

ARCHES OUTLOOK

ISSUE 95
SUMMER 2021

ARCHES NEWS

Festival 2021 & Courses

SCHOOL UNIFORM SWAP SHOP

Saving your pockets and the environment!

COMMUNITY NEWS

Randalstown
Young Farmers
Win Green!

CONTENTS

Page 3

School Uniform Swap Shop

Page 4

Arches News

Page 5

School News

Page 7

Community News

Page 8

Train Your Brain

Page 11

Train your Brain Issue 94 Answers

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Randalstown Arches
Association



Randalstown Arches



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www.randalstownarches.com

SCHOOL UNIFORM SWAP SHOP

Saving your pockets and the environment!



The Mayor of ANBC - Councillor Billy Webb MBE JP joined in Randalstown Arches by local councillors, Arches directors and staff

Back to school is a phrase that puts joy into many parents and children but also dread for some. It can be an exciting but also a very expensive time of year. The cost of back to school for families has spiralled totally out of control with the Irish League of Credit Unions reporting that the average cost for secondary school is £1,034 and for primary £886 - The Irish News.

From 30th June to 2nd July, Randalstown Arches staff provided the facilities for local people to donate any uniforms they no longer need. With children being off school for a lot of last year with the pandemic, a lot of the

uniforms are like new - some even with the tags still on!

Due to the kindness and generosity of the local community, we have a selection of wonderful pre-worn uniforms and PE Kit for most of the local Nursery, Primary & Secondary schools.

PLUS by choosing the pre-worn option, you're not only saving some hard earned cash, you're also helping reduce the amount of perfectly good clothing that sadly ends up being sent to landfill every year.

We were delighted to have a special visit by the Mayor and other local representatives. We were also joined by

Julian McGrath who proposed the scheme successfully in council in 2019.

This scheme is open to EVERYONE and isn't means-tested. Many families with 2 working parents still struggle to kit out all their kids for school so please make use of the scheme.

There is a screened off area available for changing rooms as well as a disabled bathroom.

Please get in touch for an appointment by emailing info@randalstownarches.com or leave a message on 028 9447 8471.

ARCHES NEWS

Online Festival and upcoming courses



Festival 2021

We like everyone else, thought that by summer this year, we would be back to normality and Festival 2021 would go ahead. How wrong we were...

On a more positive note, we have more time to plan and prepare for the possibility of a virtual festival. Last year we were only able to run a virtual duck race but this year, our programme had a much wider range spanning over 2 weeks. This year started with 'coffee and chats' - a virtual office environment where anyone can join for a cuppa and a chat, maybe with people they haven't seen in years! This event took place every weekday at 10AM.

We also ran Dance Fit 4 nights each week - a fun way to get moving and keep fit from the comfort of home.

This was followed by the infamous Duck Race - won this year by Peadar Magill. We then had some outside entertainment in the form of Mr Marvel for the kids and a comedian and magic show for the adults which were enjoyed by all. We tried to reach all ages so on the Sunday evening we had our Glam Slam 80's gameshow Bonanza which included favourites such as wheel of fortune, the price is right and family feud - a great time was had by all!

Towards the end of the second week we had a massage and meditation class - very relaxing with a lot of tips learnt followed by a talk by Randalstown Historical Society where they discussed the newly established Randalstown Heritage Tales.

The week finished off with the Fireside Quiz - raising over £100 for the Food Bank and the amazing Arches Festival Concert where we teamed up with The Music Rooms and Arkmedia to show some amazing local talent. If you haven't seen it yet, make sure to give it a watch on our Facebook and Youtube channel.

Courses

Due to ongoing government Covid-19 restrictions, we have been unable to run our normal schedule of courses.

We do however hope to get them up and running again as soon as possible with British Sign Languages beginning again in September.

Keep an eye out on our social media for course announcements!

SCHOOL NEWS

Groggan Primary School

Groggan PS were delighted to spend the final term of a turbulent year together, and they all tried to make life in school as normal as possible. They had an excellent sports day which their parents were able to appreciate online.



They continued to work closely with their shared education partners in Millquarter Primary School, with all classes participating in online meet ups and collaboration through quizzes and other fun activities.

They said farewell to their fantastic P7s who rounded off a difficult year with a superb funday at Jim Baker Stadium and outdoor Leaver's assembly. They wish all of the class of 2021 well in their new schools, and are immensely proud of them. They will be a credit to their new schools as they were to Groggan PS.



They were also delighted to welcome their new P1 children to school at the end of June

for staggered induction sessions and are excited to see them begin their journey as part of the Groggan family in September.

Finally, a very successful Summer Scheme was held in school in July, where children took part in a range of different activities over a fun filled week.



Randalstown Central Primary School

Although Covid 19 restricted a lot of their regular activities, the children of Randalstown Central Primary were able to participate in lots of alternative activities.

TERM 1

The children enjoyed a Santa Flyby and virtual Nativity. The PTA hosted a Smarties Tube and Christmas Trail fundraising events and a visit from Santa to all our classes to deliver gifts to the children.



TERM 2

Whilst most children were learning remotely, the school remained open for their Key Workers children.

TERM 3

As they returned for Term 3, they were able to organise a lot of their regular events, adapted accordingly. They held Sports'

Day with bouncy castles and an ice-cream van.



Primary 7 had a trip to 'The Jungle' which was thoroughly enjoyed, followed by their very emotional Leavers' Ceremony.



They had another busy fundraising term with the PTA hosting a Sponsored Marathon.



They send thanks to the PTA for all their efforts and support during a very difficult year. Their fundraising has allowed them to purchase a Reading Scheme and books for their Accelerated Reading Library. They were also able to assist Tidy Randalstown with their fundraising event. During this incredibly challenging year for the school, they have been so proud of the resilience all the children have displayed. They look forward to welcoming them back in the new school year!

SCHOOL NEWS

Moneynick Primary School

To celebrate the resilience and bravery their pupils showed during this year they held a well-earned 'Shorts and Shades' picnic on Wednesday 23 June. A visit from the ice-cream van whipped up a cool treat to celebrate Accelerated Reader achievements.



They are delighted to announce that all their children successfully completed Heart Start, a British Heart Foundation initiative which aims to teach children what to do in a life-threatening emergency, age appropriate, simple skills that can save lives.

The Primary 6 and 7 pupils completed their Cycling Proficiency course during Term 3. They are now well on our way to achieve the Sustrans Silver Award.



St. Benedict's College

Congratulations to Ms Mc Elhone and the four students who reached the National Final of the Credit Union Competition. The theme for this years competition was 'Imagine More'.



Lewis Heatly



Aiobhinn O'Donnell



Ryan McAnoy Ross



Stephen Murray

They recently said a fond but sad farewell to their Primary 7 class of 2021. They are so proud of their achievements and wish them every success in their future endeavours. They assure them that they are always welcome in Moneynick!



The pupils of Moneynick Primary School enjoyed a fun-filled and packed Summer Scheme. The Summer Scheme provided an opportunity for pupils to reconnect, rebuild friendships and enhance their physical and emotional wellbeing. Visit their daily photo galleries at www.moneynickps.com.

Antrim and Newtownabbey Borough Council presented pupils with a special certificate.



Moneynick Eco-School Committee have recently installed a clothes bank. Clean, unwanted, recyclable clothes can be placed in the clothes bank situated in the front car park. All proceeds will purchase bulbs and seeds for their raised beds and vegetable plot.



They would like to thank the Friends of Moneynick for their generous contribution of non-fiction Accelerated Readers. Tickets for their monthly draw, commencing September 2021 can be purchased from the school office on 02879650331.



They look forward to the beginning of their new academic year which commences for all pupils on Wednesday 1 September.

Ryan McAnoy Ross -10H- Merit runner up.
Stephen Murray - 11F- Joint merit runner up.

COMMUNITY NEWS

COMMUNITY ADVICE — ANTRIM & NEWTOWNABBEY

Community Advice—Antrim and Newtownabbey usually hold a weekly outreach session in ARCHES Community Hall. Due to Covid-19 restrictions, this service is not currently available. However, they can still be reached by calling 028 9590 6505 or emailing advice@advicean.com

Through this service you can get free and confidential advice on a wide range of issues including:- Welfare Benefits, Money and Debt problems, Tax and Housing, among others.



RANDALSTOWN YOUNG FARMERS

Congratulations to Randalstown Young Farmers Club who have been busy greening their club and the local area, working their way through the 3 levels of the Eco Club Award scheme.

With support from Grassroots Challenge they received a Green Flag Eco Club Award from Keep Northern Ireland Beautiful! What a fantastic achievement.

JAM STORE FOOD BANK

Randalstown Rugby Club continue to be a central hub for the Jam Store Food bank donations each month.



We are very proud to say that the profits from our Festival Fireside Quiz - over £100 was donated directly to the Jam Store.

Any donations are greatly appreciated as they help make a difference. Please consider donating food, toiletries and financially where possible to help provide some relief for those struggling, especially with the ongoing the COVID-19 pandemic.

Keep an eye on Randalstown Rugby Club's social media for upcoming collection dates.



If you can spot a scam, you can stop a scam

Stay 4 steps ahead of a scam by using this **scam test**

- Seems too good to be true
- Contacted out of the blue
- Asked for personal details
- Money is requested

For help and information, or to report a scam visit nidirect.gov.uk/scamwiseNI

scamwiseNI
PARTNERSHIP

Tidy Randalstown, Arches & Randalstown Historical Society

Have you noticed anything new around town? Keep your eyes peeled for the Heritage Tales plaques and QR codes - Tidy Randalstown's latest project undertaken in conjunction with Randalstown Historical Society and Randalstown Arches - funded by Heritage Lottery.

These plaques make for great additional pieces of information to any tour of our town. They are interactive - you can scan the QR codes with your phone which will bring you to a section of Randalstown Arches website which shows more information about the location.

The full tour and more information can be seen on our website.



TRAIN YOUR BRAIN

General Knowledge

1. This kind of water current pulls you into the ocean and is exhausting to swim against, but can be escaped by swimming to the side
2. "Dog Days" are named after this star system
3. This condition is caused when your body temperature gets too high
4. What Roman figures were the summer months named after?
5. Why is the Summer Solstice the longest day of the year?
6. How does sunscreen work?
7. We experience the Summer Solstice during July, when does the southern hemisphere get theirs?
8. What three zodiac signs fall into summer months?



Cryptography - Caesar Cipher

Caesar cipher is one of the most easy and most famous encryption systems. It uses the substitution of a letter by another one further in the alphabet.

The + number represents how to shift the alphabet

Stay Hydrated

Yzge Nejxgzkj +6

Basking in the sun

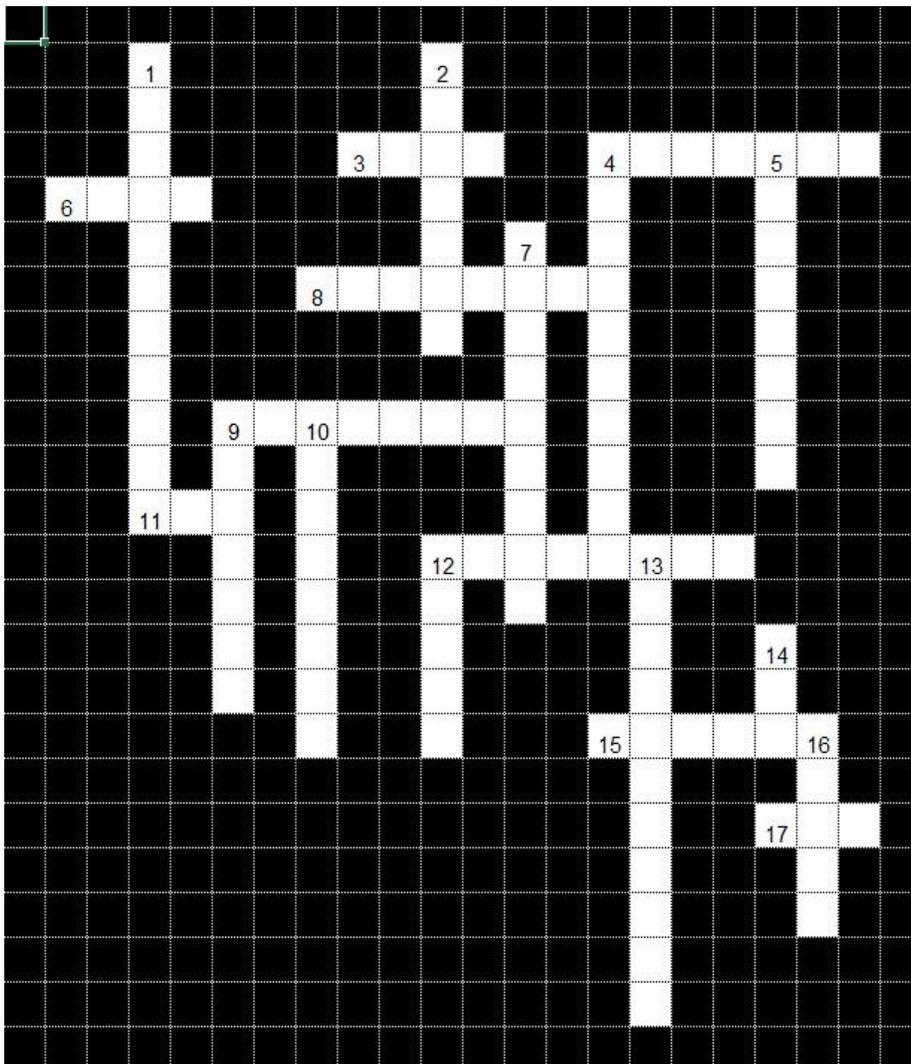
Tskcafy af lzw kmf +20

Relaxing in the shade

pcjyvgle gl rfc qfybc -2

TRAIN YOUR BRAIN

Crossword



Across

3. The month with the longest days (4)
4. might happen to your frozen treats if you aren't careful (7)
7. a sport where people ride waves (7)
8. An essential nutrient most commonly gained from sun exposure (7,1)
10. People often do this in water to cool down (8)
11. Responsible for the heat (3)
14. Often done outside on a grill (8)
16. _____ of sand (6)
17. A mechanical device people use to stay cool (3)

Down

1. taken to pools and beaches, filled with air (10)
2. when somebody spends their summer in a different country (7)
4. often built on the beach (4,6)
5. A cold treat (3,5)
7. responsible for keeping beachgoers safe (4,5)
9. too much sun can do this to your skin (3,4)
10. Added to drinks to make them cooler (3,5)
12. A sandy place (5)
13. a pigment plants use to feed off the sun (11)
14. People often sit outside in the sun to get one (3)
16. A darker area without direct sunlight (5)

TRAIN YOUR BRAIN

Dingbats

£humerus
+
£femur

1

1 3 5 7
1 3 5
1 3
1 3 5 7 9 11 13 15
1 3 5 7
1 3 5

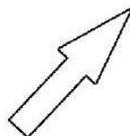


2

Gorgeous
Epidermis
Dermis
Tissue

3

HEAR CAN'T
SEE
SMELL TOUCH



4

ABC...YZ

5

Preserving
Repairing
Replacing
Mending



6

owt the
2550

7

O E R T O

8

Happy
Cheerful
Jolly
Fun-loving
Silly
Crazy
Daffodil



9

gathering bash
celebration do
function
banquet

10

give GET
give give
GET GET
give GET

11

icy chilly
icy
icy wintry
icy frosty
icy
icy
icy



12

teenagers utd - 2
middle-aged - 0

13

liquids
liquidsolids
gasolid

14

THEHANGRE

15

stay pause
hand foot

16

worldwide
c
r
m
s
o
n

17

inha ling
respir atory

18

2pm occurence
4pm sage

19

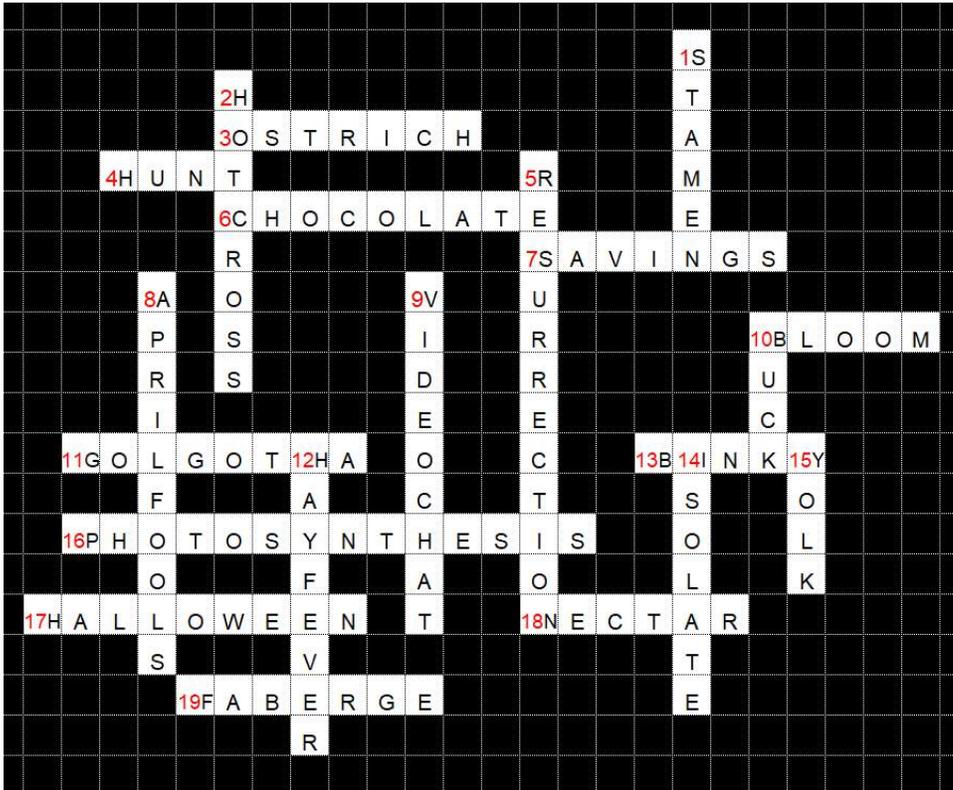
G G G
AFIALLA
P P P

20

TRAIN YOUR BRAIN

ISSUE 94 ANSWERS

Crossword



Dingbats

1. Doggy Bag
2. Cotton Wool
3. Bow Tie
4. Tuttie Fruiti
5. Bulldozer
6. Cling Film
7. Catalogue
8. Breeze Blocks
9. Lamp Post
10. Bacon and Eggs
11. Gold Medal
12. Maple Syrup

General Knowledge

1. The resurrection of Jesus
2. The days get longer and nights get shorter
3. It's date is based on the lunar cycle
4. Through live streams/video chat
5. Germany
6. The earth rotates the sun at a tilt.
7. It's stone head statues.
8. Luck
9. The 40 days Jesus fasted for in the desert.
10. Dyed/painted chicken eggs.

Name the Chocolate Bar

- | | |
|---------------------|-----------------------|
| 1. Bounty | 11. Yorkie |
| 2. Mars | 12. Wispa Gold |
| 3. Lion Bar | 13. Snickers |
| 4. Milky Way | 14. Boost |
| 5. Double Decker | 15. Fudge |
| 6. Topic | 16. Toffee Crisp |
| 7. Star Bar | 17. Cadbury's Caramel |
| 8. KitKat Chunky | 18. Turkish Delight |
| 9. Peppermint Aero | 19. Picnic |
| 10. Reese's Nut Bar | 20. Crunchie |

TRAIN YOUR BRAIN

ISSUE 94 ANSWERS

Easter Sudoku

SOLUTIONS

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S