



**Eden Primary School**  
**Weekly Note: 19th March, 2026**  
*Everyone matters, every moment counts*

*Please book on Parentpay before Sunday evening*

**Week Beginning: 23rd March**

Monday	Tuesday	Wednesday	Thursday	Friday	Reminders
<p><b>Main:</b> Golden Baked Cod Bites - Or - Sweet Potato and Chicken Bake</p> <p><b>Dessert:</b> Frozen Strawberry Yoghurt and Fruit Tub</p> <p><b>1400 Play and Stay</b> <b>1500 Art Club</b></p>	<p><b>Main:</b> Mild Beef Chilli - Or - Classic Margherita Pizza</p> <p><b>Dessert:</b> Homemade Apple Sponge with Custard</p> <p><b>1400 Play and Stay</b> <b>1500 ICT Club</b></p>	<p><b>Main:</b> Chicken Curry &amp; Mini Naan Bread - Or - Oven Roasted Vegetable Sausages with Tomato &amp; Bean Stew</p> <p><b>Dessert:</b> Fresh Fruit Salad with Strawberry Yoghurt</p> <p><b>1400 Play and Stay</b> <b>1500 Well Being</b></p>	<p><b>Main:</b> Roast Turkey with Stuffing and Rich Gravy - Or - Roast Quorn Fillet with Rich Gravy</p> <p><b>Dessert:</b> Fruit Muffin and Milkshake</p> <p><b>1400 Play and Stay</b> <b>1500 Lego Club</b></p>	<p><b>Main:</b> Cheeseburger with Tomato Ketchup - Or - Chicken Caesar Wrap</p> <p><b>Dessert:</b> Oatmeal Biscuit with Orange Wedges</p> <p><b>1400 Play and Stay</b></p>	

**Eden Stars – Term 2B (£4 per hour unless otherwise stated)**

	Monday	Tuesday	Wednesday	Thursday
<b>1400-1500</b>	<b>Play and Stay</b>	<b>Play and Stay</b>	<b>Play and Stay</b>	<b>Play and Stay</b>
<b>1500-1600</b>	<b>Art</b>	<b>UIC</b>	<b>Well-Being</b>	<b>Lego</b>

**Child Protection Procedure for Parents**

If you as a parent/guardian, have a concern about your child's safety you may wish to speak to the Designated Teacher for Child Protection and Safeguarding – Mrs McClarty. If you feel that this might be inappropriate, you may speak to either of the Deputy Designated Teachers: Mrs Loughridge or Miss McCosh.

If you are still concerned you may write to the Chairperson of the Board of Governors, Katrina Scott or Karen Pollock, Governor for Child Protection and Safeguarding.

At any time you can talk to the local Children's Services Gateway Team or the PSNI Central Referral Unit ([cru@psni.police.uk](mailto:cru@psni.police.uk))

\*updates\*

<b>March</b>	
Monday 23 <sup>rd</sup>	CAT4 testing P3, P4 and P6
Wednesday 25 <sup>th</sup>	World Maths Day
Tuesday 31 <sup>st</sup>	School Council Easter Treat Day - £2 per child
<b>April</b>	
Wednesday 1 <sup>st</sup>	Finish at 1130 for Easter holidays (10 days)
Thursday 16 <sup>th</sup>	Term 3 starts
<b>May</b>	
Monday 4 <sup>th</sup>	Bank Holiday
Tues 5 <sup>th</sup> - Fri 8 <sup>th</sup>	Test Week
Monday 18 <sup>th</sup>	SEAG registration opens
Friday 22 <sup>nd</sup>	Sports at Drumreagh – children go home after event
Monday 25 <sup>th</sup>	Bank Holiday
<b>June</b>	
Tuesday 2 <sup>nd</sup>	P7 class trip to Belfast Zoo
Wednesday 3 <sup>rd</sup>	P5&6 trip – Score and inflatable park
Thursday 4 <sup>th</sup>	Staff Development Day
Friday 5 <sup>th</sup>	Staff Development Day
<b>Thursday 18<sup>th</sup></b>	<b>P2 class trip to Portrush</b>
Friday 19 <sup>th</sup>	Sports Day P1-4 0930-1045, P5-7 1130
Monday 22 <sup>nd</sup>	P7 Leavers' trip
Wednesday 24 <sup>th</sup>	P7 Leavers' assembly at 1000 – parents invited to attend
Friday 26 <sup>th</sup>	Prize Day at Drumreagh
Tuesday 30 <sup>th</sup>	1130 finish for Summer holidays 😊

# School Council Egg decorating Competition



Minion, sheep, panda, Disney eggs,  
the possibilities are endless!

Please send decorated hard-boiled eggs to school on 30<sup>th</sup>  
March to allow judging to take place.

**£1 per entry.**



## Congratulations to Mr and Mrs Clayton on their recent marriage in Las Vegas.



We are proud to be a Take 5 school – take time to remember the Take 5 steps to wellbeing

**Take5**  
steps to wellbeing

HSC Health and Social Care

www.mindingyourhead.info

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

**Take5** steps to wellbeing

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your 'five a day' for wellbeing.

**Connect**  
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

**Be active**  
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

**Take notice**  
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

**Keep learning**  
Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

**Give**  
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).  
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