just Scan QR on Android...).

Hold your device so the QR code appears in your camera view (you may need to give permission for the App to use the camera). When it scans the code, you will be logged in!



#### 2) Using the Numeric Code

First, start to type the name 'Department of Education NI' in the "Select your school" section. Then, Select Department of Education NI from the dropdown list and click 'continue'.

Next, simply enter the 4-digit access entry code for your role within the school (parent/carers, staff or pupil).

