

St. Catherine's Primary School

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WEEKLY NOTE - Monday 25th March 2019

Check us out on our website: www.stcatherinesps.co.uk

Download Our **FREE** School App St Catherines PS, Strabane



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Follow us on Twitter : stcatherinesps



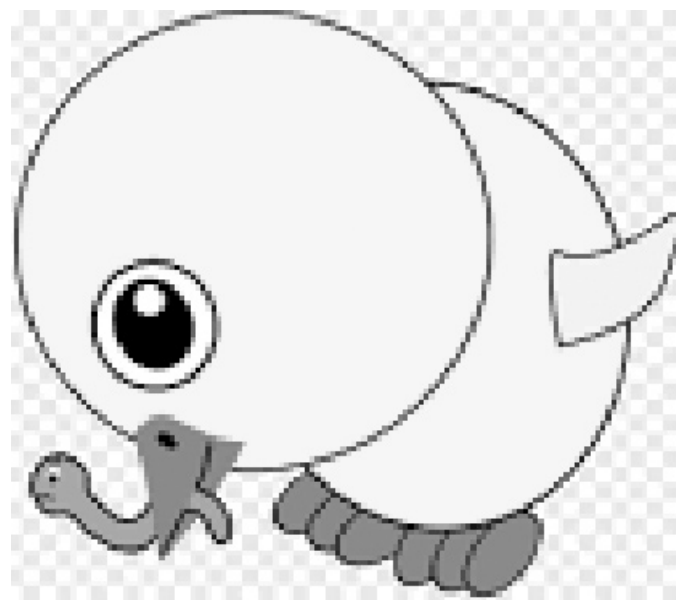
Follow us on Instagram : St Catherine's Primary School

Gentle Reminders of School Start Times

School is open from 8.30am for Breakfast Club every morning. The school hall on both sites is supervised from 8.30am onwards.

We warmly invite ALL CHILDREN to take part in our morning prayer and sharing of announcements for the school day NO LATER than 9am in the school hall on each site.

Children are due in class at 9.15am. Any child arriving to school after 9.20am will be registered as late. We find that if children



miss morning prayers and announcements for the day, they miss out on a vital part of their day and information given. You know the saying.....The Early Bird ...and all that!! Let's be early birds!!

God bless you all! Bridget Wilders, Principal



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 or Facebook 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. Enjoy the challenge!

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.

Headlice

Sometimes we get visits from little headlice and they simply love clean heads! Please take note of the following guidance for headlice from the school Nurse. It is so important to check your child's hair at least once every week!

HEAD LICE

Your Questions Answered

don'tbugme

truth&lice

WHAT ARE HEAD LICE?

They are grey/brown insects, from pin-head to match-head in size (1 to 3 mm long) that live close to the scalp on humans. Each egg is glued to a hair, often near the root. Lice and unhatched eggs are hard to spot.

WHAT ARE NITS?

Nits are the egg cases left behind when the lice hatch out. They are usually pearly white. Both eggs and nits are very difficult to remove from the hair.

HOW DO LICE SPREAD?

When two heads are touching they climb rapidly through the hair from one head to another. They don't jump, fly or swim. Lice that fall from the head or amble onto bedding or hats are dying and harmless. Lice caught on combs can re-establish if they are combed back on again within 48 hours.

BUT I'VE SEEN THEM JUMP ON THE COMB

This is due to static electricity making them 'fly' off the comb.

WHO CAN GET THEM?

Anyone with hair. They aren't fussy about clean or dirty hair. Children tend to get them more than adults probably because they put their heads together more than adults do.

WHERE DO YOU GET THEM?

Anywhere. Children get them wherever they mix with other children, this can be both in and out of school.

HOW DO I KNOW IF MY CHILD HAS HEAD LICE?

The main symptom is itching but you can have head lice for up to six weeks before you notice any itching. The best way to find them easily is to check your child's hair regularly by wet combing.

Wash the hair with your ordinary shampoo. Put on lots of any conditioner and comb it through with an ordinary comb. This makes any lice really wet, which keeps them still. Then, using a detection comb (a plastic fine tooth comb) slot the teeth into the hair at the roots and draw the comb down to the tips. Check the comb for lice every time you do this. Continue until you have checked the whole head. Rinse off the conditioner and repeat the combing while the hair is still wet.

HOW OFTEN SHOULD I DO THIS?

It is a good idea to get into a routine and do it about once a week. This means you will be able to treat early if you find them which helps cut down on the number of people who will get head lice.

WHAT DO I DO IF I FIND LICE?

If you find lice, you should check everyone else in the family and treat only those who have them. Also let people who have been in close contact with anyone with lice know, so they can check as well.

WHAT IF I FIND NITS AFTER TREATMENT?

If you find nits but don't find lice, don't treat. Nits will be left behind on the hairs after you have treated but this doesn't mean the treatment has failed.

WHAT DO I USE TO TREAT THE LICE?

The best way to treat is with a lotion. Your GP, some community nurses and some pharmacists can prescribe these free for children. They can also be purchased over the counter in a pharmacy. Treat everyone with lice at the same time so that untreated people don't reinfect the treated ones. A Bug Buster Kit is another way of treating lice (see later).

HOW DO I USE THE LOTION?

There will be instructions on how to apply the preparation, and how long to leave it on for, in the box – each of the preparations is slightly different. Some stipulate two applications a week apart, and a doctor, nurse or pharmacist may advise this for those that do not. The reason for this is that no

treatment is guaranteed to kill unhatched eggs. The eggs that aren't killed will hatch over about 10 days. So it is necessary to check for lice 5 and 12 days after starting treatment. Once treatment is complete, resume your weekly checking routine.

WHAT IF I KEEP FINDING LICE?

There could be 2 reasons for this. It could be because your child has been re-infected with lice. Check the whole family again and treat all those with lice again. Remember to spread the word to family and friends. Don't use more than three treatments with the same product in three weeks. If you still find lice after that ask your GP or pharmacist for advice. The other reason is that the lice were not killed. If you followed the instructions correctly then this might be because the lice are resistant to the particular treatment you used. Ask your GP, health visitor, school nurse or pharmacist what you should use for the next treatment.

WHAT IF I STILL HAVE NITS?

Nits (empty egg cases) on their own do not need to be treated. You can remove them by hand or fine tooth combing if you don't like the look of them.

BUT MY CHILD IS STILL SCRATCHING

People can scratch after treatment but it doesn't mean they still have lice. Check your child's head to be sure but only treat if you find live lice. The treatments can make the scalp flaky and itchy. Also some people scratch just thinking or talking about lice.

SHOULD I USE A LOTION 'JUST IN CASE'?

No. The treatments are safe but they shouldn't be over used. They can also make the itching worse.

WHAT IS BUG BUSTING?

Bug Busting is a clinically proven wet combing method of detecting and treating lice. No lotion is required. To treat, a Bug Buster Kit must be used four times spaced over two weeks. Repeated use is risk free, and the Kit is especially helpful in families where children continually catch lice.

More information and Bug Buster Kits (£7.60 incl. P&P) are obtainable from:

Community Hygiene Concern,

Registered Charity No: 801371

Help Line: 01908 561928;

Web: www.chc.org/bugbusting;

Email: bugbusters2k@yahoo.co.uk

GP's and non-medical prescribers (nurses and pharmacists) may supply a NHS prescription for a Bug Buster Kit, free for children.

I'VE HEARD TEA TREE OIL IS GOOD FOR KILLING AND PREVENTING LICE

There is no evidence that it works and it can irritate your scalp. Nor is there evidence for vodka, electric combs, products sold to prevent reinfection or any other folk remedy.

SHOULDN'T SCHOOL NURSES CHECK CHILDREN'S HEADS?

No. Inspections made by school nurses do not stop head lice spreading. They cannot identify all children with head lice. It is much better for parents to check their children's heads regularly (about once a week) as described in this leaflet. However, school nurses are available to give help and advice about head lice to parents.

WHAT ABOUT THE SCHOOL - CAN THEY DO ANYTHING?

In the past, schools have sent out 'alert' letters but these tend to cause stress to children and parents and sometimes outbreaks of imaginary lice. It is much better for all parents to check their children's heads regularly.

SHOULD I KEEP MY CHILD OFF SCHOOL?

NO! Lice are unpleasant and some people sometimes feel embarrassed if they get them but they are not a health hazard. There is no reason for your child to miss out on their education just because of head lice. Keep alert and spread the word to stop the spread of lice.



Department of

**Health, Social Services
and Public Safety**

www.dhsspsf.gov.uk

AN ROINN

**Sláinte, Seirbhísí Sóisialta
agus Sábháilteachta Poiblí**

MANVSTRIE O

**Poustie, Resydënter Heisin
an Fowk Siccar**

Produced by:
Department of Health,
Social Seivces and Public Safety
Castle Buildings
Stormont
Belfast
BT4 3SQ
April 2008
Ref: 171/07

Parent and child FREE PLAY Workshop DATE AGREED!



STILL SOME PLACES LEFT!!!!

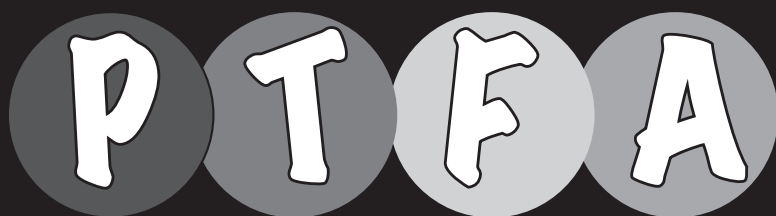
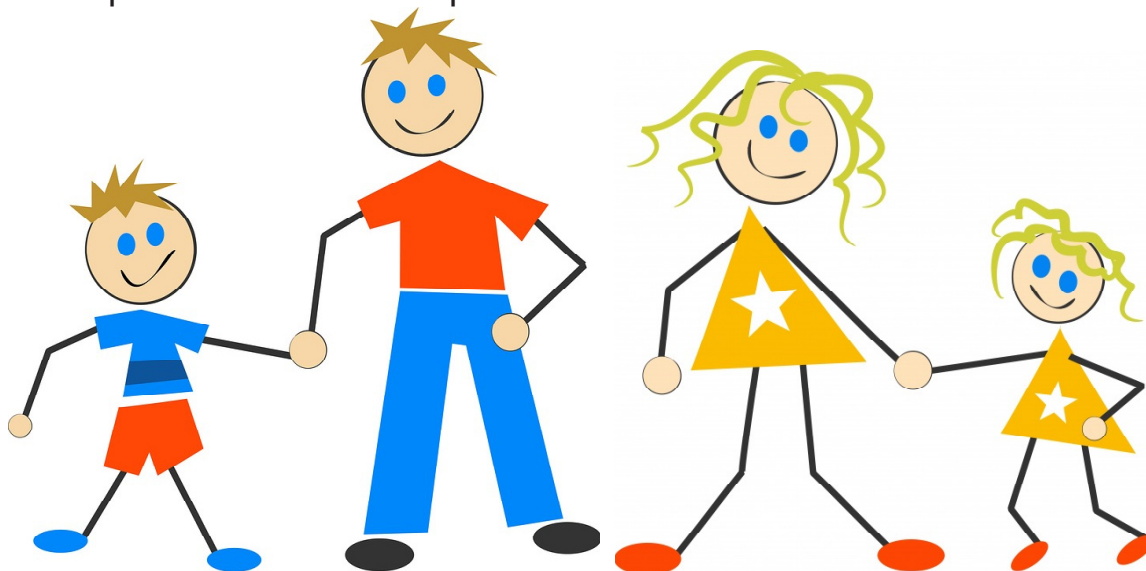
Parenting NI have joined up with Playboard NI to provide a FREE play workshop session for parents and children in our wee school. This is open to children and parents from Nursery – Year 4 age. This will take place in school.

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.



Parent, Teacher,
Friends Association
**Working together
for our children**

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

Everyone welcome!



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**

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!



Our Annual Irish Language and Culture Celebration



Our Year 7 Pupils have been studying Irish Language and Culture all year as part of Modern Foreign Languages and Culture Study. Every year we celebrate our learning by making a short presentation. This year that presentation will take place on Thursday 28th March at 10am in the Senior School Assembly Hall. If there are any parents who are free for a few minutes on that morning, you are very welcome to attend! Go raibh maith agat!



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!

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

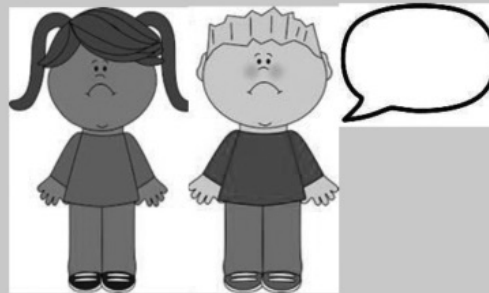
If you are sad



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

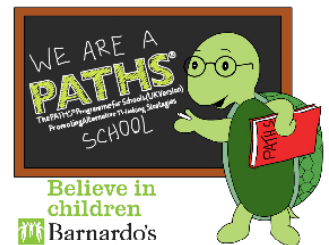
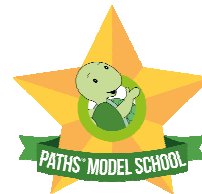


PATHS Programme in St. Catherine's

(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 in different 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.



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: _____