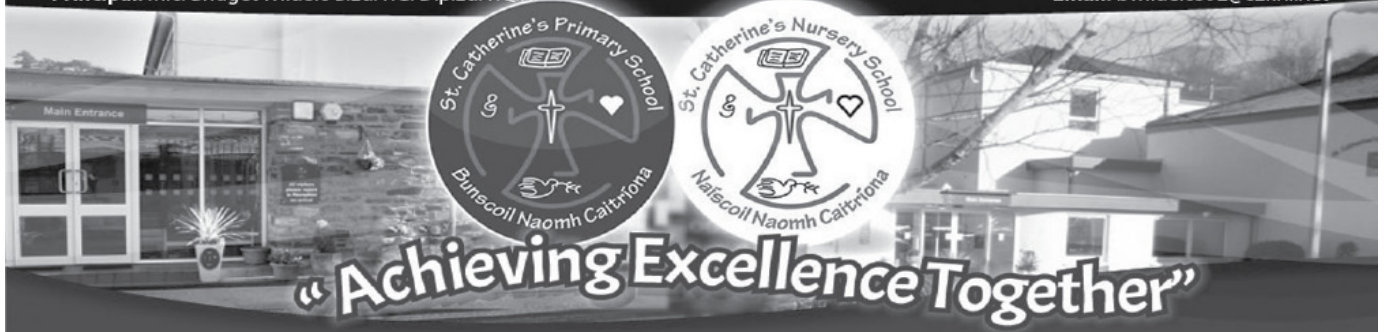


# St. Catherine's Primary School

Principal: Mrs. Bridget Wilders B.Ed. P.G. Dip.Ed. P.Q.H.

Email: bwilders592@c2kni.net



## JUNIOR SITE

Phone: (028) 7138 2272

Fax: (028) 7138 2139

Strabane  
Co. Tyrone  
BT82 8HT

## SENIOR SITE

Phone: (028) 7138 2614

Fax: (028) 7138 2482

## WEEKLY NOTE - Monday 18th March 2019

Check us out on our website: [www.stcatherinesps.co.uk](http://www.stcatherinesps.co.uk)

Download Our **FREE** School App

St Catherines PS, Strabane



Facebook : StCatherines PrimarySchool



Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School



#keepingsafe

## Important Safety Request

At certain times of day, that is, "drop off" times to school in the morning and "collection times" in the afternoon, parents/carers are parking at various places near and in front of our two school sites from Newtownkennedy Street right down to Barrack Street. We respectfully ask parents NOT to double park. We also ask that parents ensure their vision is clear before moving away from the kerb or reversing in case they do not see other parents/ carers or children walking by.

Many thanks for taking time, care and patience around our school.

*God bless you all! Bridget Wilders, Principal*

# **First Confession for Year 4 Pupils**

First Confession will take place in the Church of the Immaculate Conception on **THURSDAY 4th APRIL** at 7pm. Parents should bring their Year 4 child to this lovely service to receive the sacrament....see you then!

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## **Staying Safe: Parents please remind our children!!**

If our wee children have any worries or concerns at all, there is always someone in school that they can talk to..... who will always try to help. Children can speak to their own teacher, any staff member or designated teachers for Child Protection and Safeguarding.



**Please refer to the Child Protection and Safeguarding Information  
(Primary School Staff and Nursery Staff)**



St. Catherine's Nursery & Primary School



If you are worried you can talk to...

**The Designated Teachers for Child Protection  
& Safeguarding in our School**



**Mrs. Wilders**



**Miss Doherty**

**The Deputy Designated Teachers for Child  
Protection & Safeguarding in our School**



**Mrs. McGowan**  
**Junior School**



**Mrs. Daly**  
**Senior School**

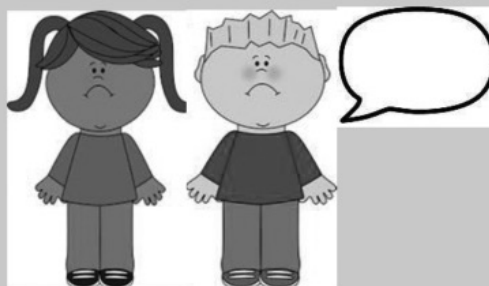
If you are sad



or worried



you can talk



to...



The Designated Teacher for Child  
Protection & Safeguarding in our  
Nursery School

**Mrs Carlin**



The Deputy Designated Teacher for  
Child Protection & Safeguarding in our  
Nursery School

**Mrs. Porter**

The Designated Teachers for Child Protection & Safeguarding in our School



**Mrs. Wilders**



**Miss Doherty**



# World Down Syndrome Day

To celebrate World Down Syndrome Day, pupils should come into school on Thursday wearing any kind of socks with their uniform ... either odd socks, brightly coloured socks, long socks, printed socks, patterned socks in order to show your support!!! Many thanks for joining in the fun!



Down  
Syndrome



World  
Down  
Syndrome  
Day

**THURSDAY  
21ST MARCH**



**WE WANT YOU TO WEAR THE.....  
CRAZIEST LOUDEST ODDDEST  
FUNKIEST COOLEST GROOVIEST  
HIPPEST AND MOST HAPPENING SOCKS  
IN THE WORLD!**

# Parent and child FREE PLAY Workshop DATE AGREED!

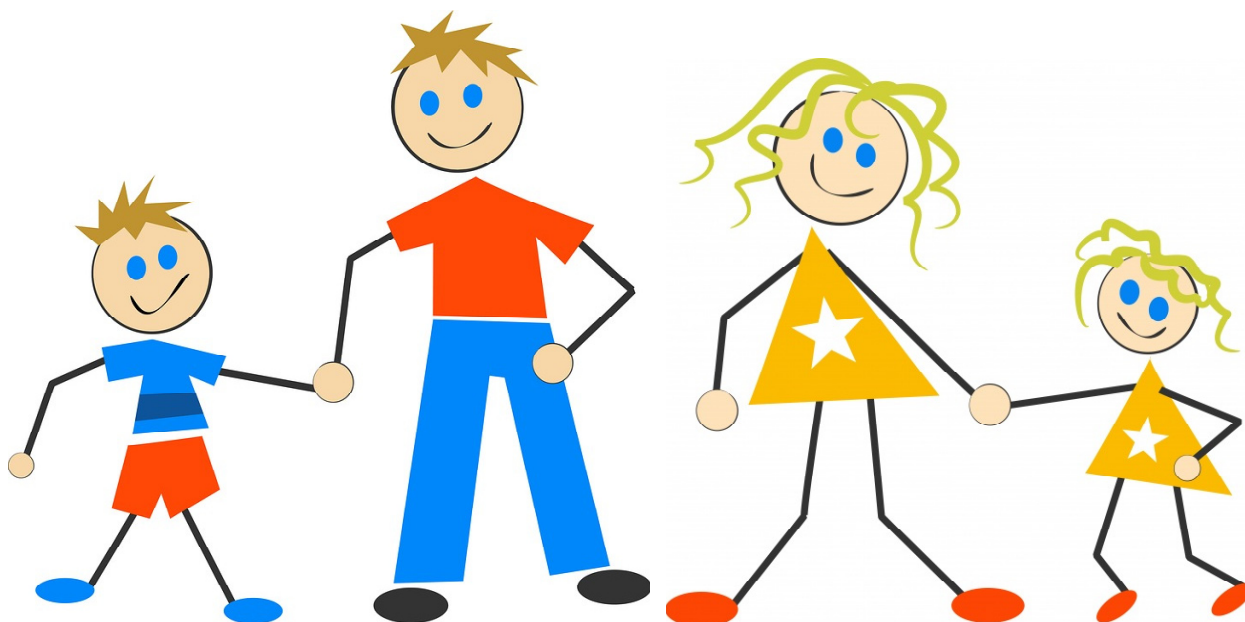
Parenting NI have joined up with Playboard NI to provide a FREE play workshop session for parents and children in our wee school. This is open to children and parents from Nursery – Year 4 age. This will take place in school.

**Date: Tuesday 2nd April**

**Venue: St. Catherine's Junior School Assembly Hall**

**Time: 1.30pm-3pm**

If you can attend this FREE workshop session with your child please indicate on the attached expression of interest slip.



**The next meeting of our PTFA  
will take place at 7pm in the  
Junior School on Thursday  
28th March.**

**Everyone welcome!**





Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2019, the UK's largest inter-school cycling, walking and scooting challenge. The challenge runs from 25 March to 5 April. It's free and we would love everyone to be involved.

### **The details**

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking or scooting to school. Each day your class teacher will ask who has cycled, walked or used a scooter

It's a great way to get more of our pupils travelling actively to school and is a simple way to boost their physical and mental health.

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child cycling, walking or scooting to school on social media during the challenge using #BigPedalWin. To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter [twitter.com/sustrans](https://twitter.com/sustrans) or Facebook [facebook.com/Sustrans](https://facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

### **What's next?**

All you need to do is encourage your child(ren) to cycle, walk or scoot to school on as many days as possible during the event, and join them on their way.

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school. Download your free pack [pdf].

For more information about the event go to [www.bigpedal.org.uk](http://www.bigpedal.org.uk). Enjoy the challenge!

# Hydration Drinks for Children in School

Children bring drinks to school if they take packed lunches or sometimes as part of their mid morning break. Children can drink milk, fresh juice, dilute juice etc at these times.

During class time during the day we find that sometimes children like "Hydration Drinks" in order to keep them hydrated while doing their school work. These hydration drinks should only be WATER at these times.

We ask that parents support and understand this initiative in school.

Fizzy drinks are not encouraged in school at any time as part of our Food in Schools Policy.

High Energy Drinks are not permitted or encouraged for our children at any time due to their potential danger to our little children's physical health.

Many thanks for your support and understanding in this health initiative for our children.



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## ECO TEAM News



Many thanks to all our pupils and parents for kindly supporting our GREEN Eco Day event on Friday 15th March. Our ECO Team are delighted to report that £373.60 has been raised to buy recycling bins and other much needed ECO Resources in School. Thank you!

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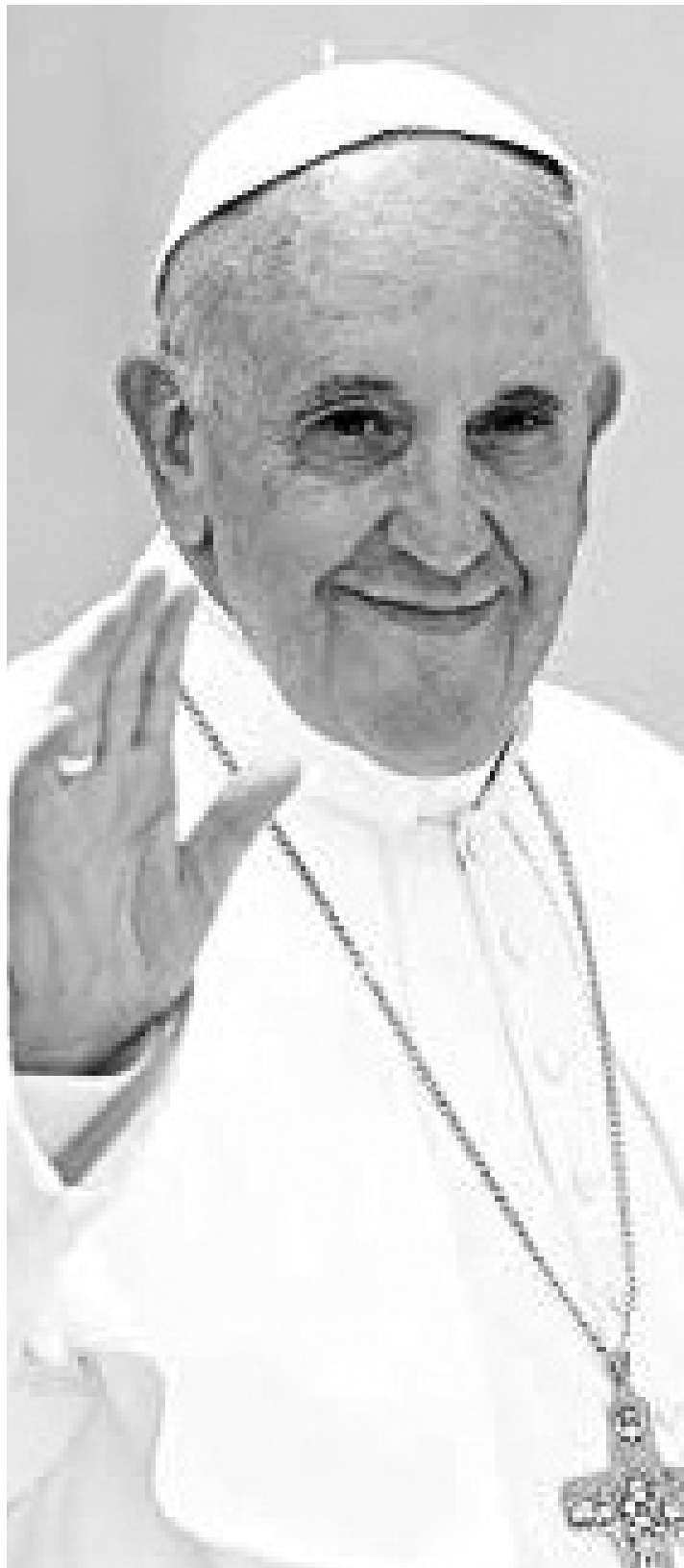
## Northern Ireland Blood Transfusion Service

Blood donation sessions will take place in the Presbyterian Church Hall, Derry Road, Strabane on Friday 29th March. 1.30pm-4pm & 5.15pm-8pm. Everyone welcome!





# Prayer idea attributed to Pope Francis. Try this with your children at home during lent



## Pope Francis' five finger prayer guide

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

# COMMUNITY NOTICE

Surestart will now be sending us through a message of the month for our Weekly Note. We are delighted to continue to work in partnership with Surestart to bring a better service to children and families in our community.

**Less watching more talking...**  
put everything away and just sing,  
talk and play



Sing a rhyme anytime  
Start your child learning  
for a lifetime!



South Eastern Health  
and Social Care Trust



Public Health  
Agency



**SureStart**

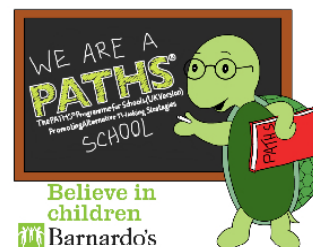
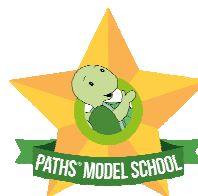


# **PATHS Programme in St. Catherine's**

(Promoting Alternative Thinking Strategies)

## **PATHS Quote of the Month - March**

*Sometimes saying "I'm sorry" seems to be too hard to do.  
Maybe you can apologise indifferent ways – shake hands;  
share something or give a compliment.*



## **Lent begins during March**

### **Prayer of the Month - March**



*Dear Jesus*

*Please help us to be kind,  
patient and helpful to each  
other during Lent. Help us to  
follow directions the first time  
we are asked.*

*Amen.*

**COMMUNITY NOTICE**

# **Sure Start**

## ***NEW* Stay & Play 'The Grove'**

**Every Tuesday**

**10.00am – 11.30am**

**St. Catherine's Primary School**



**Come along with your little one(s) and join us for some FUN. Available to Registered Parents with children under the age of 4yrs who reside within Strabane Sure Start Wards...**





# Parent / Child Play Workshop

I will be attending the FREE Play Workshop with my child in school given by a professional PLAY TUTOR from Playboard NI.

I understand that the date set is Tuesday 2nd April at 1.30pm in St Catherine's Junior School.

Signed: \_\_\_\_\_

Parent/Gaurdian of: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_