



Education Authority, North Eastern Region

RASHARKIN PRIMARY SCHOOL
BAMFORD PARK
RASHARKIN
BALLYMENA
BT44 8RX

Tel / Fax: 028 29571383
Principal: Mrs R Howe

September 2019

Dear Parent / Guardian,

During the school year 2018-19 part of our Shared Education work with our Cluster schools involved up-skilling teachers, with the help of Mini Explorers NI, to deliver a programme of lessons to help children develop a range of ways to promote 'healthy minds'. This is very current with increasing research on the importance of developing children's mental health (and the effect it has on all areas of their life). In February 2019 we held a Parent Information Evening in Ballymoney Town Hall informing you of simple techniques and strategies which you could also use at home.

This programme will now be rolled out across P1 to P7 in the school year 2019 – 20 as part of the PDMU (Personal Development & Mutual Understanding) curriculum and in line with our school ethos.

On our school website you can see an overview of the things we hope to develop, alongside current strategies already in place, e.g. 'Daily Mile', encouraging children to find ways of being outside, e.g. outdoor play, praise through assembly certificates, star of the week, etc.

We hope that children will become more resilient and able to tackle the different situations that they experience daily, from being cross and having no appropriate outlet for those emotions, to developing a thankful spirit, through the five termly themes of Breathing (deep breaths can help me to calm down), Gratitude (as opposed to always being negative), Listening (adults may easily appreciate the tranquillity of e.g. sitting beside a gentle stream but children need to be taught these skills), Self-Care & Emotional Regulation and Resilience.

Thank you for your continued support,

Mrs R Howe