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**Principal: Mrs. Keira McCallan BA (Hons), PQH**

Monday, 10th February, 2020.

Dear Parent/Guardian,

Please read the following notes carefully:

- As part of our continued commitment to improving children's health and well-being we are hoping to introduce the **Daily Mile** will all children from **Years 1-7** from **Monday, 2nd March**.

The Daily Mile is simple and free. We want to get our children fit for life and fit for learning by encouraging them to run or jog for 15 minutes every day in school (additional to break times and PE sessions).

It is not PE, sport or cross-country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment and most importantly we believe that the children will really enjoy it.

It takes place outside in the fresh air during the school day at a time of each teacher's choosing. Pupils run in their school clothes and no special kit or equipment is required.

As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to our pupils and staff! To find out more about how it all works please visit: [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

Please find attached some information regarding the **10 Core Principles** and the benefits of physical activity.

If you have any questions, please do not hesitate to contact me directly.

- Please find attached your child's **Monthly Newsletter/Learning Support Sheet** for **February**.
- A **Confirmation Information Evening** for parents of pupils in **Year 7** has been arranged for **Monday, 2nd March @ 7.30pm** in the school Assembly Hall.

- **Tuesday, 11th February** is **Safer Internet Day**. Please check out the following website for further information: [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- Please find attached the following flyer:

### **Irish, Ulster Scots And Scots Gaelic Festival.**

- All pupils in **Year 5, Year 6** and **Year 7** have been invited to a **Cross Country Event** organised by **St. Mary's Primary School, Strabane** on **Thursday, 12th March**. The event will take place at **Holy Cross College, Strabane**. Pupils will travel by bus and will be accompanied by two members of staff. Pupils are asked to wear appropriate clothing and to bring a packed lunch and a bottle of water. Please complete the permission slip attached and return it to school by **Monday, 24th February**.
- Our **Year 1 and 2** pupils travel by bus to **Model School, Monaghan** on **Thursday, 13th February** as part of the **Shared Education** programme. Pupils are required to take a packed lunch and to wear their PE uniform and a warm coat.
- Our **Year 3 and 4** pupils travel by bus to **St. Patrick's Primary School, Aghadarragh** on **Thursday, 13th February** as part of the **Shared Education** programme. Pupils are required to take a packed lunch and to wear their PE uniform and a warm coat. As Mrs. McConnell has explained to her class, pupils are asked to bring a wonky wellie with them to be used for planting.
- Please find attached a copy of our **School Closures for 2020 - 2021**.
- Our school will be closed from **Monday, 17th February to Wednesday, 19th February (inclusive)** for **Mid-Term Break**. Pupils are asked to return to school on **Thursday, 20th February** at the usual time.

Yours sincerely,

Mrs. Keira McCallan  
(Principal)

## Permission Slip- Years 5, 6 and 7

I/we allow/do not allow my/our child \_\_\_\_\_ to participate in a **Cross-Country Event** on **Thursday, 12th March, 2020** at **Holy Cross College** in **Strabane**, travelling by bus.

Signed:

Date:

## Permission Slip- Year 1/2

I do do/not give permission for my child \_\_\_\_\_ to travel by bus to the **Model, Monaghan** on **Thursday, 13th February, 2020** as part of their **Shared Education Programme**.

Signed:

Date:

## Permission Slip- Year 3/4

I do do/not give permission for my child \_\_\_\_\_ to travel by bus to **St. Patrick's P.S., Aghadarragh** on **Thursday, 13th February, 2020** as part of their **Shared Education Programme**.

Signed:

Date: