



CIPS News

15th October 2021

Healthy Breaks for School

The Public Health Agency have shared the following advice for parents and carers for Healthy Breaks in Schools...

DRINKS: It is important that children drink enough during the day. Milk (unflavoured) and water are the most suitable drinks for children. In Central Integrated PS we ask that children drink water in class - no fizzy drinks, smoothies etc. - these contain lots of hidden sugar which are harmful to teeth and can spike blood sugars.

BREAD BASED SNACKS: Bread based snacks can help meet the extra energy needs children require and help them to feel more satisfied. This includes white or wholemeal, rolls, bagels etc

NOT SUITABLE: Sugary spreads, including jam, honey, marmalade or chocolate spread.

Food Bank Vouchers

If anyone is finding things difficult and needs a helping hand, please come and talk to me or send me an email as I can help with vouchers for the Foodbank.

Parent Consultations

Wednesday 20th, Thursday 21st & Friday 22nd October

We have decided to carry out face to face meetings. All meetings will be held in the assembly hall with the doors open. Parents will be asked to wait outside until they are called in by the teacher. Masks must be worn and social distancing will be in place.

Please remember that school will close at 12.00pm on all 3 days to facilitate consultations. You should by now have received a day and time to meet with your child's teacher.

A Covid-19 Reminder

If your child has ANY symptoms of Covid-19, please do not send them to school.

Please follow the Public Health Agency Guidelines and self-isolate and get tested. This will allow us to keep school / classes open for as many pupils as much as possible.

If your child tests positive...

If you get the result during school hours, please call school immediately on 028 93352172. If you get the result out of school hours, please e-mail nhall292@c2kni.net

Half-Term Holiday

Monday 25th October to Friday 29th October

School reopens Monday 1st November

Internet Safety

Have you heard of website called Omegle? This is a chat/meeting site that randomly pairs people up without the need for any personal information or registration! Users are picked and paired at random, allowing them to have one-on-one chats with each other, via text, voice or video calls. Omegle is completely free to use and will pair users worldwide. This means that users can remain completely anonymous.

Your child can easily start online engagement with strangers and potentially access more adult themed content. Please keep a close watch on your children when they are online. We have been told that this site can pop up on TikTok. Please click on the video link for a video by Wayne Denner as he shows how the website works.

<https://www.waynedenner.com/blog/omegle-talk-to-strangers/>

