



Cedar News April 2020

On-Line Dinners

Families who have booked online for last week (w/b 23rd March), this week (w/b 30th March) and next week (w/b 6th April) have had their dinners cancelled and the amount credited back on to school money.

Some dinner money is still outstanding for pupils and could you please check on the school money system if payments are up to date. Your support is really appreciated. Thank you.

Key Workers should register with the Education Authority if Cedar is forced to close @

<https://www.eani.org.uk/key-workers>



From this to this!

**To this!
Already for our pupils coming back to school.**

Parents, carers, family members...

**if you need us
we're here.**

Call Parentline NI today for advice, support or guidance.

FREEPHONE

0808 8020 400

Parentline NI is a service operated by Children in Need NI, a charity registered in Northern Ireland. Funded by the Health and Social Care Board.

**Parent
LineNI**
Advice · Support · Guidance



As we all navigate these unprecedented times, we at Parentline NI would like to remind you all that our Regional Parents Helpline is in full operation throughout this period. We can be contacted on freephone 0808 8020 400 to provide advice, support and guidance to parents and carers.

We are opened:


Monday- Thursday 9am-9pm
















Friday 9am-5pm


Saturday 9am-1pm

You can also contact us via webchat www.ci-ni.org.uk or email parentline@ci-ni.org.uk

A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ

-  Take time out of your day to look after your physical, mental and emotional wellbeing
-  Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness
-  Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night
-  Engage in activities that you enjoy and make you happy
-  Try and stay active when you can. Exercise regularly throughout the week
-  Connect with others to boost your social wellbeing
-  Stay in the present moment. Focus on the here and now
-  Maintain a well balanced diet
-  Make sure you are taking breaks at work and getting enough rest and recovery throughout the week
-  Take time each day to work on your mental health (E.g worry time, thought challenging)
-  Be kind to yourself. Know when to say no and when to really look after your own wellbeing
-  Don't be afraid to talk to people about your emotions, thoughts and feelings
-  Spend a moment engaging all your senses with an activity you are doing
-  Be yourself and do things which have meaning and importance to you
-  Spend time working on values which are important to you



LYRIC THEATRE ECO-SCHOOLS PROJECT



The Lyric Theatre have partnered with the Department of Agriculture, Environment and Rural affairs to deliver a new environmental project to primary eco-schools.

We will be touring across Northern Ireland and visiting P5 – P7 pupils with a new play which focuses on issues of littering & plastic pollution. The play will also highlight small positive changes we can all make to help reduce environmental problems

We are looking forward to visiting your child's school with this exciting new project. We hope they enjoy the show!



A FEW FACTS:

The aim of the project is to raise awareness of littering and plastic pollution and encourage positive behavioural change.

- What are single use plastics?
Any plastic item designed to be used once – from plastic bags, bottles, coffee cups and straws to food packaging and wet wipes.
- In 2018, there were an average of 623 litter items washed up by the tide per 100m of Northern Irish beach, 78% of which were plastic.
- 80% of marine litter comes from land.
- It is estimated that by 2050 there will be more items of plastic in the ocean than fish.
- According to Keep Northern Ireland Beautiful's 'Cleaner Neighbourhoods report' only 7% of 50m transects surveyed in all 11 council areas across NI were found to be completely free of litter.
- Over 7.5 billion tonnes of plastic has never been recycled. If measured in plastic bottles, this could cover the whole of NI.

WHAT CAN WE DO?

We will be encouraging pupils to think about the small steps they can take to help the environment both at home and at school.

- Have a reusable water bottle instead of using plastic bottles
- Think of creative ways to REDUCE and REUSE plastic items as well as RECYCLING
- Volunteer with Live Here Love Here and get involved in the 'Spring Clean-up', 'Big Beach Clean' or organise your own clean up event
- Say no to plastic straws and cutlery
- Find plastic free alternatives e.g. beeswax food wrap instead of Clingfilm, Bamboo toothbrushes etc.

Interested in finding out more? Visit these useful links:

- <https://www.keepnorthernirelandbeautiful.org/>
- <https://www.belfastive.co.uk/news/belfast-news/seven-easy-swaps-reduce-your-16481337>
- www.eco-schoolsni.org
- www.liveherelovehere.org/plasticpromise

The pupils recently enjoyed an eco- schools performance by the Lyric Theatre Eco-Schools Project who were touring schools. They hope to spread important environmental messages to the pupils and through them to the wider community.

Support is available for children who are struggling with this new world and change in routine.

Telephone and web Support for Children

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
Anna Freud	Supporting children's mental health during periods of disruption	Anxiety Mental Health	www.annafreud.org
Lifeline	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
The Migrant Centre NI	Financial Health and Well being		07769903471
The HideOut	Web space to help children and young people understand domestic abuse and how to take positive action of it's happening to you	Domestic Violence	www.thehideout.org.uk
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk