



# Hollybank News



Thank you to everyone who participated in our collection this year at our annual Carol Service. We raised £122.00 which will go towards Wellbeing Resources for our pupils.



If you are interested in becoming a Parent Governor, please contact the school office.

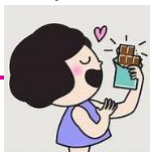
Be a School Governor



## Wow Word Competition - Winning Sentence

Mrs Campfield thinks it's necessary to have chocolate!

By Sofia Dickey P6



## Advance Notice

**Parent/Teacher Consultations will take place week beginning 10<sup>th</sup> February between 1pm-3pm.**

**Details will follow.**

**ALL children will finish school at 1pm this week.**

## VOTING FOR NI EDUCATION AWARDS

Hollybank has been nominated for Best School for the upcoming Families First NI Education awards.

If you would like to vote for us and leave a comment, please go to:

[www.familiesfirstawards.com](http://www.familiesfirstawards.com)

You then click on Families First Education Awards where you can then select Hollybank to vote.

## Transfer Results – P7 Pupils

Results for the AQE test will be posted to homes on 25<sup>th</sup> January. The application process for Post-Primary school placements will then begin.

We will endeavour to guide you through the process should you need any advice.

Please contact the school office for an appointment if you would like to speak to someone about this process.

## Family Connections Essential Skills Number

Family Connections are running an Essential Skills Number course at NRC for any parent who may be interested. There are only a few spaces left, so if you are interested please call Karen Byrne (Family Connections Project Worker): 07738119766.

The course will be at NRC every Wednesday for 12 weeks starting tomorrow – Wednesday 22<sup>nd</sup> January. (9.30am -12.30pm). Spaces will be given on a first come first served basis!

# BUILDING RESILIENCE



Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.

## TOP TIPS

Here are some top tips for helping children build resilience.

- ✓ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ✓ Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ✓ Help them to see that problems can be solved.
- ✓ Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- ✓ Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- ✓ Encourage children/ young people to accept responsibility for their actions.
- ✓ When reading stories, or discussing events, point out how people manage to overcome difficulties.
- ✓ Remember that learning is often frustrating. Encourage children/ young people to persist and believe they can get there.
- ✓ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ✓ Create a positive environment emphasising the importance of relationships and having a sense of purpose.

For more resources on mental health visit  
[www.parentingni.org/family-wellness-project](http://www.parentingni.org/family-wellness-project)



### SCHOOL CLOSURE

School is CLOSED on **Monday 27<sup>th</sup> January'20** for staff training.

