

Buick Memorial Primary School Newsletter

Friday 18th September 2026



Hello Parents/Carers,

Buick's After School Programme is now in full swing, with lots of extra-curricular activities on offer in Term 1.

Our 2-3 Club is also thriving with many new faces availing of this wraparound care. In order to cover the staffing and snacks, this costs £4 per day. Last week the children made some delicious buns!



Scripture Union

Tuesday afternoon saw the first meeting of the Scripture Union for children in P6 and P7. Rev Moffett and Mrs McQuiston welcomed 25 children to a fun filled afternoon. The focus for this term is how Jesus surprises us; how he often flips our thinking and challenges us. We began with a snack to build up our energy for the bottle flip challenge and there was great competition between P6 and P7. Then Rev Moffett shared the bible story from Matthew Ch 21 where Jesus challenges thinking about how people used the temple. We completed flip books in our art activity and had a wonderful afternoon. There are three more sessions and we would love to welcome more children from P6 and P7.



Child Protection

If you have any concerns about your child's safety in school, you can speak to Mrs Shirlow, (Designated Teacher for Child Protection), or to Miss Stirling, (Deputy Designated Teacher). If you are still concerned, you may contact the Principal, Miss R Peters, who oversees the Safeguarding Team within Buick Memorial Primary School. Additionally, you may contact the Board of Governors. Our Child Protection Governor is Rev. Philip Moffett.

If you have any concerns about a child or community activity out of school hours, you can talk to a Social Worker at the Social Services Gateway Team on 0300 1234 333 or PSNI on 101. Like all primary schools, Buick links with PSNI Officers to engage in Operation Encompass. This is a legal requirement which ensures appropriate information is shared accordingly.

As professionals, we have a legal duty of care for children. As part of this, 'Notes of Concern' are completed inhouse if staff have any worries regarding a child's presentation. This presentation includes their attendance, personal hygiene, nutritional provision, growth and development, uncharacteristic behaviours and comments/worries they share about home life. If appropriate, these records may be shared with Social Services.

If your individual circumstances or family composition has changed over the summer, please contact the school to inform us. These open lines of communication will ensure each child's needs are met.

Dining Centre and Lunches

Monday 21st September is Week 4 of our new Lunch Bunch Menu. School dinners remain at a cost of £3.10 per day. Any pupil with a food allergy must complete the relevant Special Diet form (on our website) before availing of food from our Dining Centre.

Please ensure your child has nutritious snacks to fuel their brains. We have attached the Eatwell Plate for guidance on appropriate lunches. Please do not send sugary sweets to school as this harbours children's ability to sit and concentrate. Thank you.

On Monday 21st September we will be having a Theme Day - Munch Monday! Please see the Menu Below:

Bangers and Brain Power
Bean there done that
No more lie in chips
Ketchup with Homework
Lettuce learn with the boring salad
And Top of the Class Cookie
With an apple juice a day... keeps the teachers away.

Partnerships with Parents



CS Moments
photographer will
be at Your school....

Wednesday 30th
September

Make sure You look
Your best!


CS MOMENTS
PHOTOGRAPHY



csmoments.co.uk
"CAPTURING SCHOOLS"

 Northern Ireland's Premier School Photographers
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Book Reading

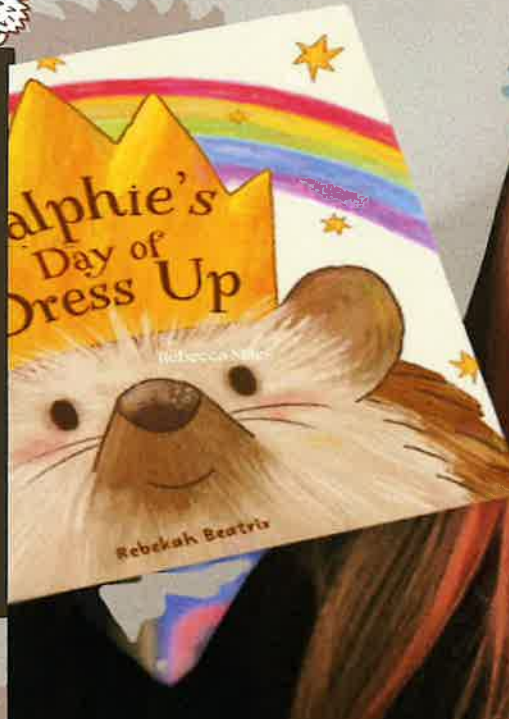
Rebekah Beatrix

Rebekah will read the tale of little hedgehog Ralphie, as he explores a treasure chest full of costumes, each one leading to a different adventure!
****Includes short workshop to design a bookmark based on Ralphie's costumes.**

Tue 27th October
11.15am - noon
The Hub, Gift Shop, Cullybackey

Suitable for:
Ages 3 - 7
***Children must be accompanied by an adult**

NO FEE but must BOOK
078 212 60158








Term 1A

Monday 21 st September	Munch Monday in the Dining Centre P7 Parent/Teacher telephone interviews (SEAG) 3pm - 3:45pm - P4 & P5 Netball (1/6)
Tuesday 22 nd September	P7 Parent/Teacher telephone interviews (SEAG) 3pm-3:45pm - P6&P7 Scripture Union with Rev. Moffett & Mrs McQuiston (2/4)
Wednesday 23 rd September	2pm - 3pm or 3pm - 4pm - Buick Ju-Jitsu
Thursday 24 th September	Coaching For Christ in Buick 3/12 P6 Swimming 1/10 3pm - 4:15pm - Football Training for P5-P7 Boys 2/12 3pm - 3:45pm - Choir
Friday 25 th September	Buick Closed for pupils - TransformEd. Staff Development Day
Monday 28 th September	P7 Parent/Teacher telephone interviews (SEAG) 3pm - 3:45pm - Hockey Training for P7 Girls and Boys (1/6) 3pm - 3:45pm - P4 & P5 Netball (2/6)

Tuesday 29 th September	P7 Parent/Teacher telephone interviews (SEAG) 3pm - 3:45pm - P6 & P7 Scripture Union with Rev. Moffett and Mrs McQuiston (3/4)
Wednesday 30 th September	CS Moments Photographer in School for Individual and Family Pictures 2pm - 3pm or 3pm - 4pm - Buick Ju-Jitsu
Thursday 1 st October	Coaching For Christ in Buick 4/12 P6 Swimming 2/10 3pm - 4pm - Eco Club 1/2 3pm - 4:15pm - Football Training for P5-P7 Boys 3/12 3pm - 3:45pm - Choir
Friday 2 nd October	Learn With Lauren's Sensory Stories with Primary 1 pupils 1/3 2pm-3pm - P2 After School Club (1/3)
Monday 5 th October	3pm - 3:45pm - Hockey Training for P7 Girls and Boys (2/6) 3pm - 3:45pm - P4 & P5 Netball (3/6)
Tuesday 6 th October	3pm - 3:45pm - P6 & P7 Scripture Union with Rev. Moffett and Mrs McQuiston (4/4)
Wednesday 7 th October	2pm - 3pm or 3pm - 4pm - Buick Ju-Jitsu
Thursday 8 th October	Coaching For Christ in Buick 5/12 P6 Swimming 3/10 3pm - 4pm - Eco Club 2/2 3pm - 4:15pm - Football Training for P5-P7 Boys 4/12 3pm - 3:45pm - Choir
Friday 9 th October	2pm-3pm - P2 After School Club (2/3)
Monday 12 th October	3pm - 3:45pm - Hockey Training for P7 Girls and Boys (3/6) 3pm - 3:45pm - P4 & P5 Netball (4/6)
Tuesday 13 th October	3pm - 3:45pm - Netball Training (1/6)
Wednesday 14 th October	2pm - 3pm or 3pm - 4pm - Buick Ju-Jitsu
Thursday 15 th October	Coaching For Christ in Buick 6/12 P6 Swimming 4/10 3pm - 4:15pm - Football Training for P5-P7 Boys 5/12 (cont'd on next page) 3pm - 3:45pm - NO Choir
Friday 16 th October	Learn With Lauren's Sensory Stories with Primary 1 pupils 2/3 2pm-3pm - P2 After School Club (3/3)
Monday 19 th October	School Nurses in Buick for Nasal Flu Spray 3pm - 3:45pm - Hockey Training for P7 Girls and Boys (4/6) 3pm - 3:45pm - P4 & P5 Netball (5/6)
Tuesday 20 th October	3pm - 3:45pm - Netball Training (2/6)
Wednesday 21 st October NO After School Clubs	Pupils Finishing at 1pm for Parent Interviews 2pm - 3pm or 3pm - 4pm - Face-to-Face
Thursday 22 nd October NO After School Clubs	Coaching For Christ in Buick 7/12 P6 Swimming 5/10 Pupils Finishing at 1pm for Parent Interviews by telephone
Friday 23 rd October NO After School Clubs	Learn With Lauren's Sensory Stories with Primary 1 pupils 3/3 Pupils Finishing at 1pm for Parent Interviews by telephone

This week, we have noticed some extremely tired children! Please see the sleep guide attached to this newsletter.

Thank you in advance of your support.

Kind regards,
R. Peters,
Principal

Patient information

Sleep - a guide for school aged children

Why getting a good night's sleep is so important?

Getting sufficient sleep has been shown to benefit memory, learning, attention, mood, behaviour and physical health.

How many hours does your child need?

Age	Hours of sleep
Pre-school (3 - 5 years)	11 - 13
5 - 9	10 - 11 hours
10 - 14	9 - 9.75
15 – 17	8.5 - 8.75
Adults	7 – 9

(Information from National Sleep Foundation and NHS Choices)

Promoting sleep

Exercise and activity

Exercise during the day is important to help us sleep but discourage lots of activity right before bedtime.

Exercise affects our body temperature and the best time to exercise to promote sleep is 4 - 6 hours before sleep.

Diet

A healthy balanced diet promotes good sleep. A large meal too close to bedtime will interfere with sleep.

If your child has a snack before bed, carbohydrates such as bread or cereal are good options.

Monitor your child's sleep to consider how different foods may be affecting their sleep.

Environment

Create a good sleeping environment for your child. Their bedroom should be calm dark, quiet and cool. A night-light may help children feel safer.

Do not allow your child to watch TV or play computer games whilst falling asleep. These activities stimulate children and therefore do not promote sleep.

Reward



Give your child lots of praise for accomplishing even small things as they develop better sleep habits.

Bedtime routine

Establishing a bedtime routine is crucial in supporting your child to sleep well. Here are some hints on creating a good bedtime routine.

Decide on a bed time and stick to it. Weekends and holidays may have more flexibility.

Don't extend the routine or make exceptions. Make sure that this routine is the same every night and praise your child for completing the tasks.

It may be helpful to have the routine written down or in picture format to help guide your child.

A bath 30 minutes before bed can help to promote sleep.

Avoid activities that make your child excited (playing active games, watching TV, computer games etc.)

Begin bedtime routine at least half an hour before bed time. Some children take longer to wind down than others so give plenty time. Bedtime routine may take longer for children who have ADHD.

- ✓ Give a “heads up” that the routine is about to begin 30 minutes before the start of the routine.
- ✓ Give countdown reminders as required. This will make it easier for your child to begin the routine rather than if they are abruptly interrupted in the middle of an activity.
- ✓ Build a bedtime routine of 4 to 5 activities. Activities should be things that prepare your child for bed e.g. brush teeth, put pyjamas on.
- ✓ As a reward for completing the routine, whatever time is left before the set bedtime is time for the two of you to have 1:1 time. This may be reading a story together or talking.
- ✓ Tell your child it's time for sleep and say goodnight.
- ✓ It can be helpful to have the same phrase used every night to act as a cue for the expected behaviour.

But what if

My child frequently awakens during the night?

Night time waking is normal as a temporary stage. If this problem persists talk to your doctor.

- Don't go into the child's room unless you must, for example if they are really upset.
- Assume that the child has to go to the bathroom and steer them that way. Be gentle and quiet. Try not to put any lights on as they wake us up.
- Do not talk to them as engaging or show emotion as engaging them in conversation will wake them more.
- If your child wakes from a nightmare then provide reassurance to help settle them back to sleep but do not engage in conversation.

My child keeps getting out of bed?

Children will create reasons for having to get out of bed. Usually this is because they are either scared, bored or both.

If a child gets out of bed, the longer they stay up and the further away they get from their bedroom, the more reinforcement they will get from this behaviour therefore it is important to stop them as soon as possible and do not talk or show any emotion.

- Ensure that bedtime routine covers reasons for getting up like being hungry or thirsty.
- If your child has difficulty falling asleep without you, sit in a chair in the room and gradually move further away until you are outside of the room.
- Consider the use of reward charts for staying in bed but remember that there is a long delay in this reward as it would be used the next morning and therefore is likely to be more effective with older children.

Find out more

NHS Children's Sleep website:

<https://www.nhs.uk/Livewell/Childrenssleep/Pages/childrenssleephome.aspx>

National Sleep Foundation: <https://sleepfoundation.org/sleep-topics/children-and-sleep>

The Sleep Charity <https://thesleepcharity.org.uk/information-support/children/>

1-2-3 Magic, Effective Discipline for children 2 - 12 by Thomas Phelan

The information in this leaflet has been taken from the above resources. Please refer to them for further information.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>





Parenting Week 2026

Monday 19th to Friday 23rd October



Making Connections

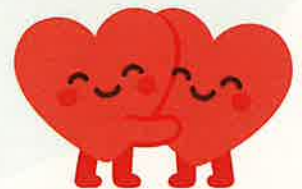
What does connection look
like to you?

How do you
make
connections?

How does
connection make
you feel?

Why is
connection
important?

Who are your important
connections?



#ParentingWeek2026
#MakingConnections



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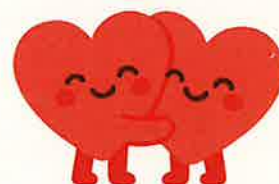


Making Connections



"Every smile, kind word,
and helping hand helps
build a connection."

We are stronger when
we are connected!



#ParentingWeek2026
#MakingConnections



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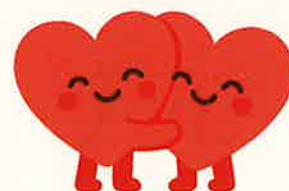
Making Connections

Ideas about "Making connections" help us
to grow and learn!

This Parenting Week, we are inviting schools to
explore the concept of "Making Connections".

We would love to hear what 'connection' looks like,
feels and means to our children and have them share
their wonderful ideas through posters, visual boards,
drawings or word displays.

Think about what connection
means to you and how you can
create, develop and maintain
connections.



#ParentingWeek2026
#MakingConnections