



Gortin Primary School

"Working together to achieve our Best"

9 Plumbridge Road, Gortin, BT79 8QB

Tel. no: 028 8164 8268 Fax no: 028 8164 7032

Email: info@gortinps.omagh.ni.sch.uk

Web Site: www.gortinps.com



Principal: Mrs J Wallace

19 November 2018

Dear Parent

Shoe Box Appeal

Thank you to all those families who donated a shoe box or more for the Blythwood Appeal. Thanks to your generosity we were able to provide 44 boxes for children and adults who would otherwise receive nothing for Christmas in Romania, Serbia & Ukraine. These were picked up on Friday 9 November and are on their way! We raised £39 from the wrapped shoeboxes. We wish to thank Mrs Caroline Breydin for wrapping these boxes.

Anti- Bully Week 12-16 November

We take bullying very seriously and aim to keep it to a minimum in our school. Last week we focused on creating more awareness in the children in class activities/whole school assemblies about what bullying is, using the N Ireland Anti-Bullying forum on-line resources which are designed to make children aware that we can all at times act in a bullying way and explore the very damaging effects it has on each other. This year's focus was on showing Respect. Please use this opportunity to talk to your children, let them know they can always talk to you or to the staff in school to stop them being bullied and remind them that everyone deserves to be treated respectfully.

Children in Need

Friday was 'Children in Need' day with the children guessing the name of a bear. The name of the Bear was Bo Bo & two families chose that name so both were put in a hat and the winner was Junior Glass (donated by Mrs Whelan & named by Mrs Wallace). All money raised will go towards helping children who may have mental and physical disabilities, are living in poverty or suffering through distress, abuse or neglect. We raised £50.00.

Visit by Mobile Library

The mobile library will visit on Monday 26 November at 1.15pm to exchange our books on loan in each classroom. Please ensure all books from the library service are returned (not books with Gortin Central Collection labelled inside them) by this Friday 23 November as the more books we return the more new books we can choose.

Switching on Christmas Lights in Gortin

The Christmas lights will be switched on in Gortin on Friday 30 November @ 6.00 pm. Y5 – Y7 pupils have been asked to sing as a joint choir with St Patrick's P.S. This will be followed by a party for all in the Owenkillev Community Centre. Please endeavour to attend & support this local event.

Live Well Kids – Workshop

Mrs Emir Lervy has very kindly offered to come into school on Friday 30 November to teach the children in each of the classrooms how to improve their posture and take care of their spines through doing some specific exercises daily (included with this letter). We thank Emir most sincerely for sharing her expertise with us.

Clothes Collection

We are continuing to make a collection of clothes in school. Please remember clothes, shoes, bags, belts, sheets, curtains etc. can be left in the pink recycling bin at our gate at any time and our next collection will be in December. If you find the bin unable to take any more bags please leave in school as we can put it in for you after the next school collection, remember also only a half filled black bin liner will fit into the tipping mechanism. No duvets or pillows as these will not be collected. Our last collection raised £79.60.

Choir Competition

Y4 – Y7 will be participating in the Annual Newtownstewart Development Association Choir Competition in Newtownstewart Model P.S. on Tuesday 4 December at 1.30 pm. Children should wear full school uniform with girls in grey skirts, white socks and everyone in polished black shoes. They will travel by bus and we will endeavour to be back in time for 3.05 pm for bus home. Mr Brian McDevitt will be accompanying them on the piano this year. Parents who wish to come along to support the choir would be very welcome. Children will have lines home to learn and we would ask for parents support to help them with this task.

Scholastic Book Fair

The book Fair will arrive in school on Thursday 6 December and is open for viewing every day after school and will also be open on the night of the Craft Fair. Please plan to view and tell others as the more books we sell the more we can choose free for our school collection. If we reach a target of £300 we will be able to choose the same value for our class libraries. Scholastic have also donated £25 worth of books to our school

PTA Christmas Craft Fair/Santa Family Night Thursday 6 December @ 7.00pm

Thanks to our PTA the plans are well underway for the above event in our school and we would just like to remind parents to keep free Thursday 6 December @ 7pm and join in with the festive event, tell others and help us raise much needed money for school funds. It promises to be a fun night for all the family. Each family will have received 5 tickets to sell in advance. Money to be returned in an envelope for the attention of Kerry Crawford. Entrance is adults £3 Year 8 and above £1 and Primary school children free which includes tea. The PTA have requested that each family provide 2 dozen tray bakes or 2 cakes or similar for the cake sale. Also three bottles for the bottle stall and five lucky dips wrapped with approximate value of 50p.

Donations of Teddy bears for the Nail in the bale table would be appreciated.
Please contact Kerry or any PTA member if you can help out on the night.

Open Day

We will be holding our Open Day on Friday 7 December @ 2 pm. **Please do not collect children in Y1-Y3 before 2.30pm as they will be singing for the visitors.** Everyone is welcome to come along. This will be an opportunity to open our doors to the wider community, let our choir and younger children perform and demonstrate the wonderful learning opportunities that our school can provide. Our Scottish dancers will also be performing and have been working very hard with Victoria Mc Cormack on a Wednesday afternoon. Please let us know if you can come along and help with teas. At a time when all schools are vying for numbers, it is really important that we work together to ensure the continued success of our school. So please let others know.

Christmas Jumper Day – Friday 14 December

The Student's Council wish to hold the above day in support of **Save the Children**. Children should come into school in a Christmas jumper on that day and bring a minimum of £2 each or £5 per family of 3. Please don't go out to buy a new jumper, any jumper even with a Christmas badge or piece of tinsel around their neck will be fine.

Christmas Play

We will be holding our Christmas Carol Service and Infant Nativity on Monday 17 December @ 7.30 pm with children arriving from 7pm in preparation. This will be videoed by G McGirr Productions and orders will be taken on the night @ £10 per copy. A voluntary donation for admission would be welcome.

Money sent into school

Please endeavour to send all monies owed in to school in a marked envelope on a **Monday** as that is the day Mrs Whelan tries to deal with all monies for that week. All balances to be paid by last Friday in month as books are balanced then. Please also talk to your children, so they know there is money in their bag and must hand it into their teacher as soon as they get into school as staff really should not go through children's school bags.

All monies can be collated together, instead of separate envelopes!

School Journey

The Education Authority has asked us to make all parents and children aware about the dangers of the darker mornings/evenings please ensure that your child is wearing reflective clothing and high visibility items when travelling between home, bus stops and school. Being particularly careful when getting into or out of buses or cars and always looking and listening carefully for traffic. Pupils must stay in their seats and wear seatbelts at all times to ensure a safe and enjoyable journey until the bus/car has stopped. Accidents can happen so easily and we want to keep everyone safe.

Adverse Weather Conditions

If weather conditions should deteriorate over the next few weeks leading up to or after Christmas. I would like to inform parents that we have a plan in place for days where we may have to have exceptional closures. This has been passed by Board of Governors and will be available on request and is based upon EA recommendations about decisions to be taken on the opening/closing of the school. We will be using our parent texting service to inform parents of our intentions. The following parents have also agreed to be contacted by other parents who are anxious to hear if the school is opening or may not have received a text and I will keep them informed as early as possible.

Mrs Heather Campbell – 81647095 / 07834641754

Mrs Kerry Crawford -- 81662894 / 07759409814

Mrs Nicola & Mr Thomas Hempton - 81847869/ Mob: (N) 07824661790/ Mob: (T) 07792016959

Please keep us updated of any change to mobile numbers as we need this to help our contact to Parents by text to be as successful as possible.

Advance Notices

Friday 30 November	Switching on Lights Gortin /Children's Party
Friday 14 December.....	Christmas Jumper Day – Save the Children
Monday 17 December 7.30pm	School Christmas Carol Service
Tuesday 18 December	Pantomime Trip to Millennium Forum
School closes on Friday 21 December.....	Christmas Holidays

Yours sincerely

Iris Wallace
Principal

Kate & Chris

The Chiro Kids

Fitness Fun for everyone



LiveWell Kids is a 3-minute spinal health programme designed to help children feel and look their best

The programme is divided into three quick sessions: The Stars (warm up), The flying friends (posture pod) and the Core Balance (wrap-up)

Through the help of two friends, Kate and Chris children can learn these daily exercises that will help improve their posture.

United Chiropractic Association working in partnership with LiveWell



Live Well Kids

Hi Boys and Girls



Kate



Chris

We're Kate and Chris, The Chiro Kids and we're excited to help you learn how to take care of your spine. We will show you some Exercises you can do every day

First, let's learn how to become **Posture Perfect** with Chris

- Stand Straight & Tall with your head high
- Put your ears, shoulders, hips, knees and ankles in a straight line like
- Pull your belly button in toward your spine



line like

..... Kate has an exercise that you can do between others, called the **Trap Opener**



- Breathe deeply and calmly. Relax your Tummy
- Let your head hang loosely forward and gently roll it from one side to the other
- Using your fingers, gently rub the area just below the back of your head on your neck
- Relax your shoulders & roll them backward and forward. Keep doing this whilst you count to 15

Have Fun!

The Stars

Tilting Star - Become Posture Perfect!

(Head up high and pull your belly button in)

- Spread your arms and legs into a star



- Breathe air in as you slowly stretch one arm over your head ... and slide your other arm down your leg

- SLOWLY tilt your star to the other side
- Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT!
- Repeat both sides 2 times



Twirling Star - Become Posture Perfect!

(Head up high and pull your belly button in)



- While you are in the star position, turn your head to look at one hand
- Slowly twist your entire spine to watch your hand as it goes behind you
- Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT!

- Repeat both sides 2 times

Twisting Star - Become Posture Perfect!

(Head up high and pull your belly button in)



- Raise your arms up
- Bring one of your elbows across your body while raise the opposite knee toward it
- Now bring the other elbow across your body you raise your other knee toward it

- Repeat this 15 times



you

while

Don't stop, keep on going!

The Flying Friends



The Eagle - Become Posture Perfect!

(Head up high and pull your belly button in)

- Put your arms straight out and pull your shoulders together in the back
- Breathe air in and slowly raise your arms until your hands touch together over your head
- Breathe air out and slowly lower your arms to your side
- Repeat 3-5 times

The Hummingbird - Become Posture Perfect!

(Head up high and pull your belly button in)



- Put your arms out to the sides
- With your hands up, pull your shoulders together in the back
- Make small backward circles with your hands and arms
- Bend at your waist from side to side while you keep the circles going
- Keep it going whilst you count to 10!

The Butterfly - Become Posture Perfect!

(Head up high and pull your belly button in)

- Put your arms behind your head and gently pull your elbows backwards
- Slowly and gently press your head backward against your whilst you count to 2
- Relax and Breathe
- Repeat this 3 times



hands

You're Doing Great!

Core Balance/Wraps

Tight Rope - Become Posture Perfect!

(Head up high and pull your belly button in)



- Pretend the floor in front of you is a tightrope high in the air
(NEVER try this on a real rope!)
- Take a step forward on the tight rope
- Keep your front knee over your ankle (not over your toes)

- Keep it going whilst you count to 20
- Repeat with the other foot forward

Slinging Water - Become Posture Perfect!

(Head up high and pull your belly button in)

- Stand with your feet wider than your shoulders
- Gently rotate your body from side to side
- Let your arms flop back and forth and shift your weight from knee to knee
- Keep it going whilst you count to 15



to

The Triangle - Become Posture Perfect!

(Head up high and pull your belly button in)



- Lean to one side until your elbow can rest on your bent knee
- Breathe air in and slowly raise your other arm above your head so your body makes a triangle (Like Kate)

- Feel the stretch in your body
- Count to 10 and then do the other side

The Shakes



Count to 15 while you shake your hands & feet

