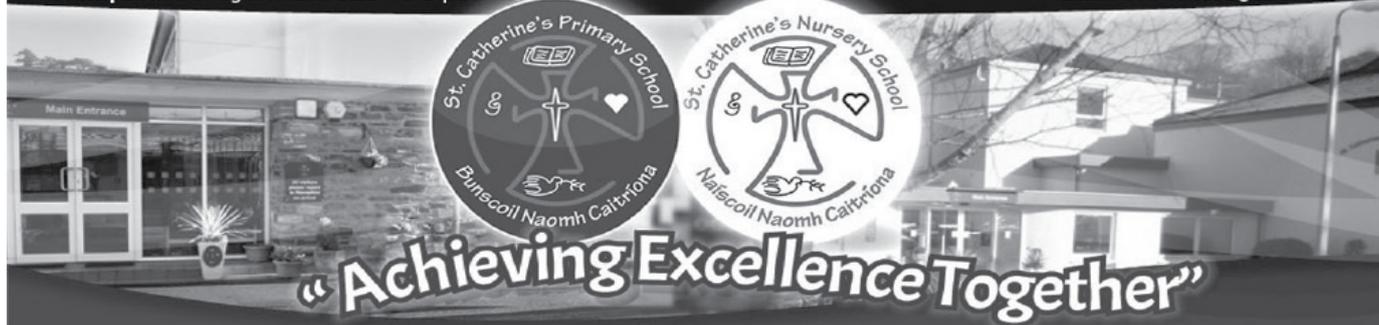


# St. Catherine's Nursery School

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

Email: bwilders592@c2kni.net



## JUNIOR SITE

Phone: (028) 7138 2272

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Strabane

Co. Tyrone

BT82 8HT

## SENIOR SITE

Phone: (028) 7138 2614

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## WEEKLY NOTE - Monday 1st April 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

## Energising Drinks PARENTS ALERT

Some parents have brought to our attention the unbelievable dangers of energising drinks for our wee children.

NHS have also issued warnings over the use of Energising drinks especially for little children. Energy drinks contain high levels of caffeine which is a stimulant.

NHS have outlined potential risks associated with drink energy drinks.

1. Caffeine overdose (which can lead to a number of symptoms including palpitations, high blood pressure, nausea and vomiting, convulsions,

addiction to caffeine and in some cases even death.)

2. Type 2 Diabetes (high consumption of caffeine reduces insulin sensitivity)

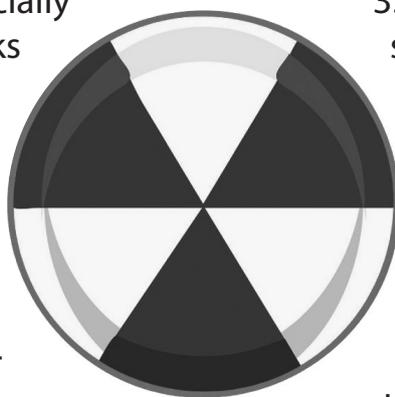
3. Neurological and cardio vascular system effects in children and adolescents

4. Sensation seeking behaviour, hyperactivity

5. Poor dental health

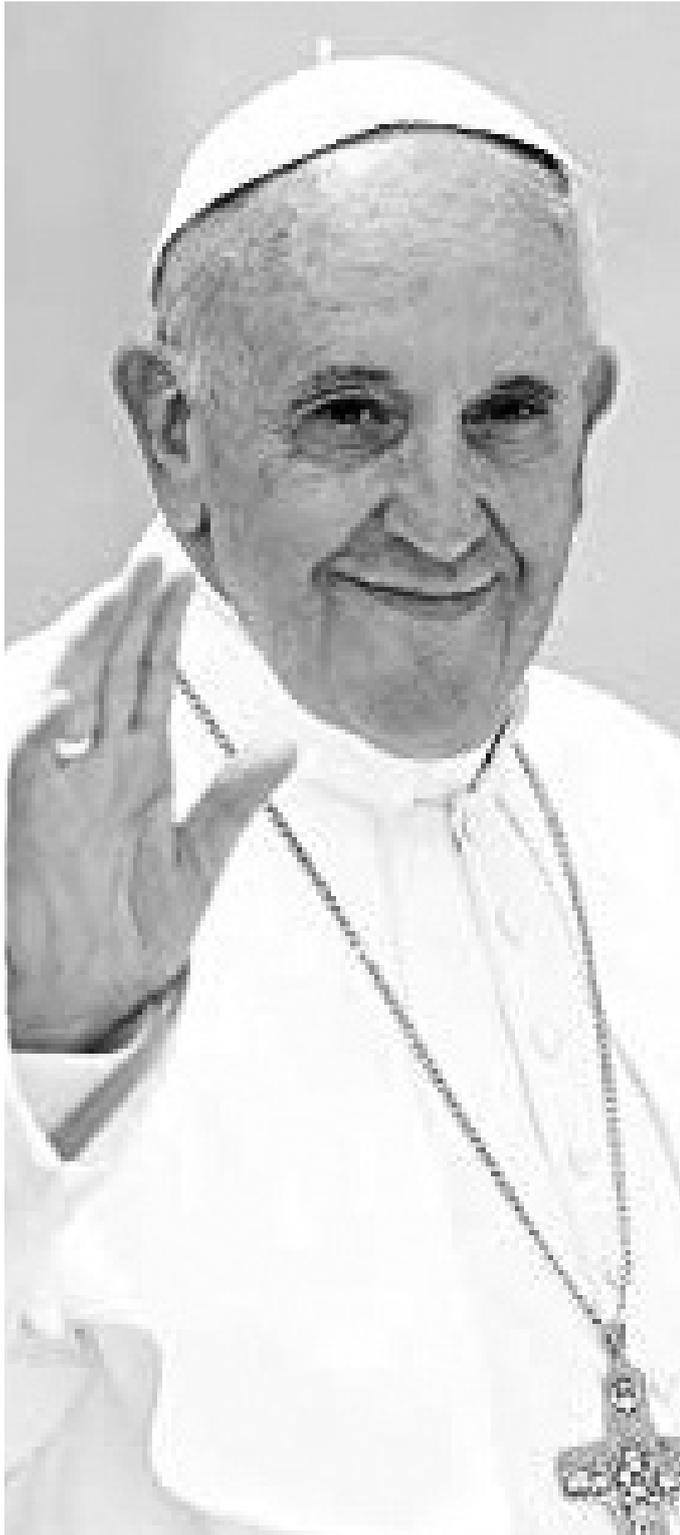
6. Obesity

We respectfully request that all parents consider the possible damaging effects of energising drinks especially for our little children. Thank you.



*God bless you all! Bridget Wilders, Principal*

# 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.



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://www.facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

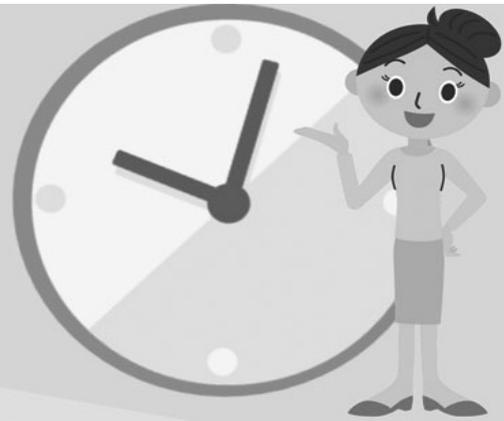
### **What's next?**

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!

# Families Together



## Time for me

Want to know more about 'Families Together' or Parenting NI?

Have you seen a programme you might be interested in?

Drop in for a chat 9am - 1pm,  
Mondays at St Catherine's (Junior Site,  
Room 6)



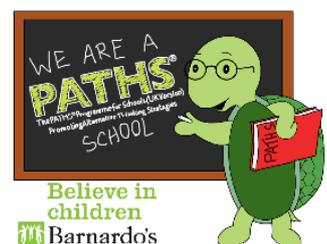
Project supported by the PHA



## PATHS Programme in St. Catherine's (Promoting Alternative Thinking Strategies)

### PATHS Quote of the Month - April

***Think before you speak  
Are you using kind words?  
How would I feel if someone said this to me?  
Kind words can bring a smile  
Be the reason that someone smiles today***



FREE



# Families Together

## Time for Parents

Confidential support with any parenting issue, helping you to find manageable solutions for your family.

- Available face to face, via phone or via Skype
- Explore and set realistic goals
- Parents can attend individually or together
- Support available over the summer as well as during term time

### Interested?

Register interest online on the Families Together page at [parentingni.org](http://parentingni.org).  
Call 0808 8010 722 or the coordinator on 078 8742 9054



ParentingNI



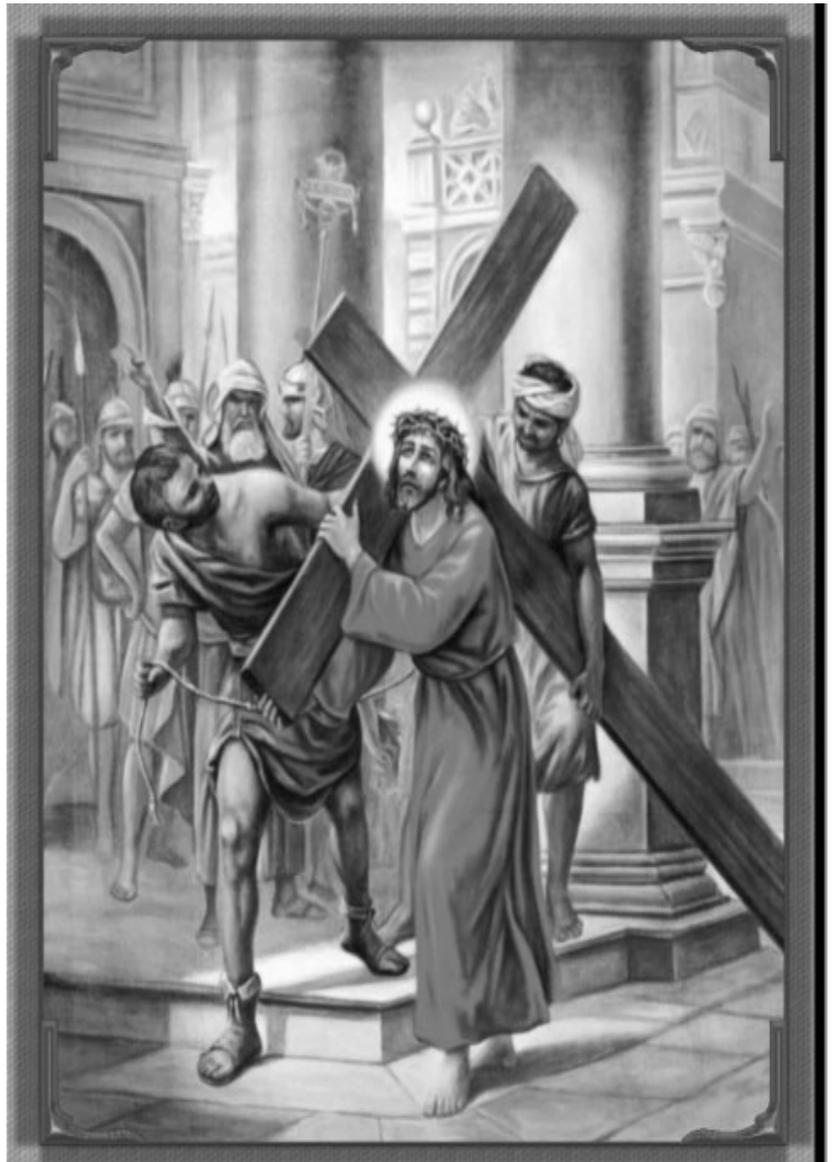
NATIONAL  
LOTTERY FUNDED

# Stations of the Cross Ceremony

The Stations of the Cross will take place on the Junior School, Newtownkennedy Street Site on Tuesday 16th April at 2.00pm in the playground (weather permitting). Years 3- 7 children from both sites will take part in the ceremony. School will finish at 12.30pm on Tuesday 16th April for Nursery children and Years 1 and 2 children.

Nursery children and years 1 and 2 children are very welcome to attend the Stations but they must be accompanied and supervised by an adult. We invite all parents and friends of Saint Catherine's to join us during this special, reverent ceremony.

***\*All P3-P7 children on both sites will dress like people from Jesus' time. Please send in a big shirt, tea-towel and a tie in a bag with your child's name on it before Monday 15th April \****



**P T F A**

Parent, Teacher,  
Friends Association

**Working together  
for our children**

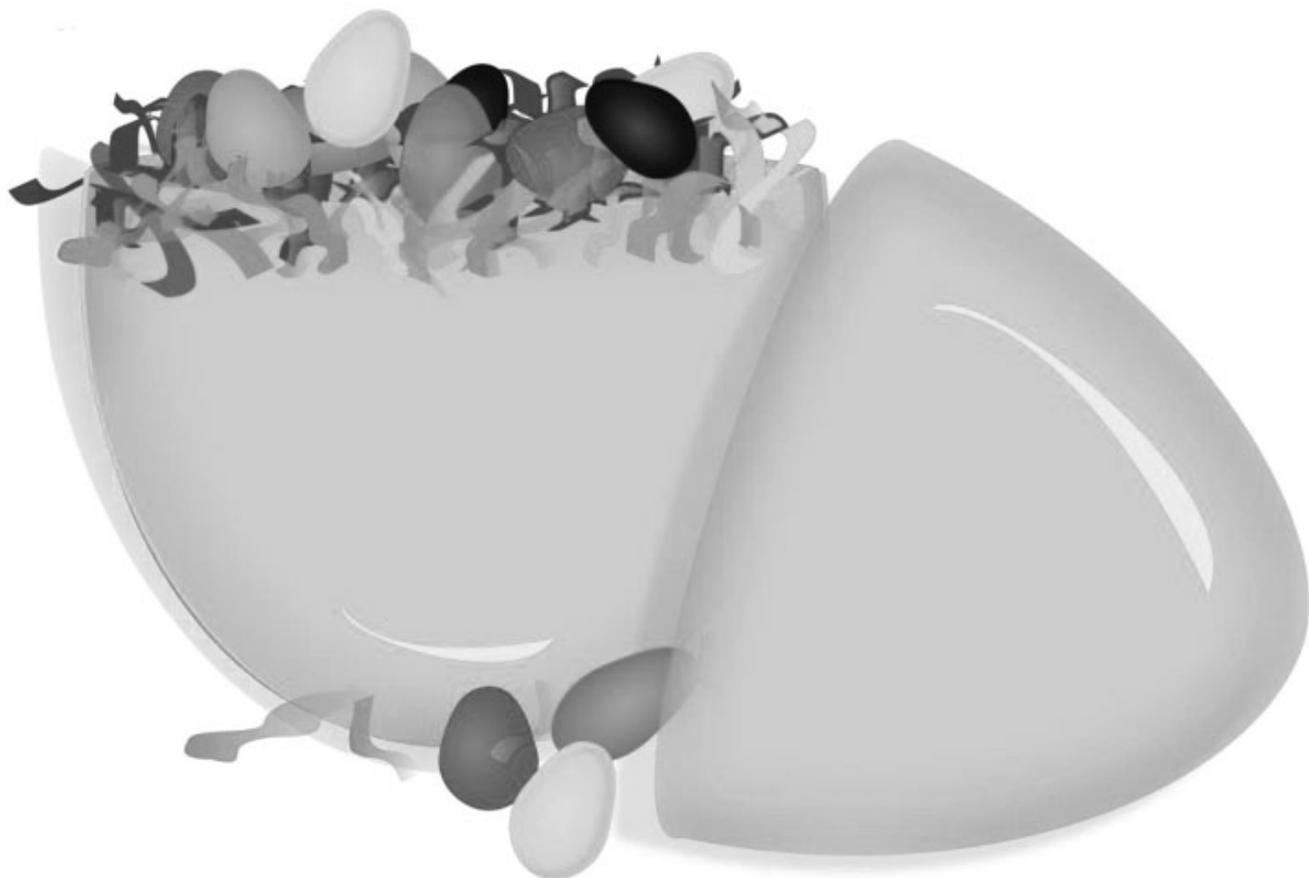
**The next meeting of our PTFA  
will take place at 7pm in the  
Junior School on Wednesday  
2nd April.**

**Everyone welcome!**



# School Closure for Easter Holidays

School will close at 12 Noon on Holy Thursday 18th April for the Easter Break. School will reopen again as usual on Monday 29th April. We take this opportunity to wish everyone a very Happy Easter and we hope that everyone has a lovely family break spending quality time together!



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## PTFA Easter School Disco

Our PTFA is hosting a Disco for our children on Wednesday 17th April in school. Admission to the Disco is £1. There will also be a tuck shop at the disco. Children should wear their casual clothes on this day.

