

News Letter



Hello, I hope you all had a lovely Christmas and New Year break. Welcome Back to school for the new term.

As our new term begins there are lots of exciting targeted health education, health promotion and health protection awareness sessions planned for the upcoming term.

Mercy College Well-Being Ambassadors will continue to have a key role in bringing forward new health initiatives that will support the health and well-being of all students and school staff both now and into the future.

Good News Alert – At the end of last term we celebrated some success!!



Congratulations, St Vincent De Paul Primary School on winning the Aisling Award. So very well deserved

A huge well done to Our Lady's P.S and St Vincent De Paul P.S in taking part in the **PHA Northern Ireland Does the Daily Mile Santa Run.**



Well Done to SVDP P.S in taking part in the **"BIG Walk"** Initiative with the Belfast Lord Mayor 😊

Mercy College Health and Wellbeing Area - Students and school staff have responded positively to this inviting new area within the Nurse's room. This area was developed by Mercy College Well-being Ambassadors which is a welcoming and inviting area for anyone wanting to chat to the school nurse in confidence.

Term 2

School Nurse Angela will be undertaking Primary One Health Appraisals. Health Appraisals give parents the opportunity to meet and chat with the school nurse to discuss their child's health and wellbeing. Each P1 child will have the opportunity to have growth measurements completed, a hearing test, vision screening and a review of Speech & Language. The School Nurse will also promote good health by discussing topics around healthy eating, diet, behaviour, toileting, exercise, sleep, online safety, road safety and dental registration, hygiene.



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SMASHED will visit Mercy College in February, March 2024. SMASHED is an interactive theatre experience in schools educating young people around the dangers of Alcohol. Their goal is to make a positive change for five million young people by 2025.



Cancer Focus NI will visit Mercy College to complete Health Education awareness around the risks of **Sunbed usage, Vaping and Smoking**. Young people and staff will have the opportunity to ask questions and discuss the risks to their health. Well done to Mercy College well-being ambassadors in bringing this health initiative forward for students and staff.



“NSPCC PANTS” education awareness programme commences in February – April 2024. Your school nurse Angela and Pantosaurus look forward to re-visiting all four primary schools within the pilot programme. This programme will deliver an important message to children aged 4-8 years (P1-P4) to talking PANTS as it's a simple way to keep children safe from abuse.



The daily Mile continues to pick up pace each term despite the Northern Ireland weather. Well done to all the schools within the pilot programme for continuing to recognise the importance of daily exercise.

The Daily Mile programme continues to be an excellent opportunity to introduce daily exercise to improve the physical, social, emotional, mental health and wellbeing of students and school staff.



Women's Aid will revisit Mercy College in January 2024 due to the success of last Year's programme. Women's Aid will provide a valuable programme around different types of abuse and Healthy Relationships to Year groups 13 & 14.

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HPV Vaccination Programme 2024

This term your School Nurse Angela requires your continued support to promote the HPV Vaccination programme with Year 9 Students in Mercy College.

Support from school staff, parents and students will be required to ensure all consent forms are returned promptly to school. School Nurse Angela will be completing classroom based workshops for year 9 to promote the uptake of the HPV Vaccination at Mercy College and will be available on the day to support students when receiving their vaccinations.

As a school community it is important that we continue to spread awareness and promote the importance of protecting children and young people from vaccine preventable diseases.

A massive thank you to all the schools within the Enhanced School Nursing pilot programme for demonstrating how Health, Education and the Community can collaborate effectively to support our children and young people.



**Text-A-Nurse has extended the
confidential text messaging service
to parents, carers and school staff
of young people aged 11-19**

**Northern Trust Text-A-Nurse
07312 277422**

**Western Trust Text-A-Nurse
07312 277420**

**Belfast Trust Text-A-Nurse
07312 277418**

**Southern Trust Text-A-Nurse
07312 277421**

**South Eastern Trust Text-A-Nurse
07312 277419**