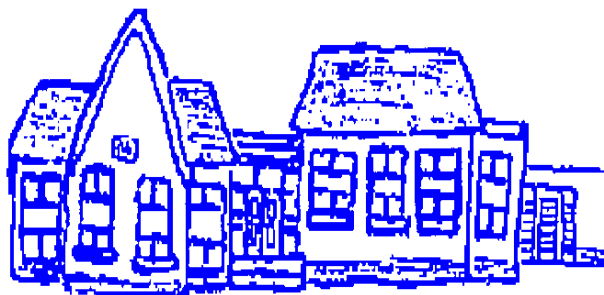


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Tuesday 12<sup>th</sup> September 2017

Dear Parent,

### **Gaelic Football Afterschool's Club for P3 - P7 pupils**

All children taking part in the Gaelic Football after school's club starting on Wednesday 13<sup>th</sup> September are allowed to wear their P.E Kit into school. Children can wear their Club / County GAA jersey, shorts and socks into school along with a tracksuit top / half zip top & bottoms and trainers. (Football boots, gloves & gum shield can be brought in a small separate bag)

Allowing the children to wear their PE Kit to school will ensure a smooth transition to the Hall / Outside and make it more manageable for them to organise their belongings.

### **Non-Uniform 'Derry GAA Jersey Day'**

In celebration of the footballers reaching this year's All-Ireland Minor Football Final on Sunday 17<sup>th</sup> September. The Derry GAA have invited all primary schools in the county to join together in having a non-uniform 'Derry Day' on Friday 15<sup>th</sup> September.

It would be great if all children could wear their Derry GAA football jerseys/tops. If they don't have anything Derry related, red and white clothing will be fine. They can also bring in red and white hats, flags, scarves.

The Canteen Staff have a special party day menu arranged for this day:

Homemade Pizza / Oven Baked Sausages, Baked Beans, Side-Salad, Chips / Mashed Potatoes  
Raspberry & White Choc. Cake / Yogurt / Fruit and Apple & Strawberry Juice or Strawberry  
Milkshake.

### **Healthy Breaks & Lunches**

**At Ballylifford PS we encourage all pupils to follow our healthy break and lunch policy.**

Children should bring only a healthy snack for break. As part of our Healthy Break Policy we would encourage you to select items from the following list for your child to eat / drink at break time:-

- Milk
- Water
- Fruit
- Vegetables
- Any bread based products e.g. sandwiches, pancakes or scones. (*Butter or spread can be used, avoid sugary spreads such as jam, marmalade and chocolate spread*)

**We also encourage children to bring a healthy lunch to school every day.**

Children are encouraged to bring water to school each day. Drinking water is an essential part of a healthy lifestyle and has been shown to make the brain more receptive to learning. Children may bring their water in a small, plastic bottle and are allowed water breaks throughout the day.

**We have a number of children throughout the school who have a nut allergy. Children with this condition may have a severe reaction which could prove fatal if they come in contact with nuts.**

**Consequently, we ask that no nuts or nut products, such as peanut butter or nutella sandwiches etc., are brought into school for your child's break or lunch. We also ask that children do not bring birthday cake into their class.**

We are sure you will appreciate the reasons for making these requests.

The school meals menu has been sent home with all pupils monthly.

The canteen staff have asked us to remind parents that the meals provided follow the Nutritional Guidelines introduced by the Department of Education. Children are provided with a set meal which includes a choice of main course and dessert. Milk, water and fresh fruit is available with the lunch and is included in the price of £2.60.

### **Ballinderry Credit Union School Saving Scheme**

We encourage the pupils to get involved in the Ballinderry Credit Union Young Savers Scheme as it's a great way for children to start to save and learn the value of money.

All pupils should bring in their saving books and money every Tuesday morning.

### **Revised Day for Beginning of School Year Mass & The Macmillan Cancer Coffee Morning**

Our annual opening Mass with Derrychrin Primary School to celebrate the beginning of the school year has been changed and now will be held on Wednesday 27<sup>th</sup> September at 10am. All children will be attending the Mass and we hope that many parents, families & friends will be able to join us.

Everyone is invited back to school for our Macmillan Cancer Coffee morning fund raising event.

Thanks for your continued support



Mr Ciaran McElroy

Principal