

ARCHES OUTLOOK

ISSUE 103
AUTUMN 2023

ARCHES
NEWS

TRAINING
COURSES

"And all at
once, Summer
collapsed into
Fall"

Oscar Wilde

Image by Daniel Taphorn

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Train your Brain Issue 102 Answers

Don't forget to follow our social media and check out our website



Randalstown Arches
Association



Randalstown Arches



@randalstownarch



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www.randalstownarches.com

ARCHES NEWS

As the last bit of warm weather and long evenings starts to disappear, it has been a very busy few months in Randalstown Arches Association offices. Our week long health fair has been in full swing (our longest one yet!), and we have been getting prepared for Autumn/Winter 2023 planning courses and room bookings - we are fully booked most days!

We have a number of courses now lined up for Autumn/Winter 2023 - more information can be seen on page 6 about these with more due to come in the new year of 2024- hopefully something will catch your eye!

We are looking forward to our AGM which will be held on Monday 20th November 2023 at 7pm in Arches Community Hall. Everyone is welcome to attend the AGM though please note that only Arches members can vote. We hope to see you all there. Would you like to become a member of Randalstown Arches Association? Get in touch with the office for an application form.

As we look forward to the spooks of Halloween, we also look forward to the buzz of Christmas as it begins for 2023. As in the past few years, the Christmas Light's Switch On will be ran by Antrim and Newtownabbey Borough Council in John Street Car Park with some help from Randalstown Arches Association - keep an eye on Antrim and Newtownabbey Council's social media for full details.



ARCHES NEWS

A heartwarming act of kindness that unfolded during Randalstown Health Fair Week!

An anonymous donor generously contributed £2,500 to Randalstown Arches Association to support a worthy cause in our community.

After careful consideration, the association decided to pay it forward to an organization close to our hearts: Randalstown Autism Support Group.

During the Autism Night event at Health Week, members of Arches board had the privilege of presenting this donation to Randalstown Autism Support Group, whose incredible work touches the lives of so many individuals and families. We're immensely grateful for the spirit of giving that thrives, and we look forward to seeing the positive impact this donation will have on our friends at Randalstown Autism Support.

Together, we can make a difference! Thank you to our anonymous donor for their generosity and to everyone who supports our community initiatives. Let's continue to make Randalstown a place filled with love, support, and unity.



Randalstown Arches Association Chairman George Graham pictured with Jennifer Speedie of Randalstown Autism Support Group

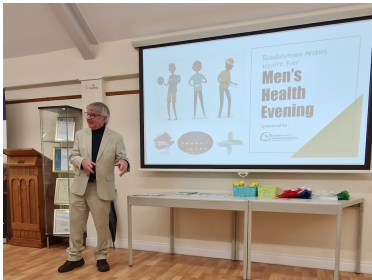
Randalstown Arches Association AGM for 2023 will be held on Monday 20th November at 7.00pm in ARCHES Community Hall.

Everyone is welcome though please note that you must be a member to be eligible to vote 🗳️📅

HEALTH FAIR

In a world where the pace of life seems to be ever-accelerating, taking time out to prioritize our health can sometimes fall by the wayside. However, it's heartwarming to witness a community that recognizes the importance of wellness coming together for a common cause. We want to express our sincere gratitude to everyone who joined us at the recent health fair, making it a resounding success. Your presence and participation were instrumental in spreading awareness and fostering a culture of health and well-being within our community. We would also like to thank Randalstown Pharmacy and Impact Network NI for their help and support in making the week possible.

Perhaps the most heartwarming aspect of the health fair was the sense of community that pervaded the event. It was inspiring to witness neighbors coming together, engaging in conversations about health, and supporting one another on their wellness journeys. The fair served as a reminder that when we work together, we can create a healthier and happier community for everyone. We hope to run some more health based events in the new year so keep an eye out for those.



TRAINING COURSES

Please note, registration is required for all courses

Tai Chi

Ran by Ballymena Tai Chi, these classes are known for their gentle approach to movement and ability to improve flexibility, balance, breathing, and strength. Emphasizing the mind-body connection and encourage students to adopt a regular practice for maximum physical and mental health benefits. Registration not needed – just come along!

Running each Wednesday morning 10:30am–12noon

£6 per class

Yoga

Yoga is a great way to find peace and quiet – a place to relax and unwind whilst having a bit of a stretch. It will ease out those sore shoulders, aching back and help clear your mind. Registration essential.

5 week course beginning Friday 6th October 10–11AM

£42 for 5 weeks (concession available)

OfQual Certified Emergency First Aid

Through this course, students will learn skills such as how to examine a casualty, familiarize themselves with basic life support and learn how to control bleeding and trauma. Students will learn the skills to overcome a potentially threatening situation long enough for medically trained individuals to arrive on scene. Other essential first aid skills are taught such as treating burns and scalds as well as assisting a choking individual. Registration essential.

Given all the demonstrations have been carried out successfully, students will be awarded with an Ofqual certification.

Wednesday 25th & Thursday 26th October – 6:30–9:30PM

Please note, attendance is required on both evenings to complete certificate.

£40.00 full course (concession available)

OfQual Certified Paediatric First Aid

This course is suitable for people who need to be qualified in first aid as they care for babies and children at home or in a professional setting. It covers a range of topics such as but not limited to – how to help a baby or child who is unresponsive and not breathing, choking, bleeding, burns and sickness.

Registration essential. There is a small exam on the last evening – students will then be awarded with an Ofqual certification.

Wednesday 1st, Thursday 2nd & Friday 3rd November (6–10PM)

Please note, attendance is required at all three evenings to complete certificate.

£70.00 full course (concession available)

TRAINING COURSES

Certified Food Hygiene

This course is for anyone who works in a setting where food is cooked, prepared or handled. Most people in the food industry fall under this category.

This is for all food handlers who prepare and serve food directly to the consumer. Food handlers can satisfy their legal requirement by taking this course.

Certification will require attendance on 6th & 13th November unless you are a refresher - refreshers need only attend 13th November.

£40 full course. £35 refresher

£30 full course concession. £25 refresher concession

Anyone who is over 60 or unemployed is eligible for concession rate

Christmas Cooking Demonstration

Come along and join a fun, relaxing evening with Christmas based cooking demonstrations by Bronagh from Bakehouse NI - a small family business passionate about food, our local beautiful countryside and produce. You will go home with some tasters of the food created right before your eyes along with new skills and ideas.

Why not bring along your own bottle of wine - sit back, relax and enjoy!

Friday 8th December - 6:30PM

Admission: £20.00 (By Ticket ONLY) - Available from Arches office.

To register for any of our courses, you can send us an email to info@randalstownarches.com, give us a call on 028 9447 8471 or call into the office Monday - Friday (9AM-5PM)

If you have an idea for a course, please get in touch and we will do our best to try and run it!



SCHOOL NEWS

MONEYNICK PS

Congratulations to all pupils, staff and parents at Moneynick PS, working together they achieved the Take 5 Steps to Wellbeing Level 3 Accreditation. As a school, they use the Take 5 steps to promote wellbeing, not only with their pupils, but also with staff, parents, and the wider school community. Take 5 complements their 'Health and Well Being Strategy' and its key themes of Connecting, Learning, Being Active, Taking Notice and Giving are central to their school ethos. They are delighted to have achieved the highest award in just one academic year. If you wish to explore how they managed their success, hit the Take 5 tab on their home page at www.moneynickps.com and spend time reading about and viewing the pictures and videos, documenting their amazing journey.



The Eco – Council led the RSPB Wild Challenge activities throughout the past year. Their hard work was rewarded as they achieved the Gold Wild Challenge Award 2023, the only Primary School in Northern Ireland to have achieved the Gold Award two years running.



They successfully completed their third annual Summer Scheme with a water fight and barbeque. The week's activities included arts and crafts, tennis, hockey, football, hurling and much, much more. Everyone had so much fun and they are already on the countdown to their Annual Popcorn Party during the upcoming Christmas Season.



Their Health and Happiness Project was chosen for the Tesco Community Grants Scheme. The project with the most votes will receive £1,500. If successful, the funding would support their children's emotional health and wellbeing by investing in resources for their outdoor play. The pupils and staff of Moneynick PS ask you kindly to please donate your tokens when you visit any of the following Tesco Stores: Antrim Extra, Ballymena or Crumlin.



The staff of Moneynick discovered first-hand the benefits of playing handball to promote their mental wellbeing, fitness and fundamental skills, while enjoying good craic and reconnecting as a team during a Staff Development One Wall Workshop in Cargin GAC coached by Fiona Shannon, Ulster GAA. They wish to acknowledge Fiona's dedication to the sport and to Cargin GAC for their continued support. Primary 6/7 pupils will continue their One Wall handball training with Fiona Shannon until Hallowe'en.



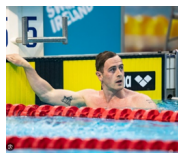
They introduce their Primary 1 Class 2023. The pupils, staff and governors of Moneynick wish them lots of fun and happiness as their new adventure begins.....



SCHOOL NEWS

CENTRAL PS

May and June 2023 rounded off another busy and fun-filled year at Randalstown Central. In May the staff and children welcomed Commonwealth swimmer David Thompson to their school as part of a sponsored sporting event. Children took part in a range of exercises and then enjoyed a presentation and question and answer session with David Thompson. The school were also lucky enough to have a visit from the Northern Ireland Women's Football captain, who put the pupils through their paces with a range of training activities.



At the start of June the children in Primary 7 made their annual residential trip to the Share Centre in Enniskillen. Whilst here they enjoyed taking part in a range of activities including, paddle boarding, kayaking, orienteering, wall climbing and archery, to name a few. The children had a fantastic time and the experience remained a firm favourite with everyone involved!



June also saw the return of the school's annual Sport's Day celebrations, with children from Reception to Primary 7 taking part in a range of sporting activities throughout the day. The school were really pleased to welcome such huge numbers of enthusiastic supporters and wish to thank the PTA for providing refreshments for the spectators.



The Central family also said farewell to another group of Primary 7 pupils with a range of events, most notably the P7 Leavers' play. Children worked hard for the last term and produced a performance fit for Broadway! The children also enjoyed a barbecue and activity evening on the school grounds.



The school said goodbye to Primary 1 teacher, Mrs Janet McKane, as she retired after 35 year teaching at the school. Mrs McKane was a much loved teacher with the pupils, parents and staff and will be greatly missed by the whole community. Everyone wishes her a long, happy and healthy retirement!

The wellbeing of the school community continues to be a priority for the school this year. Last year they took part in Cycle Against Suicide's "Mind Me, Mind You" programme across the school, receiving accreditation for their work in this area. This work will remain a great focus as they begin the 2023/2024 school year.

Autumn term brings with it great excitement and possibilities, as children move to new classes, ready to continue their learning journey. Some key events the school are looking forward to in the Autumn term are the recommencement of the afternoon Skill School club, a PTA disco, Breakfast with Santa open morning for prospective pupils and welcoming Mr Hullabaloo and friends for a pantomime performance of Jack and the Beanstalk in December. The school look forward to welcoming you to their Christmas festivities and concerts towards the end of Autumn term.

SCHOOL NEWS

DUNEANE PS

Residential to Ganaway, Millisle

On 16th and 17th May, P5 to P7 pupils had the opportunity to go for a Residential Ganaway activity Centre, Millisle. Children had a brilliant time by taking part in climbing, team games, lazer tag, archery, zip lining and mini golf. They even had time to make s'mores over a camp fire, have a talent show and go for a paddle in the beach. The children and staff had the best time and their only regret was that they didn't stay longer!



Moy Park/Young Enterprise – Enterprise Challenge at Tullyglass Hotel

Duneane PS P6 and P7 classes joined with Moneynick Primary School to take part in the Moy Park Challenge 2023 at Tullyglass hotel. The children got the opportunity to learn about healthy eating and enterprise. The children worked with children from other schools to come up with a new chicken brand product. One of their pupils won the dress up challenge too! The children all got goody bags at the end. They send a big thank you to Moy Park and Young Enterprise for hosting and organising this wonderful event!



Bowling at Old Bleach Bowling green

On 24th May our P4 to P7 classes were invited by Old Bleach Bowling Club to give outdoor bowls a try. The children got to have fun and practice their throwing and aim with junior bowls that the club supplied. Games included bowling to a target mat, hitting points, scoring points on a bowling wedge and bowling 'Battleships'.



With expert coaching from Damien McIlroy and Philip Scott the children had a great time!

Sports Day 2023

Duneane PS Sports Day was held on 2nd June 2023 at 10am at John Bell's field behind the Church. All their children from Reception to P7 took part in the sprint, beanbag jump/sack race, bat and beanbag/bat and ball race, beanbag/javelin throw, hoops/shuttle run and the house team race. They also had a toddlers, Mummys/womens, and Daddys/mens race too. They all had a brilliant Sports Day and everyone enjoyed themselves too. Every child got a medal and had a great time with plenty of smiles!



Eco Week 2023

For Eco Week they did some gardening, carried out some Eco Art and had the RSPB out for a Bug Hunt! They had a great time exploring their beautiful school grounds.



Autism NI Award

Emma from Autism NI, presented the school with their Impact Award Education Champions plaque! Over the course of last year, Duneane Primary School have implemented adjustments for autistic pupils and staff in line with the Autism (Amended) Act 2022. They will now be featured on the Autism NI website. Well done to Mrs Anderson and Mrs Hutchinson for all the work and effort they've put into achieving yet another very important and prestigious award for Duneane Primary School!



SCHOOL NEWS

DUNEANE PS

Best in Show Scarecrow winners - Garden Ireland Show, Antrim Castle

On 17th June, they were awarded the Best in Show for producing a 'Really Rubbish Scarecrow' which was good at attracting birds and bugs. The children came up with the ideas to make the scarecrow, such as mini bug hotels for legs, bird shelves with nests and branches for birds to nest and sit on. One of the children came up with the ingenious idea of calling our scarecrow 'Robbie Ash' - which sounded like 'rubbish'. The scarecrow was made out of reused waste materials.

The award was announced by UTV's Pamela Ballantine and presented by the garden designer Diarmuid Gavin. They were presented with a beautiful trophy from Antrim and Newtownabbey Council along with a new bench and a substantial money voucher from Creative Gardens. Thank you to the organisers Antrim and Newtownabbey Council for running this competition and to the sponsors, Creative Gardens for providing the prizes. A fantastic effort from the whole school team and a very very proud moment for the School!. 'Robbie Ash' now takes pride of place in their gardens.



P7 Leavers Assembly

On 26th June, they had their P7 Leavers assembly, where the children got to share their memories of happy times at Duneane Primary School in various videos montages, perform talents, say a poem and sing! The children were presented with their record of achievements and gifts to remember their time at Duneane Primary School. They finished off with tea, coffee and treats, kindly provided by their PTA. A lovely way to celebrate with their P7s! They wish these lovely children all the very best in the next chapter of their education and in the future ahead.



Summer term treats - Ulster fries and Ice-cream!

They had a whole school Ulster fry and ice-cream from an ice-cream van as they enjoyed the fine weather in June!



Charity presentation to Cancer Fund for Children

They presented a cheque to Cancer Fund for Children for the amazing total of £1400! Rebecca from the charity spoke at their assembly and received the money. They hope that their charity donation can help those children and families affected by cancer. Thank you to EVERYONE for running and supporting their charity events! What a super total for a well-deserved charity!



Start of a new School year 2023/24.

It was great to see all the children arrive for their first day back at Duneane Primary School! A lovely family feeling! They have so many exciting things planned for another year at Duneane Primary School! If you would like your child to join the Duneane Primary School 'family', please call to arrange a tour of the School!



SCHOOL NEWS

DUNEANE & MONEYNICK - PARTNERS IN LEARNING

Shared Education Trip to the Jet Centre

On Thursday 25th May pupils and staff headed off on their Shared School Trip to the Jet Centre in Coleraine. Firstly, they enjoyed a game of ten pin bowling. After lunch they relaxed in the cinema watching the 'Super Mario' movie. Everyone had a fantastic time and wonderful memories were made.

Shared Sports Day

The sun shone brightly for their 'Shared Sports Day' at Moneynick Primary. The children were organised into teams named after their favourite Mario characters. They had lots of competitive activities to complete including obstacle courses, ping pong targets, passing the hoop, basketball, splash and dash to name a few! A well-earned treat of refreshments was enjoyed by all. A memorable day for everyone.

'Thinking outdoors' - Shared Lessons

The children had the opportunity to engage, co-operate and explore in their learning through various educational experiences outdoors at Moneynick Primary School. The Children were able to experience a variety of learning activities in Literacy, Numeracy, Science, Art, Drama, PDMU and Physical Education over two days. The children used many important skills and most importantly had fun in their learning and getting to know more about each other and making friendships which we hope to build on next year!

Shared Educational Trip to Toome Eel Fishery

Learning about their identity and culture are key aspects to their partnership. As a special treat during the last week of term they made a visit to the Eel Fishery, Toomebridge to learn about the heritage of their fishing community around Lough Neagh. An excellent opportunity to learn about their local environment and conclude their strong shared partnership for the academic year. Everyone loved their day at the fishery and were buzzing with excitement and knowledge on their return. A very positive experience indeed!

As they concluded their partnership for the academic year the positive outcomes of their partnership were evident through their friendships and fun throughout. They gave the children an opportunity to give their opinions on their Shared Education programme and all responses were unanimously positive. The following response from the Moneynick School Council encapsulates the positivity about the wonderful work their Schools have done through Shared Education in the 2022/23 year: 'We made new friends and had so much fun. We can't wait to meet again after our Summer holidays.'

Both Duneane and Moneynick Primary Schools value their Shared Education programme and the good that it does for community relations in the rural area and they look forward to working together in the 2023/24 School year, even though they are being hindered by very significant cuts to their Shared Education budget.



SCHOOL NEWS

MAINE IPS

The Summer Term was a very busy term at Maine. There were lots of school trips in June. The Primary 1 and Primary 2 visited the Farm. Primary 4 visited the zoo for their end of year trip, Primary 6 and Primary 7 had a joint trip to Bangor and Exploris.

They were sad to wave goodbye to their Primary 7 class. After their final assembly, the children celebrated with a barbecue. Thank you to the Friends of Maine who helped to sponsor the Primary 7 hoodies.

The school council organised their first ever uniform swap which turned out to be a fantastic success. It was great to see all the uniforms being reused and not ending up in landfill.

The parents were very supportive of the Book Fair which raised over £1,000 and they were able to replenish their class libraries.

It was a real privilege to host an Olympic Athlete in the summer term. The children enjoyed the opportunity to take part in the organised activities and raise additional cash for new P.E. equipment.

Primary 5, 6 and 7 attended an excellent presentation about the dangers of the internet. They also found out how to keep safe when using the internet. The day was sponsored by Impact.

One of our pupils let their kindness shine through last term when they suggested that our school should be donating items to the local food bank. The bright idea led to the collection of hundreds of food items from our generous families. These items were then donated to local foodbank 'The Jam Store'.

A huge congratulations to the well-being ambassadors and Mr Strickland who were awarded Level 1 as part of their Take 5 initiative. Mr Strickland attended the celebration event.



Maine IPS are so proud of their Primary 1s who have managed to settle into school. They are managing to stay until 2.00pm each day after only one week...

Finally, they are very proud to announce that Maine Integrated Primary School is celebrating the provision of 20 years of Integrated Education in Randalstown. They have a number of exciting events planned in relation to this and will keep you informed throughout the year.

COMMUNITY NEWS

GREAT RANDALSTOWN BAKE OFF

EMAIL for ENTRY:
randalstownpcedownandconnor.org

THE GREAT RANDALSTOWN BAKE OFF
(2023)

COMPETITION AND COFFEE MORNING
SUNDAY 15TH OCTOBER

> 11 AM <

**ST.MACNISSI'S PARISH CENTRE,
RANDALSTOWN**

First Prize Baker: Apron & Bosch Mixer
Prizes, Raffle & Tasty Bakes!

Email or Call: 07734570890 for entry details

MAHON COMES TO RANDALSTOWN



Mahon's Way will run an episode based on Randalstown on Thursday 2nd November on UTV at 8:30pm. Don't forget to tune in and maybe see a familiar face or two!

RANDALSTOWN YFC'S CHARITY TRACTOR & TRUCK RUN



ROAD SAFETY EVENT & POP-UP PARK

PSNI - NIFRS - EMERGENCY SERVICES DEMONSTRATION - DRIVER & CYCLE SAFETY ADVICE

ROAD SAFETY EVENT & POP-UP PARK

EVERYONE WELCOME!

SATURDAY
30 SEPTEMBER
3.00 - 5.00 PM

NEILLSBROOK COMMUNITY CENTRE

TOP LOCAL RADIO DJ DAVID MCCAMMOND / MULTI-SKILL SPORTS / CHILDREN'S ACTIVITIES



REBOOTING RANDALSTOWN SCOUTS



Randalstown Scouts are looking for new volunteers to join their existing enthusiastic team. If you would like to get involved, email join@randalstownscouts.org.uk or message 07564540799.

Scouting is about giving exciting opportunities to young people of all ages and abilities. For just a few hours a week, you can make the world of difference to a young person.

No matter your background or experience, they have a place for you and all the support you will need. From learning to work with groups in the hall to becoming an hillwalking, archery or canoeing instructor, they can help you develop as far as you want at a time that suits you.

MAINE LINE DANCERS

Maine Line Dancers would like to thank all who supported their fundraising by buying or selling their Festival Nature Fireside Quiz.

Prize winners were: 1st J. Drummond, Antrim; 2nd L. McCrory, Toome; 3rd I. Swann, Kells.

A total of £514 was raised for Northern Ireland Chest Heart and Stroke.

Thank you all for your support.



POEM

Thank you to Kenneth Murray who submitted the poem below to us. We hope you enjoy it as much as we did.

churchtown Point

Through all the problems that this life may bring
And those complexities so hard to understand;
It's good to have a place like this
where we can come and sit a while
To contemplate what's going on - where the
wild flowers grow as tall as they can be
And a silence only broken by birdsong.
For on such a day as this
when our great lake lies basking in the sun
and the very reeds that fringe it do
not move; God given that it is
It does a favourite prove.

Kenneth Murray.

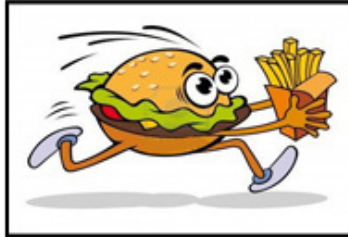
TRAIN YOUR BRAIN

Dingbats

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01



02



03



04



05



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11



12

Spooky Jokes

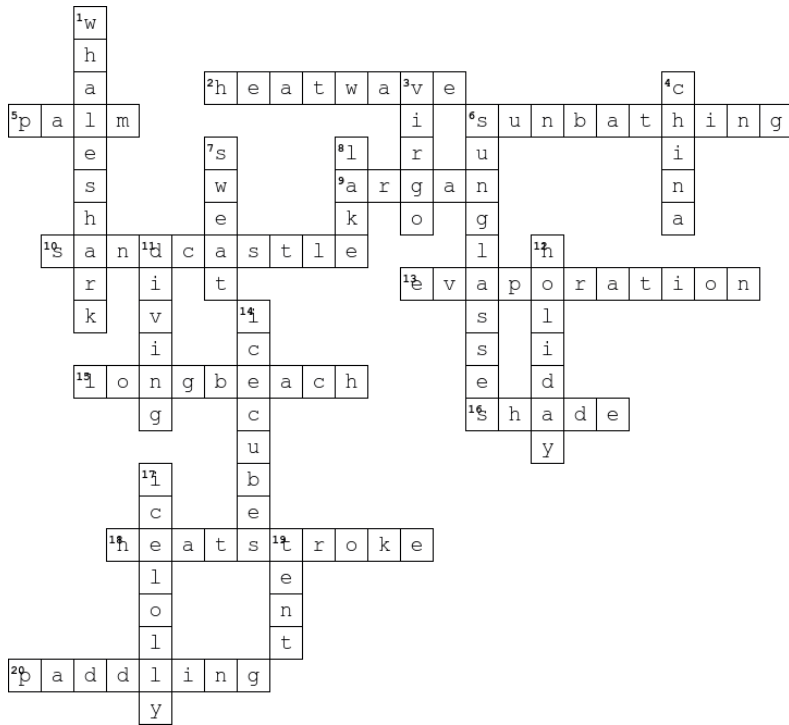
1. Why are ghosts so bad at lying? Because you can see right through them!
2. What's a ghost's favourite game? Hide and ghost seek!
3. Which monster is the best dancer? The Boogie Man!
4. What do ghosts wear when they want to look extra good? Boo ties!
5. What do mummies like listening to on Halloween? Wrap music!



TRAIN YOUR BRAIN

ISSUE 102 ANSWERS

Crossword



Riddles

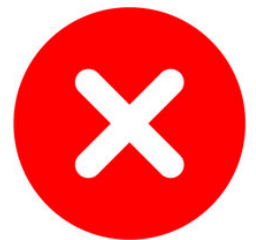
1. Sun
2. Ball
3. Hat

General Knowledge

1. Some tarts
2. Blackpool Tower
3. Around 10 - 20 years
4. Lyndon B. Johnson
5. Swimsuits
6. The ice cream was held in paper instead of between cookies
7. False, Hyperthermia refers to heat while **Hypothermia** refers to cold
8. To imitate the sound of a motorbike
9. National Ice Cream Month / National Ice Cream Day
10. World War II

Dingbats

1. Meatloaf
2. Magic Mike
3. Heaven Can Wait
4. Too Much Makeup
5. Derry Girls
6. Cajun Chicken
7. Bacon Sandwich
8. Cabaret
9. Parking Ticket
10. Going Under The Knife
11. Chop and Change
12. Penalty Shootout



TRAIN YOUR BRAIN

Colouring In - just for fun!

