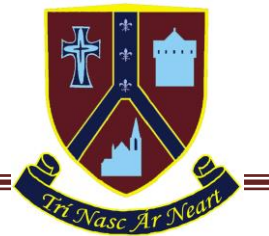


St. Mary's Parish Primary School

Bryanstown, Drogheda, Co. Louth.

Telephone: 041-9845374 • Email: office@smpps.ie • Web: www.smpps.ie



Príomhoide – Philip Ward • Leas Phríomhoide – John Weir • Roll No.: 20205G

24th February 2016

Dear Parents

The Parents Council would like to invite you to attend a talk given by a speaker from National Parents Council entitled "**Supporting parents to support their children's mental health and wellbeing**" in the school on **Monday 29th February at 7.30**

Positive mental health and wellbeing enables young people to lead fulfilling lives. It is recognised that the family is the primary source of nurturing and support for children and plays a central role in the promotion of their positive mental health.

Topics covered:-

- * An understanding of the factors that influence your child's mental health and wellbeing.
- * How to build and nurture your child's resilience.
- * Tips on how to support your child's mental well being.

In addition to the speaker from NPC we also have Leo Ryan. MSc, CSCS, NCEHS, FST. Leo is a parent in the school and has many years experience in health nutrition and fitness and will offer advice on ensuring that pupils key nutritional needs are met.

The pupils have made a fantastic response to operation lunchbox and we are keen to build on this.

Fourth raffle in our 6 week draw takes place tomorrow Thursday. Please send in raffle cards tomorrow.

SCHOOL CLOSURES FOR REST OF YEAR ARE AS FOLLOWS:-

FEBRUARY: Friday 26th - School Closed - Elections

MARCH / APRIL: Wednesday 16th March - School closes at 12 noon

Thursday 17th - Friday 1st April - School Closed for St. Patrick's Day & Easter Holidays, School re-opens Monday 4th April

MAY: Monday 2nd & Tuesday 3rd - School Closed

JUNE: Monday 6th & Tuesday 7th - School Closed / Tuesday 28th June - School closes at 12 noon for Summer Holidays

Is mise,

Philip Ward



Please return to class teacher, please tick:-

Yes, I will be able to attend the National Parents Council Talk

Number attending:

No, I am unable to attend the National Parents Council Talk