

Our Lady's Girls' Primary School

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OUR LADY'S GIRLS'
PRIMARY SCHOOL



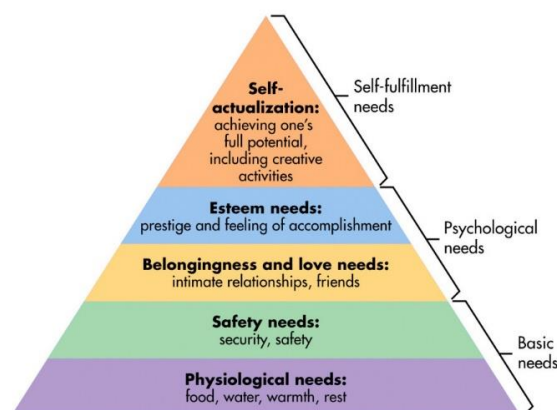
This week is Children's Mental Health Week.

6 February 2020

Dear Parent/Guardian,

WHAT WE ARE DOING TO PROMOTE GOOD MENTAL HEALTH IN OUR LADY'S

This week marks Children's Mental Health Week. As a staff we already acknowledge that the platform for every child's learning is based on Maslow's Hierarchy of Needs, and we put our children's mental health at the very top of the list, when it comes to teaching and learning.



Maslow's Hierarchy of Needs

What this diagram means is;

- if a child is well slept, warm, fed and watered
- if a child feels safe and secure
- if a child is hugged, feels loved and has friends
- if a child is praised, feels valued and appreciated
- if a child has opportunities to be creative and to try new things

then

they will be in the best place to fulfil their potential and be successful

AT HOME, you too can ensure that your daughter has the best possible opportunity to succeed. Make rules for bed-times and treat times and stick to them. Give your child plenty of encouragement and hugs and be positive in your conversations with her. Above all, tell her she is important and valued and that you love her! ❤️

We have adopted a **Whole School Nurturing Approach** to promote good mental health among our pupils and staff. Our staff have had training in this approach and we are currently developing tailor-made programmes in school for our children. We engage with outside agencies such as Barnardo's, Save the Children, Supporting Families, North Belfast and EA Children and Young People's Services, so as we can both up-skill staff and pass on coping mechanisms to our girls.

Our aim is to build teaching about mental health into our everyday practise. We will tackle risk factors often associated with mental health problems, and promote protective factors such as happiness, resilience and optimism, relationship skills, and stress management. Research shows that children with mental health problems benefit the most from universal approaches targeted at everyone, rather than those focused just on them (Weare, 2006). This doesn't mean that we will not offer targeted interventions for children struggling with mental

health, but what these children need most is what is good for all children. As soon as our girls are with us in Primary 1 until they leave in Primary 7, we have their best interest at heart. We aim to *enable each pupil to live a full life as a child, in a secure and happy child-centred environment and develop in the child, self-esteem, sensitivity to and respect for others, self-confidence, inner contentment, habits of self-discipline and resilience and acceptable social behaviour.* We also provide a Catholic Education in an environment where Christian values are actively lived and where the growth of the whole child is fostered (taken from Our Lady's School Aims).

ADMINISTRATION OF MEDICATION

We are currently redrafting our policies on First Aid and Administration of Medication in school. They will soon be available to view on the school website.

No medication will be administered by school staff unless it has been prescribed by the doctor to be given at a particular time. If you feel your child requires pain-relief medication, please give it at home **BEFORE** they come to school. There are forms to be filled out in the school office, should your daughter require medication. **NO** medicine will be administered unless the correct paperwork is in place. If your child is unwell during school hours we will contact you.

Use of Inhalers

If your daughter uses an inhaler, she should have access to her inhaler at all times. Please ensure that she has **two inhalers in school – one in her school bag and the other to be stored by the class teacher.** *Please label your daughters inhalers with her name and make a note of the expiry date, before sending them in to school.*

Medicated Sweets and Lozenges

At times we can all suffer from a sore throat or dry cough. We understand that this can be irritating for children whilst in the classroom. If you allow your child to use these in school, please ensure that they are handed to the class teacher for safe-keeping during the day. It is not healthy to eat the entire packet! Cough sweets and lozenges usually contain glycerol. High doses of glycerol can cause headaches or stomach upset.

Please note:

- Parents should keep their children at home if they are acutely unwell or infectious
- Staff will not administer any non-prescribed medicine
- It is now accepted that the dosage of many medicines can be arranged to permit medicine to be given to children **before** or **after** school. Parents should make this request to their GP

If there is any change to your child's medical details, please inform the school immediately, so as we can update our records.

Thank you for your co-operation with these matters. Please remember that we work in partnership with you, as we are well aware that the school cannot do it alone. When school and home work together, we will ensure that your daughter thrives at Our Lady's Primary.

Yours sincerely,
Emer Hughes