St. Catherine's Primary School



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WEEKLY NOTE - Monday 26th February 2018

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

Download Our **FREE** School App St Catherines PS, Strabane GET IT ON Google Play

Facebook : StCatherines PrimarySchool Follow us on Twitter : stcatherinesps

Follow us on Instagram : St Catherine's Primary School

PTFA

Parent, Teacher, Friends Association

Working together for our children



Come along and join in our PTFA Meetings . . . . craic is good . . . . be a part of helping your child's school!

Next meeting is Thursday 1st March at 7pm in the Junior School.

God bless you all! Bridget Wilders, Principal

Let's get Together and do something Special this Lent

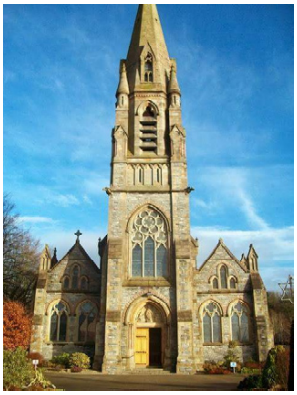
As we prepare for the joy of Easter we have decided to set St. Catherine's Pupils and Staff a Lenten Challenge! Over Lent we would like to encourage our children and staff to help those less fortunate than ourselves and support a few of our local charities. We remind ourselves that our mission is to educate and inspire our minds spiritually, academically and in service to others. There is no time like Lent to see our mission in action!

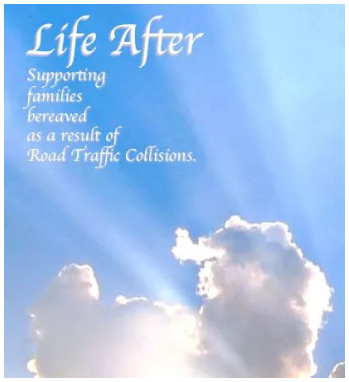
During Lent we would love to focus on alms giving by donating money to a good cause and support our local charities. In doing this we thought over the upcoming weeks we would choose four charitable causes and donate on a Friday to them. Any generosity would be welcome as we remind ourselves on the importance of giving to others over this very special time.

This Lent you can make some amazing transformations!

Strabane Down Syndrome Support Group

COMMUNITY RESCUE SERVICE





The five charities are:

1. Strabane Down's Syndrome Support Group (Supporting our local children and adults with Down's Syndrome as well as their families)
2. Community Search and Rescue (In recognition of all the volunteers who help with local search and rescue)
3. Life After (A group formed to help and support the victims and families of Road Traffic Accidents)
4. Immaculate Conception Church Restoration Fund. (To help and support our own dear Fr Boland in his bid to carry out the much needed repairs to our precious and unique Church)
5. Trocaire (Supporting Global Justice for impoverished children and families)

TROCAIRE
Working for a Just World

FREE First Aid Accredited Training

Have you ever liked the idea of knowing how to give First Aid?….
then this may be the opportunity for you!

As part of our extended schools project, we are offering parents the opportunity to participate in an accredited Public First Aid training course, which will be run over two consecutive evening sessions, 7:00-9:00 pm, April 2018.

We plan to offer the course to parents across all 5 schools in our cluster-Strabane Academy, St Catherine's PS, St Mary's Cloghcor, Strabane PS and Bready Jubilee PS. As we see this as a key community venture, we are delivering the primary school workshops in neighbouring schools.

Venues used will be:

Cohort 1- 2 x nights at St Catherine's & Strabane PS (1 night x2 hours at each school) on Tuesday 10th (St Catherine's PS) & Wednesday 11th April (Strabane PS)

Cohort 2- 2 x nights at Strabane Academy on Tuesday 17th & Wednesday 18th April

Cohort 3- 2 x nights at St Mary's PS & Bready Jubilee PS (1night x 2 hours at each school) on Tuesday 24th April (St Mary's Cloghcor) & Wednesday 25th April (Bready Jubilee PS)

Practical elements of the programme will include:

- those who are prone to or have suffered a stroke or heart attack; CPR
- working with those who suffer with diabetes, asthma, anaphylaxis or epilepsy
- dealing with head injuries/ concussions
- dealing with bleeding
- dealing with choking
- scenarios at home (dealing with hazards)

This list is not restricted and could be changed to meet the needs of the participating group.

If you, as a parent/ carer, would be interested in participating in such a programme, please indicate below your preferred location. If demand is greater than spaces available for the programme, we will endeavour to run this course again in the future.

Please return to school by Monday 5th March so that numbers can be confirmed.

Mental Health and Well Being for our Children…dealing with emotions, resolving conflict, undretsanding each other,children dealing with others bullying behaviours, children making sense of the world……..a whole school approach….do you think these are important issues for our children ?…..then please read below…

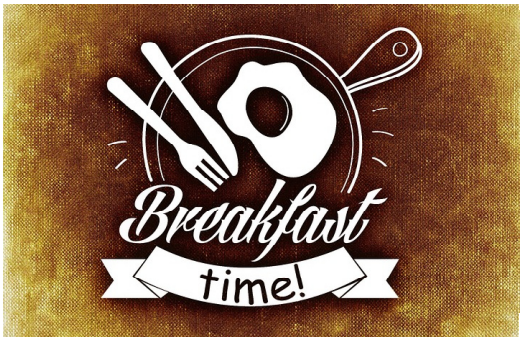
We, at St Catherine's take these issues very seriously indeed and to this end, we embraced a teaching programme called PATHS in January 2015. We have since had every member of staff trained in the PATHS Programme and PATHS is delivered in every class from Nursery to Year 7. This programme helps to build resilience in children by helping them to understand their own emotions and the emotions of others a little better and helps children to empathise with each other better so that when they do fall out or differ with each other that this can be followed up and discussed sensibly and with understanding. In a lot of cases using their control signals from PATHS they can actually avoid upsetting behaviours at all!! This programme enables children to develop the essential skills they need for life.

We want to share this teaching with our parents so that you too can understand the type of work being completed in school and can use this proven strategy in homelife as well! Our PATHS Coach would like to give you an opportunity to learn tips that will help you to help your children become confident learners who are able to manage their feelings and solve problems and basically have the skills they need to equip them for life's challenges!

In order to upskill our parents, we warmly invite you to a PATHS Parent Session on Tuesday 13th March at 9.30am in the Senior School Canteen. Any parent who signs up to attend the session can avail of a FREE BREAKFAST WITH THEIR CHILD that very morning! Children will return to class after breakfast and parents can stay on for the PATHS Information Session. Due to the hospitality …we do need numbers… please complete the attached registration sheet with your name and the name of the child you wish to have for breakfast with you so we can plan and have enough food!! Support us and become a PATHS PARENT!!

We would love to see you all there to avail of this opportunity and gain a valuable insight into our fabulous PATHS Programme.

We have received PATHS MODEL SCHOOL Status……and we are very proud of everything that our pupils and staff have worked so hard together on!



FREE BREAKFAST!!

PATHS® MODEL SCHOOL

HOW TO SUPPORT *YOUR CHILD'S* MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com

LOVE
Be there for your child and show care and love

EXERCISE
Encourage play, exercise and sport

BEHAVIOUR
Keep an eye out for any changes in behaviour

SUPPORT
Regularly support, encourage and praise your child

REST TIME
Help your child to manage stress by building in some rest time

BE PROUD
Tell your child that you are proud of them

PATIENCE
Be patient. Don't pressure your child

HELP
Don't be afraid to seek help from professionals

FEELING
Get to know how your child is feeling

EDUCATE
Educate yourself about mental health problems

PROBLEM SOLVING
Help your child to effectively problem solve

LISTEN
Make sure you take time to listen to what your child has to say



COPING
Help your child to learn some simple coping skills such as relaxation

SYMPTOMS
Be aware of signs and symptoms

CONVERSATION
Encourage your child to engage in conversation

ENVIRONMENT
Provide a positive environment for your child where they can thrive

Strabane Speech Feis this weekend from Thursday 1st March until Monday 5th March

We strongly promote and encourage Speech Feis as a means of developing confidence in our children so that they feel more comfortable speaking in front of an audience from such a young age.

This has helped children build very valuable skills so that in later life they can even transfer their skills to public speaking, interview situations, job roles etc. Strabane Speech Feis is on from Thursday 1st March until Monday 5th March.

If you enrolled your child for this wonderful opportunity in January 2018, then they will have been given a Feis Entry Card by their teacher in school detailing the competition date, venue and time. If you have not received this card yet then please ask your child's teacher. Children should be taken to the competition by their parents but if you are unable to do this during the school day then please consult your child;s teacher. Your child will have been prepared for the Speech Feis by our teachers in school.



It is to be noted that regardless of the adjudication at Feis, every child who participated in Feis shall receive a certificate for this from our school ….so that everyone will feel valued for trying so hard!

We also wish to thank Ms Finola Kerr this year (Kerr School of Speech and Drama) for assisting our pupils and staff in the preparation for Feis.

Below is an outline of the Feis Competitions and when they will be on.



Thursday 1-3-18	9.30am	33a	Year 3	Boys Poem Cats and Dogs
Thursday 1-3-18	10.05am	33b	Year 3	Boys Poem Cats and Dogs
Thursday 1-3-18	11am	34a	Year 4	Boys Poem The Watching Crocodile
Thursday 1-3-18	11.35am	34b	Year 4	Boys Poem The Watching Crocodile
Thursday 1-3-18	1.15pm	25a	Year 4	Girls Poem The Secret
Thursday 1-3-18	1.55pm	25b	Year 4	Girls Poem The Secret
Thursday 1-3-18	2.30pm	25c	Year 4	Girls Poem The Secret
Thursday 1-3-18	3.10pm	35a	Year 5	Boys Poem Ocean Travel
Thursday 1-3-18	3.45pm	35b	Year 5	Boys Poem Ocean Travel
Thursday 1-3-18	4.35pm	1	Senior Verse	From a Railway Carriage
Friday 2-3-18	9.30am	26a	Year 5	Girls Poem Night Ride
Friday 2-3-18	10.10am	26b	Year 5	Girls Poem Night Ride
Friday 2-3-18	11.05am	28a	Year 7	Girls Poem The Sound Collector
Friday 2-3-18	11.45am	28b	Year 7	Girls Poem The Sound Collector
Friday 2-3-18	1.30pm	37	Year 7	Boys Poem The Lion
Friday 2-3-18	2.10pm	36	Year 6	Boys Poem Granny's Boot
Friday 2-3-18	2.45pm	27a	Year 6	Girls Poem Cobweb Morning
Friday 2-3-18	3.45pm	27b	Year 6	Girls Poem Cobweb Morning
Friday 2-3-18	4,30pm	27c	Year 6	Girls Poem Cobweb Morning
Saturday 3-3-18	9.15am	24a	Year 3	Girls Poem The Wrong Start
Saturday 3-3-18	9.55am	24b	Year 3	Girls Poem The Wrong Start
Saturday 3-3-18	10.40am	24c	Year 3	Girls Poem The Wrong

				Start
Saturday 3-3-18	11.30am	30a	Nursery	Boys Poem Squeezes
Saturday 3-3-18	12 Noon	30b	Nursery	Boys Poem Squeezes
Saturday 3-3-18	12.30pm	21a	Nursery	Girls Poem Squeezes
Saturday 3-3-18	2.00pm	21b	Nursery	Girls Poem Squeezes
Saturday 3-3-18	2.35pm	21c	Nursery	Girls Poem Squeezes
Saturday 3-3-18	3.10pm	31a	Year 1	Boys Poem A chubby Little Snowman
Saturday 3-3-18	4.00pm	31b	Year 1	Boys Poem A chubby Little Snowman
Saturday 3-3-18	4.35pm	31c	Year 1	Boys Poem A chubby Little Snowman
Sunday 4-3-18	9.30am	23a	Year 2	Girls Poem The Furry House
Sunday 4-3-18	10.10am	23b	Year 2	Girls Poem The Furry House
Sunday 4-3-18	10.50am	23c	Year 2	Girls Poem The Furry House
Sunday 4-3-18	11.45am	23d	Year 2	Girls Poem The Furry House
Sunday 4-3-18	12.25pm	32a	Year 2	Boys Poem Pancake Day
Sunday 4-3-18	2.00pm	32b	Year 2	Boys Poem Pancake Day
Sunday 4-3-18	2.35pm	22a	Year 1	Girls Poem When Susie's Eating Custard
Sunday 4-3-18	3.20pm	22b	Year 1	Girls Poem When Susie's Eating Custard
Sunday 4-3-18	4.00pm	22c	Year 1	Girls Poem When Susie's Eating Custard
Sunday 4-3-18	5.00pm	Cup Competitions		John Mc Ginley Cup Sr Carmel Fanning Cup
Monday 5-3-18	10am	20e	Year 4	CHORAL VERSE

Monday 5-3-18	10.10am	20h	Year 7	CHORAL VERSE
Monday 5-3-18	10.20am	20f	Year 5	CHORAL VERSE
Monday 5-3-18	10.35am	20g	Year 6	CHORAL VERSE
Monday 5-3-18	11.15am	40a	Year 5	Creative Verse
Monday 5-3-18	11.50am	40b	Year 6	Creative Verse
Monday 5-3-18	1.30pm	40c	Year 7	Creative Verse
Monday 5-3-18	2.15pm	26c	Year 5	Girls Poem Night Ride
Monday 5-3-18	2.55pm	39		2 Minute Speech





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.

PATHS
Promoting Alternative THinking Strategies Program

PATHS MODEL SCHOOL

WE ARE A PATHS SCHOOL

Believe in children
Barnardo's

Year 4 Do This in Memory Programme

The next mass for Year 4 Pupils and their families is on Sunday 4th March at 10am in the Church of the Immaculate Conception. We look forward to seeing you all there!



Prayer of the Month March

Our Lenten Prayer is a prayer that you can cut out and have your child/ children sign and date to encourage them to try to live out the words of this prayer during Lent.

MY LENTEN PRAYER







Each day I will ask Jesus to help me say,
'Please', Thank you' and
'I'm Sorry' more often, at home, in school and in my community.

Signature _____ Date _____

Becoming a PATHS PARENT

#supportingmychild'spersonaldevelopment

I can/ cannot attend the PATHS Information session on Tuesday 13th March at 9.30am.

I would like to book for a FREE Breakfast for myself and my child (to the value of £1 per BREAKFAST).

Signed: _____

Parent/Gaurdian of: _____

Class: _____

Teacher: _____

FREE First Aid Programme

(Funded by Extended Schools Cluster Funding)

I would/ would not be interested in taking part in the FREE accredited Public First Aid programme

Which Session?	Venue	My Preference (Please tick one only)
Cohort 1	St Catherine's (Tue 10 April) & Strabane PS (Wed 11 April)	☐
Cohort 2	Strabane Academy, Tue 17 & Wed 18 April	☐
Cohort 3	St Mary's PS Cloghcor *(Tue 24 April) & Bready Jubilee PS (Wed 25 April)	☐

Signed: _____

Parent/Gaurdian of: _____

Class: _____

Teacher: _____