

In Touch

Parent / Carer Update

Monday 11th November 2024

Timetable: Week 2

Menu: Week A



The community of Ballyclare Secondary School strive to provide an inclusive learning and teaching environment in which all can reach their full potential. We aim to do this by fostering the core values of respect, kindness, compassion, and joy.

Dates for your Diary

- 11th – 15th November - Key stage 4 and 5 Assessment Point 1
- 9th November - Inter Schools Show Jumping League
- 11th November - DAS: Year 12 Biology Resit (9-10am)
- 12th November - DAS: Year 11 and Year 12 Resit Chemistry Unit 1 (9-10am)
- 13th November - DAS: Year 12 Physics Resit (9-10am) & SAS: Year 12 Physics (9-10am)
- 14th November - Flu Vaccinations (mostly Year 10 and Year 8/9 mop-ups)
- 14th November - NEBSSA Cross Country Event
- 14th November - Year 12 Options Information Evening @ 6.30pm.
- 14th November – Duke of Edinburgh Parents' Information Evening (6:30pm-7:30pm)
- 15th November – Year 12 English Unit 1 Resit (9-10:45am)
- 15th November – Odd socks day
- 16th November 2024 - School Show Saturday Rehearsal @ 10am
- 18th November - Year 12 English Unit 4 (9-10:45am)
- 19th November - Year 12 Maths M2-M4 Resit (9-10:45am)
- 20th November - Vaccinations (Years 11 & 12)
- 21st November - Year 12 Parent Consultations (2pm-4pm) - School Finishes Early at 1pm. Years 8 – 10 pick-up at 12:45pm;
Years 11 – 14 pick-up at 1pm
- 25th November - Year 13/14 Parent Consultations (2pm-4pm) - School Finishes Early at 1pm. Years 8 – 10 pick-up at 12:45pm; Years 11 – 14 pick-up at 1pm
- 27th – 29th November GCSE Food and Nutrition Practicals

General Information

Year 10 Parents

Following the Year 10 Options Information Evening, the KS4 Subject Survey is now live on Google Classroom. Please contact Dr Flint if you have difficulty accessing the survey. This survey should be submitted by **Friday 15th November**.

Year 12 Options Evening

We invite the parents of Year 12 pupils to attend our options evening on the following date:

Year 12: Thursday 14th November 2024 at 6.30pm

On this evening the post 16 Options process will be explained and we request that **all pupils** have a parent/carers in attendance.

Year 10 and 12 Parents/Carers

Your child has received an invitation to an Options Google Classroom, please ensure they have accepted this invitation. All parents we have an email address for have now been invited to join the Options Google Classrooms. If you have not been able to access the relevant Google Classroom, please contact Dr Flint.

Flu Vaccination Information

If you returned a flu vaccine consent form and your child/young person was absent from school during the planned Year 8 & 9 vaccination programme on 6/11/24, the School Nursing Team will return to school in the coming week/s to provide vaccination. Please do not attend your GP for vaccination. If your child/young person receives the vaccination from their GP it is important that you let the School Nursing Team know as soon as possible on 02828261951.

Our school vaccination programme will continue on 14th November (Year 10) and 20th November (Years 11 & 12). If you would like to avail of the vaccine for your young person, but have not yet submitted a consent form, please ensure it is returned to the school office by 3pm on Monday 11th November.

Anti-Bullying Week 11-15 November

We will be exploring the theme of respect in class assembly time. On Friday 15 November we will mark this important week with an Odd Socks Day: please come wearing your odd socks as an addition to your uniform in celebration of how we are all

different, yet can still respect each other's qualities and differences.

Fluid Focus - Parents of Years 11-14 Students

Does your child spend too much time on screens? Is their mobile phone a distraction to their studies? Are you concerned about the impact social media has on your child's well-being?

We have been engaging with a company called 'Fluid Focus' who have designed the 'Fluid Focus App'. This app is designed to help your child avoid the distractions that come from mobile phone use. We are planning to encourage our Year 11-14 pupils to use this app to help them control the amount of time they spend scrolling. Further details are provided in the information below, which is provided by Fluid Focus themselves. If you would like your child to opt out of using the Fluid Focus App, please complete the form at the link below. <https://forms.gle/ukJsKVkY3siMcAwE9>

What is Fluid Focus? Fluid Focus is a wellness productivity app **designed to help students build healthier screen habits and focus more effectively** on their studies, aiding both their mental health and productivity.

By using the app, students can strengthen their study and revision routines while adopting healthier all-round habits with their smartphones, such as fewer device pick-ups and reduced time on social media.

Fluid Focus has been piloted with schools across Northern Ireland and with students at the University of London, where it received very positive feedback. Approximately 90% of pilot participants reported an improvement in their focus and productivity after just two weeks of consistent app use. They are now working across 50 schools, colleges and universities across the UK and Ireland.

The app is **free** to use and completely optional for students. We believe it can be a beneficial tool as they prepare for exams and navigate the demands of their school life, and we encourage you to explore it alongside them.

Thank you for your continued support, and please let us know if you have any questions regarding this new initiative.

Fluid Focus is live on App Stores should you wish to have a look:

Google Play Store: <https://rebrand.ly/BCPAndr>

Apple App Store: <https://rebrand.ly/BCPiOS>

Fluid Focus is a company based in Belfast, co-founded by Connor Mason and Glenn Stephenson who both went through the local schooling system. After years of working in the corporate world, they realised they were struggling to regulate their usage of their smartphones, due to the addictive nature of the devices; and took it upon themselves to do something about it. <https://www.fluidfocus.app>.

The Derrytrasna Pastoral Care Awards 2025

The Department of Education, in partnership with the Public Health Agency, is seeking nominations for exceptional pastoral care in schools. The Awards recognise school communities that have demonstrated exceptional co-operative effort in supporting the pastoral care of pupils by going above and beyond to make a real difference to the lives of pupils in the 2023/24 academic year. **Schools cannot self-nominate but pupils, parents or others in the wider school community can nominate a school that has provided exceptional pastoral care.**

[Derrytrasna Pastoral Care Awards & Nominate your school for Derrytrasna Pastoral Care Awards](#)

The closing date for nominations is Friday 13 December 2024. Nominations will be assessed by an independent panel. It is important to note that the panel will only assess the information supplied in each nomination, not the number of nominations a school receives. All nominations are anonymised before assessing. If you have any queries regarding the Derrytrasna Pastoral Care Awards, please email psu.mail@education-ni.gov.uk

Educational Allergy Workshop

Educational Allergy Workshop is being held at Queen's University Belfast, specifically tailored for teachers, school leaders, parents, caregivers, and teens affected by allergic diseases. The workshop is designed to alleviate concerns by empowering both students and their families with self-management skills to manage their allergies effectively, reducing the risk of allergic reactions by providing them with the knowledge and skills needed.

Whether you're a parent, teacher, caregiver, community leader, or parent, this workshop provides valuable skills to create safer, more supportive environments for those with allergies.

Event Details:

Date: 30th November 2024, 10 am

Location: Queen's University Belfast

Audience: Teachers, Community Leaders, Parents, Caregivers & Teens aged 12+ (Post Primary School) Limited spots available – Register here <https://www.eventbrite.com/e/allergy-act-retreat-2024-tickets-1043035205377?aff=oddtcreator>