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Monday 20th November 2023



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REMINDER

**School Open Evening
For Prospective P1 Pupils
Monday 27th November
from 5.00pm – 6.00pm**



We would be very much obliged if you could tell family, friends and neighbours about our **Prospective Primary 1 Open Evening to be held in Harding Memorial Integrated Primary School on Monday 27th November from 5.00pm – 6.00pm.** They would be made most welcome. If you know of someone who has a child who will be starting Primary 1 in September 2024 please inform them about this opportunity to learn more about the ethos, atmosphere and environment within Harding Memorial Integrated Primary School. Applications for 2024 admission should be made online, via the Education Authority website at www.eani.org.uk/admissions The application process opens on 9th January 2024 at 12 noon and any information regarding this process will be accessed from the EA website. We are very proud of our school and honoured that so many parents entrust us with the care and education of their children. Please come and see what makes our school so special!

Parent/Guardian & Teacher Interviews

We would like to thank both Teaching Staff and School Parent/Guardians for their participation in the recent P1 – P6 Parent/Guardian & Teacher Interviews. We hope that you found the time spent sharing information with your child's class teacher both valuable and informative. On your behalf I would like to thank all our Teaching Staff for their continued dedication and commitment that serve all the pupils so well at Harding Memorial. If you have any follow up questions or queries, please feel free to make an appointment with the office and your child's teacher will be back in touch. There will be another chance to speak to your child's class teacher later in the school year.

Christmas Celebrations

The End of Term **Christmas Performances** have been confirmed for Primary 1 to Primary 7 pupils. These annual events prove to be both popular and very well attended with every pupil participating in our Christmas Celebrations. Admission will be by ticket only.

These shows will take place in the School Assembly Hall as follows:

P1 parents – Wednesday 29th November 11am

P2 parents – Friday 1st December 11am

P3 parents – Tuesday 5th December 11am

P4 parents – Wednesday 6th December 11am

P5/6 parents – Tuesday 12th December 11am

P5/7 parents – Wednesday 13th December 11am

To facilitate as many people as possible we have allocated classes to the above days. For Health and Safety reasons the number of seats are restricted but we anticipate that there may be a limited number of additional tickets available for some of these performances and these will be allocated on a first come first served basis.

Please email the school office info@hardingmemorial.belfast.ni.sch.uk if you wish to request additional tickets (up to a maximum of 4)

Flu and Sickness Advice for Parents/Guardians/Carers with Children at School

Harding Memorial appreciates the ongoing support of Parent/Guardians when addressing the issue of “illness” in our School, especially when pupils are ill prior to the start of the school day. Our experience is that in many such situations, pupils have to be sent home again, so we would encourage a “sick child” to be kept at home. A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff and obviously the school would wish to avoid the spread of illness within the confined community of a school classroom. We feel that it may be of particular benefit to share the following medical information below with Parent/Guardians. The symptoms of flu often start suddenly and may include:

- ✓ fever
- ✓ fatigue
- ✓ coughing
- ✓ sore throat
- ✓ headache
- ✓ runny nose
- ✓ some people also have vomiting and diarrhoea.

Most people, including children, will recover within a few days. Resting and taking over the counter preparations such as Paracetamol will help. Anyone with flu-like symptoms should stay at home, so as not to infect others, until feeling better.

General Information

As we move towards December it is clear that the weather is getting colder and wetter. This means that all children must come to school dressed appropriately for the weather. Warm coats should be worn even if children come by car as it is very beneficial for children that

they get exercise outdoors at break and lunch time if at all possible. Please ensure all children have access to a coat in school.

Your Child's Online World

We would like to make all school Parent/Guardians aware about the following information:

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

This website offers some simple guidance about the risks your child might face online, some advice about what you can do to keep them safe, and where you can go for more help and support. School would recommend a key message from the NSPCC about **the importance of all adults being aware of what their primary school age child/children is/are "seeing and doing online" and to make sure that they do not see or do anything that is **not age appropriate****. There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. Being online can be great but it is important that we set boundaries for our children to keep them safe whilst they explore being online, develop their digital resilience and understanding of what to do if anything negative happens when online. So how can we help keep our children safe? We can start by checking age restrictions/ratings. **It is important that we follow these to ensure that what our children are doing or seeing online is appropriate for their age.**

Where can I find age ratings ?

- ✓ **Films:** The British Board of Film Classification rate films. A link to a 'Parents' Guide to Age Ratings': <https://www.cbbfc.co.uk/resources/viewing-films-safely-online>
- ✓ **Video games:** PEGI provides age classifications for video games. PEGI **considers the age suitability of a game, not the level of difficulty**. It is important to note that PEGI do not take into consideration user generated content within games (such as on Roblox) and the chat facilities within games.
- ✓ **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and play them yourself to check their suitability.
- ✓ **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.

What else can I do ?

- Explain the importance of age ratings to your child.
- Go online together and let your child show you what they are accessing online.
- Set up parental controls on your broadband, devices, consoles and on any individual apps that your child is using. This will reduce the chances of them accessing anything unsuitable as well as viewing inappropriate content for example whilst on YouTube.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them about what they see online then they should tell you or another trusted adult.

What if my child has seen something inappropriate ?

There is an article from Thinkuknow explaining what to do and who to contact if you have any concerns. **<https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online>**



The Formative Years

Fussy Eating

Parentline is delighted to have Dr Kirsty Porter a Children's Dietitian from Nutrition4kidsNI deliver this session for parents. Dr Kirsty will share expert advice, practical tips, and answer your fussy eating-related questions. Don't miss this opportunity to master mealtimes and get your kids to try new foods.

When: Friday 1st December, on Zoom

Time: 10 - 11.30am

To book a place call free

0808 8020 400



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