



Principal: S Cumper
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Wednesday 10th February 2021

Dear Parent/Guardian



Harding Memorial Primary School
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Harding Memorial Primary School Staff wish to pass on a massive **“THANK YOU”** and **“WELL DONE”** to our Parents and Pupils for how well everyone has adapted to this latest period of Home Learning. I wanted to highlight how pleased we are as a School at how well the vast majority of our Families and Children have engaged with Remote Learning and adapted to this most unusual method of schooling. We recognise that each Family circumstance is unique but it is still important that our Children continue to be introduced to new learning and the reinforcement of the basics to allow them to flourish when Schools reopen. We miss the daily interaction that we have with all of our pupils and we sorely miss seeing them and working with them Face-To-Face, as I’m sure that the pupils do too. Please remind the boys and girls that they are always in our thoughts and that we are looking forward to the time when it is safe to return to school. I know I have said this many times, but it is worth repeating – all we can do in these most challenging of times is set ourselves targets and expectations that are Family Centred and Safeguard Everyone’s Well-Being – Pupils, Parents and Staff. At the time of writing we are still working towards a school reopening date of Monday 8th March 2021. Should there be any further changes to this date I will endeavour to let all our School Families know in advance.

Please remember Harding Memorial Primary School is CLOSED for Half Term on Thursday 18th and Friday 19th February 2021. No Remote Learning activities will be set on either of these days and we hope our Pupils, Staff and Parents use this time for some respite from online activities. Remote Learning will resume from Monday 22nd February 2021 onwards.

5 ways to help your children stay happy and healthy during lockdown

www.sustrans.org.uk/our-blog/get-active/2021/in-your-community/how-to-help-your-children-stay-happy-and-healthy-during-lockdown/

Harding Memorial Primary School has been working with the Active Travel Charity Sustrans over the last few years. We wanted to let you know about Sustrans Outside. During this time where we are mostly required to stay at home, these activities become harder to do. Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home. There are a couple of videos that Sustrans have made that may be useful:

- How to set up a bike properly www.youtube.com/watch?v=MRIQ9vBkg5k
- World of Bikes Episode 1 www.youtube.com/watch?v=kW86rQsb8Es&t=1s

Transformation to Controlled Integrated Status = Development Proposal 657

As you have been previously informed a Parental Ballot took place in Harding Memorial Primary School in June 2019. This ballot was the opportunity for Parents to vote on whether or not they wanted Harding Memorial Primary School to transform to Controlled Integrated Status. The result of the Parental Ballot was that approximately 87% of Parents voted in favour of Transformation to Controlled Integrated Status and 13% opposed this proposal. As more than 51% of those who have voted, had voted in favour of Transformation, a Development Proposal for Transformation was submitted to the Department of Education (DE) through the Education Authority (EA). This “Case for Change” was formally submitted to the Education Authority at the end of February 2020.

In accordance with Article 14 of the Education and Libraries (Northern Ireland) Order 1986, a copy of the proposal was sent on 11 November 2020, to schools which, in the opinion of the Authority, might be affected by the proposal. **A total of 181 local schools which might be affected by the proposal were forwarded correspondence.** Comments were invited from the Boards of Governors and Trustees, to be returned to the Education Authority by 9 December 2020. **The Education Authority received no responses from affected schools and one response from the Controlled Schools’ Support Council (CSSC).**

This Development Proposal (Number 657) was discussed by the Education Authority’s Education Committee at its meeting on 14 January 2021. The Education Authority recognises its duty to encourage and facilitate integrated education under the Education Reform (Northern Ireland) Order 1989. **The Education Authority supports the proposal to transform Harding Memorial Primary School to Controlled Integrated Status.** The religious breakdown of the pupils in attendance at Harding Memorial Primary School shows a mix of Protestant, Catholic and Others in keeping with the demographic makeup of the area. The Education Authority has assessed the provision in the immediate area surrounding Harding Memorial Primary School and noted that there are a number of controlled schools in the area with some available places. However, this has been the case for a number of years and it is unlikely that the transformation of Harding Memorial Primary School will lead to increased pressure on neighbouring schools. Harding Memorial Primary School has been operating at full capacity for a number of years and the transformation does not include an increase in the school’s admission or approved enrolment. The two alternative integrated providers in the immediate area, Forge Controlled Integrated Primary School and Lough View Grant Maintained Integrated Primary School, are operating at capacity.

The Department of Education will make the final decision regarding the transformation proposal. If it is approved, then Harding Memorial Primary School must work towards meeting the conditions set out by the Department of Education for effective transformation to controlled integrated status. If this happens, Harding Memorial Primary School will aim to transform to Controlled Integrated Status from September 2021.

In the meantime the School Transformation Action Group (TAG) is keen to continue the process of consultation with all *“Stakeholders about the Process of Transformation”* at Harding Memorial Primary School and parents are reminded that a previous meeting took place in the School Assembly Hall for all Parent/Guardians on Tuesday 11th February 2020. It would be the intention of the TAG group for another Parent/Guardian meeting to be organised after the Half Term Holiday but due to the current Covid arrangements – this meeting will need to be organised “virtually” e.g Via Zoom. Additional information about the arrangements for this Virtual Meeting will be distributed to all Parent/Guardians and other School Stakeholders in advance of this future Zoom Meeting.

I have been Principal of Harding Memorial Primary School since 2008 and in that time there have been many changes. I am convinced that Harding Memorial Primary School continues to have a very special “niche market place” within the local school community. *The School is at the Heart of the Community – And the Community is at the Heart of Our School.* We are blessed to have parents who have high aspirations for their children. Our School has maintained a good reputation over a very long period and this reputation for quality is in no small measure due to the dedication and commitment of all School Staff, Teaching and Non-Teaching, to both the Pastoral and Curriculum aspects of day to day School life. As Principal of Harding Memorial Primary School I can confirm that we are totally committed to keeping all “School Stakeholders” fully informed about the Process of Transformation at Harding Memorial Primary School.

➤ <https://www.eani.org.uk/school-management/area-planning/development-proposals/harding-memorial-primary-school>

Parent Teacher Interviews

Thank you for your participation in the recent Primary 1 – Primary 6 Parent Teacher Telephone 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 of the pupils so well in our School.

Please Send Us A Photograph of Someone Or Something That You Love

As we are approaching Valentine’s Day we know that love is in the air and so we are inviting you and your child /children to send in a photograph of someone or something that you love. It could be your favourite person, your pet, your family, an activity you love doing, something you love eating or somewhere you love going (past holiday pictures). All we ask is that the photograph has your child in it along with the thing or person they love. We intend to make a short video of the photographs for everyone to view on our school website so if you submit a photograph please understand that it will be placed on the Internet and we are assuming your consent for this. If you wish to participate in this project, **please send your photograph by 1pm on Friday 12th February to**

info@hardingmemorial.belfast.ni.sch.uk



Call Parentline NI today for advice, support or guidance.

 **0808 8020 400**

Parentline NI is open from 9.00am to 9.00pm Monday to Thursday, 9-5pm Friday and 9.00am to 1.00 pm on Saturday. Our Service is available through a range of different channels including telephone, face to face and online.

Call us for FREE on: 0808 8020 400 Email: parentline@ci-ni.org.uk You can also call and leave a message outside of our opening hours, and we will get back to you within 2 working days.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

THE STRESS RELIEF GIRAFFE



WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation mediation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water