

# News Letter



Hello, I hope you all had a lovely Easter break. Welcome back to school for term three.

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 and Mental Health 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** to Mrs Andrea Fryers at Mercy College for receiving a Black Board Award – **Teacher of the Year 2024**. So very well deserved, Staff and pupils are delighted 😊

Congratulations to Mercy College **Peer mentors** who completed their OCN Peer Mentoring OCN Qualification with YEHA and Street beat youth project. Fantastic Achievement and well done.



Recently as a school community we worked closely with **NI Water** to help support our pilot schools ECO Councils to collect rain water to help their Nature Gardens grow coming into the summer months. NI Water kindly donated **“Water Butt”** which will help schools reduce water waste. Mr Johnston (ECO School Coordinator from HCB) tells us “Rainwater is much better for our plants as it contains nitrates and higher oxygen levels”.

NI water plans to work with our pilot schools in September 2024 on recycling. Each student will receive a reusable water bottle.

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**SMASHED** visited Mercy College in 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. Mercy College students really enjoyed the programme which was engaging and interactive.



PHA have kindly donated **£2000** to the Enhanced School Nursing Programme in March 2024 to support and improve student physical health, mental health and emotional wellbeing. The **Physical Education Department** at Mercy College will benefit with new physical exercise resources.

**Mercy College Health and Wellbeing Area** - Students and school staff continue to make good use of the Student wellbeing space in 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 3**

School Nurse Angela will continue to complete **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.



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.



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**"NSPCC PANTS"** This term **Pantosaurus** continues to visit all four primary schools within the enhanced school nursing 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.



**Women's Aid** will re-visit Mercy College on 10/04/24. Women's Aid will provide a valuable programme around different types of abuse and Healthy Relationships to Year groups 13 & 14. Women's Aid will provide a valuable programme around different types of abuse and Healthy Relationships to Year groups 13 & 14.



In March 2022, legislation came into effect stating that **cardiopulmonary resuscitation (CPR) and Automated External Defibrillator (AED)** must be included in the minimum statutory content in Learning for Life and Work at Key Stage 3. Students in Mercy College will have the opportunity to be trained in this vital life skill this term by their School Nurse and trained teaching staff.

This term we are hoping to have our **young carer's** event. This event is excellent for identifying and supporting our young carers within the school environment.



## **National Smile Month**



This term as a school community your School Nurse looks forward to working with you all to make a positive difference to the oral health of the school community. This health initiative is aimed at delivering health education and championing the benefits of having good oral health and promoting the value of a healthy smile.

School Nurse Angela will again be linking in with the BHSC Oral health improvement team to bring toothbrushes and toothpaste for our children and young people.



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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.**

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**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**