St. Catherine's Primary School



JUNIOR SITE

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Strabane Co. Tyrone **BT82 8HT**

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St Catherines PS, Strabane





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Monthly Note: Monday 7th November 2022 www.stcatherinesps.co.uk Check us out on our website:

A Trip to see the Millennium Forum Christmas Panto!!

....Oh yes we should!!! Should we go?????

Every year we have always visited the Millennium Forum to see the Christmas Panto; it has been part of our tradition of preparation for Christmas! This year again, we have booked to take all our little PRIMARY SCHOOL Pupils to see the Christmas Panto.

This year's Panto is Cinderella at the Millennium Forum starring Conal Gallen as Buttons. Fun, frolics and laughter abound in this wonderful take on the traditional tale.

With hilarious comedy, breath-taking special effects, a cast of talented performers and all the joy of

Christmas 2022.....

all the pupils of St. Catherine's Primary School **SHALL GO TO THE BALL!**

Dates are as follows:

Years 5-7: Monday 12th December

Years 1-4: Tuesday 15th December

Normally the total cost of the trip is approximately £12.... but this year we have been dedicating any fundraising to the cost of this trip so that every child can go and go for FREE as all money will have been raised through fundraising

We are aware of the challenging times that we are all living in and thought that this would be a lovely

Christmas Idea for each and every child.

A note will be sent out shortly to each class for Parents to sign to give their consent for their child to go to the panto this year.



Prayer of the Month November

During November we remember and pray for the dead

Eternal Rest

Eternal rest grant unto them, O

Lord, and let perpetual light

shine upon them. May the souls

of the faithful departed, through

the mercy of God, rest in peace.

Amen.

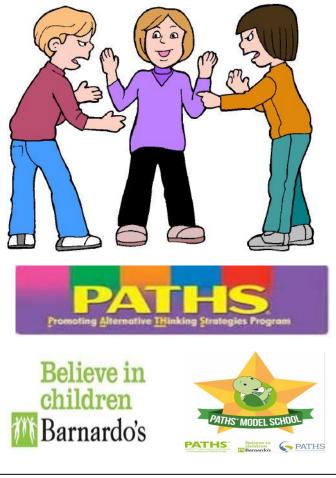
PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

PATHS Quote of the Month November

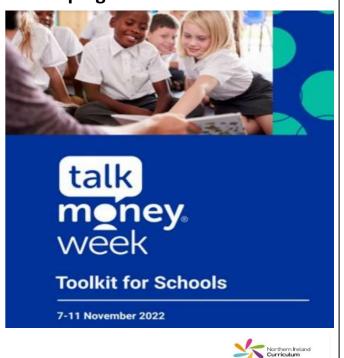
Refuse to fight! People fight with words as well as with their hands. Walk away when you are teased or someone dares you to do something you know is wrong. Find an adult to help you solve your problem. Refuse to fight!!





Talk Money Week

Talk Money Week takes place Week Commencing Monday 7th
November. Key Stage 2 pupils will be very busy this week completing some Financial Capability Lessons as part of their Maths and Numeracy Education. It has never been a more important time to educate our little children regarding the sensible use of money and developing financial awareness.





Internet Safety Education Workshops for Key Stage 2 Pupils (Years 5-7)

Every year we host specialised Internet Safety Education Workshops for our Year 5-7 Pupils to upskill them in how to make most use of the Internet but in a safe and appropriate way.

Workshops will be facilitated by ALLSTATE and REIM SOLUTIONS.

The following dates below are for each year group;

Year 5: Tuesday 15th November

Year 6: Wednesday 16th November



Health Visitor Visit to our Nursery Pupils

Our Health Visitor (Ms Lisa O'Brien) will be in school on the following dates to see our little Nursery Pupils for their Pre School Health Checks. These will take place with parental consent and in the presence of parents in the Senior School Canteen on prescheduled appointments on....

Monday 7th November

Tuesday 8th November

Friday 11th November

Wednesday 16th November

We welcome our Health Visitor and parents for these very important pre school health checks!



Anti Bullying Week

(Week commencing Monday 14th November)

This year's Theme: Reach Out

Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out. Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach. And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities. It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

All children will complete various activities in school linked to this theme for Anti Bullying week. We hope that our little children enjoy this work and gain something important from it.



Confirmation Dates

Fr Boland will celebrate Confirmation with our Year 7 Pupils this year. Dates are as follows:

Year 7 A (Mrs Deery's Class) : Saturday 11th March at 11am

Year 7 C (Miss Kerr's Class) : Saturday 11th March at 2pm

Year 7 B (Miss Keyes' Class) : Saturday 25th March at 2pm

More details will follow closer to the time.



Fr Boland will celebrate First Holy Communion with our Year 4 Pupils this year. Dates are as follows:

Year 4 A (Ms Carlin's Class) : Saturday 22nd April at 11am

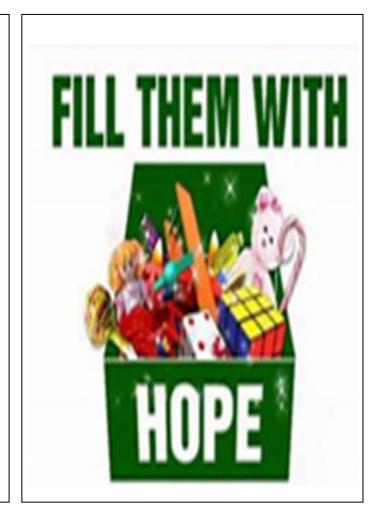
Year 4 B (Mrs Connolly's Class): Saturday 22nd April at 2pm

More details will follow closer to the time.



ATTENTION ALL PRIMARY 5 CHILDREN

Shoeboxes will be collected soon. Please leave them into school as soon as they are ready so that they arrive on time to the children that they are being sent to. This is an extremely worthy appeal and lights up so many lives around the world at Christmas and never more needed than this year. Thank you for supporting this very worthwhile cause.



Action Cancer Red Day

Year 4 and Year 7 are participating in Action Cancer workshops this week. These workshops promote the importance of physical activity, healthy eating and healthy lifestyles. These workshops are facilitated by the charity, Action Cancer for free and we are very lucky to avail of these services. To give a little back to Action Cancer and in appreciation of their services, Year 4 and Year 7 will be having a Red Day on Friday 11th November. This will give the children an opportunity to wear a red piece of clothing or have red accessories on to school for a small fee of £1. This small donation will help such an amazing charity to fund health check-up services and educational workshops in our local community and surrounding areas.

Many thanks,



(Health and Safety Leader)

Book Week Thanks!

We had a fabulous Book Week from Monday 10th October to Friday 14th October in St Catherine's!

Book Character Day (as always was also a brilliant experience shared by all our little children in school. We saw many Nursery Rhyme, Fairytale and Novel Characters in school.

Heartfelt thanks to our parents for supporting Book Week in School. Our little children get so much out of it as it promotes an awareness of Literacy, Reading and Books and helps encourage good reading habits and an overall love of learning! Parents, as always, support this by preparing children so well for Book Character Day and also by allowing children to purchase a story/ novel / non fiction book from the Book Fair. This year our Book Fair totalled £ 2348.27 of which we are allowed a percentage commission of this to buy more books for our little children...so thank you so much!

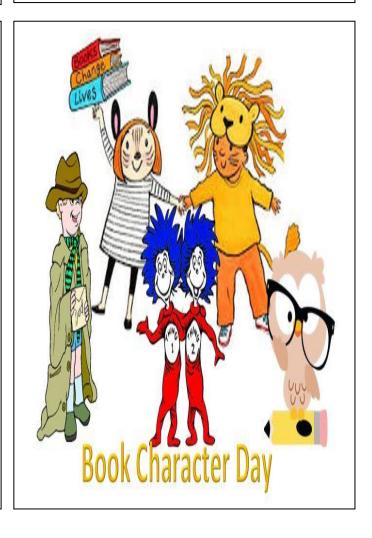
Thanks also to all staff for facilitating Book Week and ensuring that the teaching and learning is centred around this very important theme. We had a focus on book/ nursery rhyme/ fairytale characters; their costumes, speeches about them, art work depicting them, dramatizing them, reading activities and much more!

Special thanks also to Mrs Connolly (Language and Literacy Leader) for organising all events in school providing an amazing literary experience for our little pupils.

Encouraging School Attendance!

We are delighted that we have no further challenges to our little children attending face to face teaching and learning in school like we suffered during Covid. To this end, we ask for parents support by encouraging school attendance every day. We understand that from time to time a child may be ill and if this happens please email the teacher or ring the school so that the correct absence code can be recorded for your child to explain the absence. Our school policy aims for at least 90% school attendance for every child. Help us to achieve this. To this end we will be giving out termly BREAKFAST **CLUB VOUCHERS for any child who achieves 90%** and more attendance. (Previously we gave for 100% but in order to support and encourage our children trying so hard we will give these vouchers now for any child who achieves between 90-100%). Thank you for your continued support!





Introducing Debutots!

We are simply delighted to share that we are introducing a new and exciting programme within our school called "Debutots". This programme is designed to offer interactive storytelling and dramatic play sessions with our children. The classes will help develop children's language skills and also promote confidence and ability. Please see attached information letter from Debutots.

We are offering this programme to all our little learners in Nursery, Year 1 and in our Learning Centre.

Lessons will be carried out by facilitators in the classrooms with our staff during the school day and will begin just after the Hallowe'en Break. See timetable below.

Mondays: Nursery Room 1 and Nursery Room 2 Pupils

Fridays: Year 1A Pupils, Year 1 B Pupils and Learning Centre Pupils

The programme will continue until Easter.

Parenting NI

Update to support Parents

Have you got a child with a diagnosis of ASD (Autism Spectrum Disorder)? Have you got a child who displays ASD Behaviours but is on the Waiting List to be assessed or perhaps you are desperately seeking some support for your child? Parenting NI are hosting a workshop to explore techniques and strategies so that we can support each other.

This workshop will take place on WEDNESDAY 9TH NOVEMBER at 9.15am in the Senior School Canteen. Join us there!





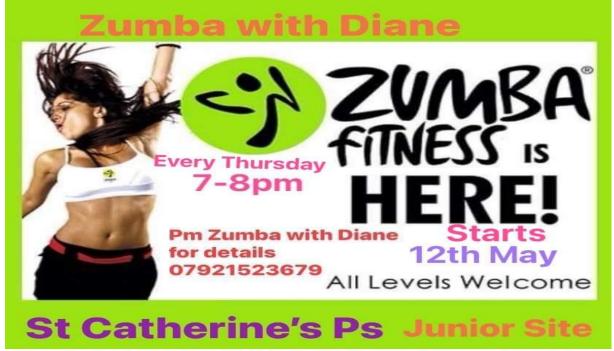
Welcoming SLIMMING WORLD Group to St. Catherine's!!

We are delighted to facilitate a SLIMMING WORLD Group in St. Catherine's Junior School every Wednesday from 5.30pm-7.30pm every Wednesday! Everyone Welcome. If you wish to find out more about this exciting new opportunity please feel free to contact Allison on 07856710051 or just come along to the session!



ZUMBA Class is back again!

Zumba has restarted every Thursday in St. Catherine's Junior School from 7pm-8pm. Go on, give it a go!!



Starting Nursery or Primary School in September 2023?

Do you have or do you know anyone who has a little child who is ready to start Nursery or Year 1 in September 2023 and would very much like to join our family here at St. Catherine's?

ANNOUNCING THE RETURN OF OUR OPEN AFTERNOONS!

Due to Covid these past two years we were unable to facilitate our Open Afternoons however this year marks their return. This provides an opportunity for the parents and prospective new pupils to see our Nursery and Year 1 classes, hear from the Principal about what our school offers and meet the staff and some pupils! A lovely introduction to the family that is St. Catherine's!

If you are interested in a place for your child to attend NURSERY in September 2023:

Nursery Open Afternoon will take place on TUESDAY 6th DECEMBER in the SENIOR SCHOOL ASSEMBLY HALL (For Principal's Welcome) at 1.30pm

Year 1 Open Afternoon will take place on WEDNESDAY 7th DECEMBER in the JUNIOR SCHOOL ASSEMBLY HALL (For Principal's Welcome) at 1.30pm

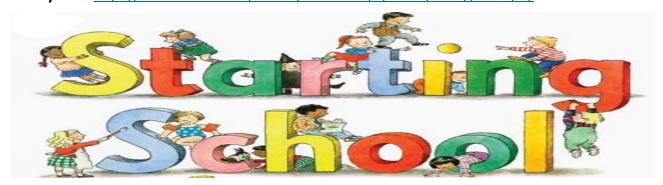
Come along to join us to find out more about what makes our little school so special!

Alternatively of the dates do not suit, if anyone would like to have a PRIVATE tour of the school (either Nursery or Primary) and a talk with the Principal about the arrangements for starting school in September 2023, we can arrange an APPOINTMENT and TOUR for you!! To arrange this your should just drop a little email to Mrs B. Wilders (Principal) at her email address bwilders592@c2kni.net and this can be arranged at a mutually convenient time.

A School Prospectus will also be emailed to all parents of our school currently to let you know more about our little school (so spread the word!!) or alternatively can be posted upon request if you email the Principal at the email address above or ring the school office on 02871 382614.

We have a little Nursery Video and Year 1 Video (from previous years) which is on our website which you can watch to learn a little more about our Nursery and Primary School in the meantime. See links below.

Nursery: https://www.stcatherinesps.co.uk/admissions/open-day-films/nursery-421/ **Primary One:** https://www.stcatherinesps.co.uk/admissions/open-day-films/primary-1/



Just some of the fabulous resource facilities in our School: Our school is a split site campus with many benefits indeed, some of which are listed below;

- 1. A highly qualified and dedicated teaching and non-teaching staff team who work so hard to give the absolute best provision for all children in their care
- 2. Two FIVE STAR Canteens (one on each site) where fresh food is made in each one on a daily basis. They host a breakfast club also which is open from 8.15am until 8.50am each day. We serve HOT FOOD FULL BREAKFASTS on FRIDAYS also!
- 3. Two ICT Suites (one on each site) with a full range of state-of-the-art Hard drive Computers
- 4. Well-resourced classrooms with Ipads and Clever Touch Interactive Whiteboards in every class
- 5. Two SENSORY ROOMS (one on each site) to give an additional facility for children with sensory needs. We also have a NURSERY SENSORY Facility for our littlest learners.
- 6. NURTURE Facility for children who benefit from additional specialist nurture support
- 7. Two LEARNING SUPPORT Rooms (one on each site) so that specialist support can be given to children who need help with Literacy and Numeracy
- 8. NEW EDUCATION AUTHORITY SPECIALIST LEARNING CENTRE Provision (Junior School Site) (the only one in the locality) for children who experience Learning Needs and can avail of specialist support in a very small class setting as opposed to full larger mainstream classes. Children are referred into this class by Educational Psychologist.
- 9. Two LIBRARIES (one on each site) for class use to promote a love of reading
- 10. FIVE OUTDOOR PLAY AREAS (across both sites including Nursery) to promote a love of outdoor play
- 11. Two OUTDOOR CLASSROOMS (one on each site) to promote a love of learning outdoors
- 12. Two OUTDOOR Polytunnels (one on each site) to promote a love of nature and the importance of plant growth and its food importance
- 13. Two SPORTS HALLS (one on each site) marked out for sports games with well stocked PE Stores full of sports equipment.
- 14. After school Family Club for pupils of Year 1 and 2 with older siblings in the school to facilitate one home time at 3pm per family
- 15. A variety of AFTER SCHOOLS CLUBS across each site
- 16. After School Literacy / Numeracy Booster Clubs for Year 6 and 7 Pupils
- 17. Modern Language Provision Chinese Language and Culture (Years 1-7) and Irish Language and Culture (Year 7)
- 18. Extensive Opportunities for Music Development (Brass, Strings, Vocals, Musical Pathways)
- 19. Extensive Opportunities for Drama Development Christmas Nativities (Nursery Year 4), KS2 Musical Productions
- 20. A CATHOLIC MAINTAINED ALL INCLUSIVE SCHOOL that embraces all children/ families and focuses on developing each child as an individual
- 21. A school that values learning in school and out of school....a modern approach to learning!

All of this and more!!





National School Meals Week

We are blessed with not one but TWO fabulous canteens across our two school sites. Meals are cooked freshly on each site each day. We have a breakfast club on each site which provides hot food at breakfast on Fridays also! We really have FIVE STAR Canteens with great cooks and great staff. Thank you for supporting our Canteens. On this NATIONAL SCHOOL MEALS WEEK we just wish to extend our thanks to our canteen staff.

Keep up the great work!











School Start Times and Collection Times

Year Group	ear Group Drop off / Collection Point		Finish Time
Nursery Room 1	Nursery Room 1 External Door	9am-9.30am	1.30pm- 1.40pm
Nursery Room 2	Nursery Room 2 External Door	9am-9.30am	1.30pm- 1.40pm
Year 1A (Mrs Doherty)	Pupil Front door facing school gate	8.50am-9am	2.10pm
Year 1B (Miss Hutton)	Back Door opposite the Play Trail	8.50am-9am	2.10pm
Year 2 A (Mrs Mc Glynn)	Back Door opposite the Play Trail	8.50am-9am	2.15pm
Year 2 B (Ms Y Mc Gowan)	Pupil Front door facing school gate nearest to Mrs Doherty's classroom in Junior School Site	8.50am-9am	2.15pm
Learning Centre (Mrs Hamilton)	Middle Floor Door near mobile classroom at the back of the Junior School	8.50am-9am	2.10pm (Year 1) 2.15pm (Year 2) 3pm (Year 3 Pupils except Feel Good Friday)
Year 3 A (Mrs M Mc Brien/ Miss E Mc Kane)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 3 B (Mrs S Vaughan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 A (Ms K Carlin)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 B (Mrs Connolly)	Pedestrian Gate to the right of the Main Gate at the Junior School Site		Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 A (Mrs C Gormley)	Enter Gate at the right hand side of the Senior School and line up at Year 5A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 B (Miss B Kelly)	Enter Gate at the right hand side of the Senior School and line up at Year 5B	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)

	Meeting Point where teacher will collect the class		
Year 6 A (Mrs S.O'Kane)	Enter Gate at the right hand side of the Senior School and line up at Year 6A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 6 B (Mrs B Daly)	Enter Gate at the right hand side of the Senior School and line up at Year 6B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 A (Mrs C Deery)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 B (Miss E Keyes)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 C (Mrs C Gillespie/ Miss A Kerr)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7C Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)



Staff roles and Email addresses.

Staff Member	Class / Role	Email Address
Mrs Bridget Wilders	Principal	bwilders592@c2kni.net
Miss Jennifer Doherty	Vice Principal	jdoherty742@c2kni.net
Mrs B. Porter	Nursery Room 1	bporter544@c2kni.net
Ms E Mathers	Nursery Room 2	emathers571@c2kni.net
Mrs D. Doherty	Year 1 A	ddoherty115@c2kni.net
Miss C. Hutton	Year 1 B	chutton763@c2kni.net
Mrs A.M. Mc Glynn/ Mrs J Mc	Year 2 A	amcglynn388@c2kni.net
Laughlin		jmclaughlin485@c2kni.net
Ms Y Mc Gowan	Year 2 B	ymcgowan609@c2kni.net
Mrs M Mc Brien/	Year 3 A	emckane477@c2kni.net
Miss E Mc Kane		
Mrs S Vaughan	Year 3 B	svaughan325@c2kni.net
Ms K Carlin	Year 4 A	kcarlin208@c2kni.net
Mrs C. Connolly	Year 4 B	cconnolly309@c2kni.net
Mrs C. Gormley	Year 5 A	cgormley833@c2kni.net
Miss B Kelly	Year 5 B	bkelly663@c2kni.net
Mrs S O'Kane	Year 6 A	sokane510@c2kni.net
Mrs B Daly	Year 6 B	bdaly611@c2kni.net
Mrs C. Deery	Year 7 A	cdeery318@c2kni.net
Miss E. Keyes	Year 7 B	ekeyes746@c2kni.net
Mrs C Gillespie/ Miss A Kerr	Year 7 C	akerr341@c2kni.net
Mrs. C. Hamilton	Learning Centre	chamilton290@c2kni.net





Thank you!

Total Fun Fitness Event (To fund our Christmas Panto Trip to see Cinderella in the Millennium

Forum)





Heartfelt thanks for your support of our recent Total Talent Fun Fitness Event which raised an amazing £4547.75. We are truly delighted. The cost of our Panto Trip is £8000 approx so we are well on our way! Our little children have worked so hard for this. Thanks also to Mr David Mc Donald and Total Talent 2.0 Fun fitness Team at The Signal Foundation and to our own Mrs O'Kane for organising in school ably assisted by

all staff.



Please see below the list of Prize-winners in the draw.





Do this in Memory First Holy Communion Programme 2022 2023 for Year 4 Pupils and their Families.

Fr Boland warmly invites you all.....

DATES AND TIMES OF THE MASSES OF DO THIS IN MEMORY 2022 2023

Enrolment Sunday Sunday, 23 October at 10am

Saturday, 26 November 2022 at 6.30pm

Sunday, 8 January 2023 at 12 Noon

Sunday, 29 January 2023 at 10am

Saturday, 25 February 2023 at 6.30pm

Sunday, 2 Apríl 2023 at 12 Noon

Saturday, 22 Apríl at 11am (Year 4 A) & 2pm (Year 4 B) First Holy Communion

Sunday, 21 May 2022 Feast of Ascension Procession from Grotto to Church of the Immaculate Conception for 12 Noon Mass in Holy Communion Outfits







St. Catherine's Primary School

Holiday List for 2022/2023

The school will be **closed** on:

Five Allocated Staff Training Days which have been allocated throughout the Year. Friday 16th September 2022 (**Staff Training Day 1**)

Hallowe'en - Mid Term Break

Monday 31st October 2022 – Friday 4th November 2022 (Reopens on Monday 7th November 2022)

Christmas Break

School closes on Thursday 22nd December 2022 at 12 Noon – Tuesday 3rd January 2023

(School Reopens for our everyone on Wednesday 4th January 2023)

Spring Term Break

Monday 13th February 2023 until Friday 17th February 2023 (School Reopens for our pupils on Monday 20th February 2023)

St. Patrick's Day Break

Friday 17th March 2023 (St. Patrick's Day Public Holiday)

(School Reopens for our pupils on Monday 20th March 2023)

Easter Break

School closes on Holy Thursday 6th April 2023 at 12 Noon **School Reopens on Monday 17th April 2023**

May Breaks

Monday 1st May 2023 (Bank Holiday)

May Week:

School closes on Monday 29th May 2023 to Friday 2nd June (Inclusive)

School Reopens as usual on Monday 5th June 2023

School Closes on Friday 30th June 2023 at 12 Noon.

Please note other Staff Training Days that teachers will complete during the year are incorporated into the pupil holidays. If there is any change to this we will let parents know as soon as possible.

Site Leadership Rota

Junior School: Monday, Wednesday, Friday - Mrs Wilders

Tuesday, Thursday - Miss J Doherty

Senior School: Monday, Wednesday, Friday - Miss J Doherty

Tuesday, Thursday - Mrs Wilders

In the event that the Principal or Vice Principal are not available Senior Leaders or any of the Middle Leadership Team will become available for consultation.



Staff Parking

There is a Car Park on each site for STAFF. Staff arrive at school from 8.20am approx. every morning right up to 9am. To this end, we respectfully request that the entrances to the STAFF Car Parks on each site are always kept clear so that staff can gain access to each site and get ready to start the day with our wee children!!

Parents/carers/ child minders/ taxi drivers etc may NOT enter the school car park for Health and Safety Reasons unless this has been prearranged with school management for a specific reason.









Meet the Officers:



Mrs Noeleen Mc Crossan
(Treasurer)



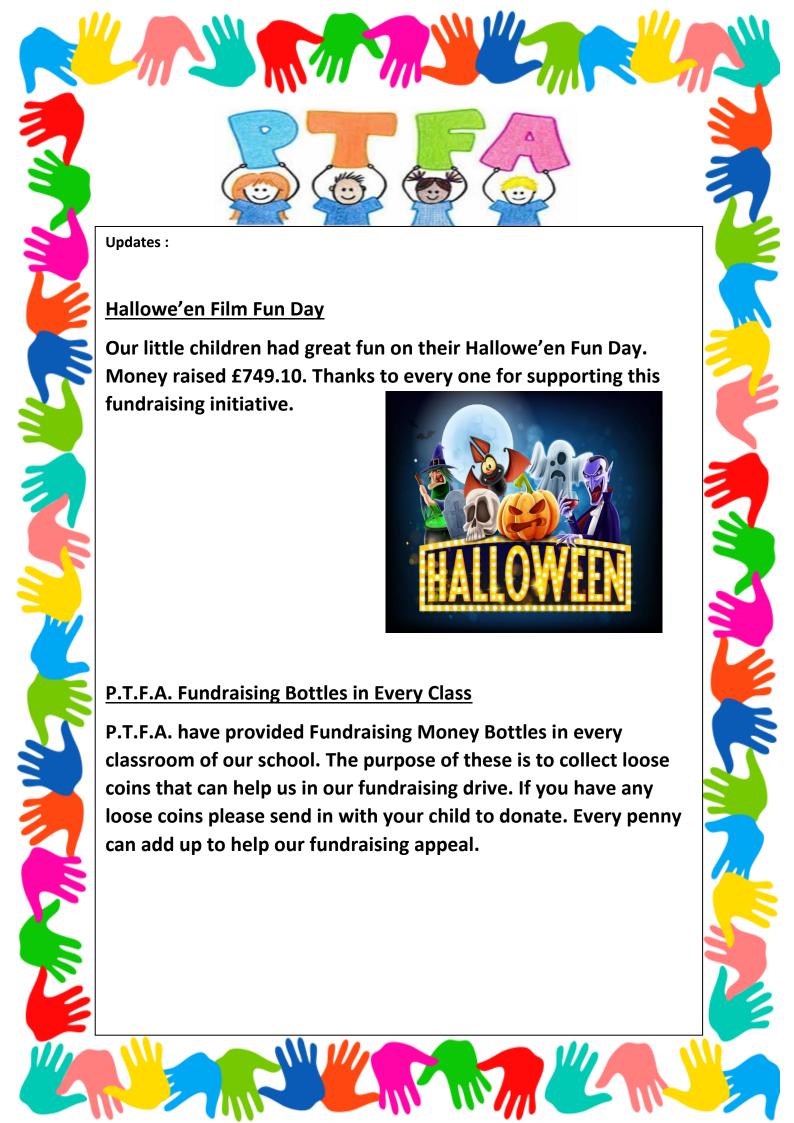
Ms Maria Mc Grath (Secretary)

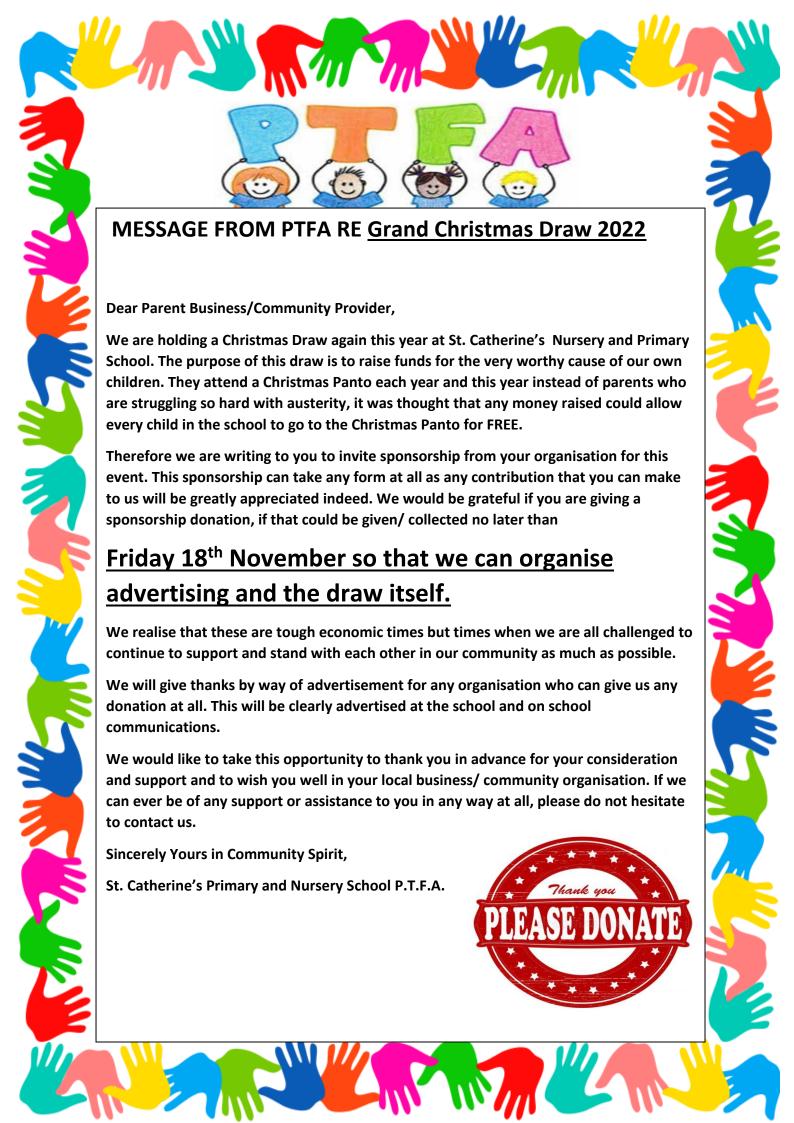


Mrs Berni Allen
(Vice Chairperson)



Mrs Bridget Wilders (Chairperson)





Surestart Message of the Month November 2022

Make our home language number one So we can talk, play and have fun





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

We are a Healthy Eating School in St. Catherine's.

Below are the list of foods that are acceptable / not acceptable for Healthy Eating Purposes. If you have any concerns please consult your child's teacher.

Foods we consider	Foods that are not		
acceptable:	acceptable:		
Fruit (except kiwi)	Nuts or any other products with a nut		
	content / trace		
Fruit pots	Crisps		
Rice pots	Sweets		
Custard pots (not chocolate flavour)	Chocolate Bars		
Jelly pots	Chocolate yoghurts		
Vegetables (eg. carrot sticks / celery sticks)	Chocolate Muller Corners		
Sandwiches (no chocolate spreads or no	Chocolate biscuits		
peanut butter)			
Scones	Chocolate chip cookies		
Wheaten bread	All cereal bars		
Pitta bread	Square Bars		
Tortilla Bread	Lunchables		
Pancakes	Iced Buns		
Croissants (no chocolate brioche)	Pepperami		
Plain buns	Fruit Winders		
Ryvita / crispbreads			
Yoghurts			
Plain biscuits: Rich Tea, Digestives, Plain			
Crackers and Belvita Plain Biscuits			
Cheese / Dairylea Triangles / Cheese			
Slices / Baby Bel / Cheese Strings			
Breadsticks / Pretzels			
Rice Cakes			
Snack a Jacks			

Foods that are not acceptable:	Reason Why:
Nuts or any other products with a nut content / trace	We have children with a nut allergy
Crisps	High fat and salt content
Sweets	High sugar content
Chocolate Bars, chocolate yoghurts, chocolate Muller Corners, chocolate biscuits and chocolate chip cookies	High sugar content and many brands of chocolate contain traces of nuts
All cereal bars and Square Bars	High in sugar and fat content
Lunchables	High sugar content
Iced Buns	High sugar content
Pepperami	High fat content
Fruit Winders	High sugar content

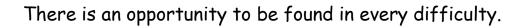




St. Catherine's Nursery & Primary School November 2022



Naomit Ca			I			Naomh Co.
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hallowe'en Break	1.	2.	3.	4.	5.
6. Talk Money Week National School Meals Week.	7.School reopens Debutots brgins: 11.20 – 12.00 NR2 12.45 – 1.25 NR1 Early Intervention Transfer Programme: 3 Year Check Nursery:9am – 1.30pm P4A Action Cancer Workshops: 9.30 – 10.30 P7B Action Cancer Workshop 11.00 – 12.00	8. Early Intervention Transfer Programme: 3 Year Check Nursery:9am – 1.30pm P6B 1.15 – 2.15 Positive Me Programme P6A 1.15 – 2.15 Renew You Programme	9. P7 Auditions: Mary Poppins Slimming World 5.30pm – 7.30pm	10. P6 Auditions: Mary Poppins P7C Action Cancer Workshops: 9.30 – 10.30 P4B Action Cancer Workshop 11.00 – 12.00 P7A Action Cancer Workshop 1.15 – 2.15 Swimming P5B Week 2	11. P5 Auditions: Mary Poppins Early Intervention Transfer Programme: 3 Year Check Nursery:9am – 1.30pm Diwali workshops: 10.00 – 11.00 P6A 11.00 – 12.00 P6B Debutots brgins: 10.00 – 10.45 LSC 10.45 – 11.30 P1A 1.00 – 1.45 P1B	12.
Anti-Bullying Week	14. Mop Up Auditions: Mary Poppins	15. All State Cyber Safety 9.30 – 10.30 P5A 10.45 – 11.45 P5B	16. Early Intervention Transfer Programme: 3 Year Check Nursery:9am - 1.30pm REIM Internet Safety Workshops 9.30 - 10.30 P7B & ½ P7C 11.00 - 12.00 P6B 12.45 - 1.45 P7A & ½ P7C 1.45 - 2.45 P6A Slimming World 5.30 - 7.30pm	17. Ulster Orchestra, Omagh: 10.00 – 1.00 Swimming P5B Week 3 Zumba (JS) 7pm – 8pm	18.	19.
20.	21. "I Will" Programme	22.	23. Whole School Flu Droplets JS & SS	24. Swimming P5B Week 4	25.	26. P4 Do this in Memory Mass 6.30pm
21.	28.	29. Fighting Words Story writing Workshop P6B 10.00 – 12.00	30. Fighting Words Story writing Workshop P7A 10.00 – 12.00 Slimming World 5.30 – 7.30 mm			





School Dinner Menu – September 2022 onwards (Please note that soup/ sandwiches are also available daily upon request if pupils do not wish to avail of the hot food choices)

	Monday	Tuesday	Wednesday	Thursday	Friday	ea Ed
	Spaghetti Bolognaise	Breast of Chicken Curry with	Roast Loin of Pork	Chicken Goujons	Fish Fingers	
K 1	or	Boiled Rice & Naan Bread	or	or	or	
Aug	Margherita Pizza	or	Salmon Tails	Chicken Stir Fry	Burger in a Bap	
Sept		BBQ Chicken Panini			Tossed Salad	
Oct	Crusty bread		Traditional Stuffing/Gravy	Sweetcorn & Red Pepper	Baked Beans	Breads
Nov	Sweetcorn Salsa/Potato Salad	Tossed Salad & Coleslaw	Carrot & Parsnip and Broccoli	Homemade Chilli Diced	Chipped Potato/Baked Potato	Milk, Wate
	Herb Dice Potatoes	Garden Peas	Oven Dry Roast & Mashed	Potatoes		A Choice of Fr
Dec			Potato			Fruit & Yogh
lan	Raspberry Ripple Ice Cream &	Chocolate & Pear Sponge with	Popcorn Cookies with Pear	Frozen Smoothies & Fresh	Fresh Fruit Selection, Ice-	Available Do
	Watermelon Chunks	Custard	Slices & Black Grapes	Fruit	cream or Frozen Mousse	
	Oven Baked Sausages	Chicken Tikka with Boiled Rice	Roast Breast of Chicken	Breaded Fish Fillets	Steak Burger & Bap	
Κ2	or	& Naan Bread, Garden Peas	or	or	or	
ept	Homemade Chilli Chicken	or	Salmon Tails	Lasagne & Crusty bread	French Bread Pizza	
ct		Chicken & Cheese Panini				
Oct	Savoury Noodles		Traditional Stuffing/Gravy	Sweetcorn & Peas/ Asian Slaw	Chipped/Baked Potato	If you require
Nov	Baked Beans/Tossed Salad	Herb Dice	Savoy cabbage/Diced Carrots	Mashed Potato	Tossed Salad	additional
Dec	Mashed Potatoes	Garden Peas	Oven Roast Dry & Mashed		Coleslaw	information o
an		Baked Potato	Potato			Allergens or
an		Tossed Salad	Chocolate Brownie with	Pineapple Chunks	Flakemeal Biscuit & Fruit	Special Diets,
	Arctic Roll with Sliced Peaches	Apple Sponge & Custard	Raspberry Milkshake	Frozen Yoghurt	Chunks	please contac
	Breast of Chicken Curry &	Fish Fingers	Roast Gammon	Breaded Chicken Goujons	Steak Burger with Bap	the School to
К 3	Rice, Naan Bread	or	or	or	or	
Sept	Garden Peas	Irish Stew & Wheaten Bread	Salmon Tails	Spicy Chicken in a Warm	Chicken & Vegetable Pasta Bake	complete a
Oct	Or Doof Burrow & Cress Botatoon	Bakad Baans/Supatasan	Traditional Stuffing Course	Tortilla Wrap	Tossed Salad/Coleslaw	Special Diets
ov	Beef Burger & Gravy Potatoes Salad Selection	Baked Beans/Sweetcorn Mashed Potato	Traditional Stuffing, Gravy Baton Carrots/Broccoli	Pasta Salad	Chips	Application Fo
ec	Salad Selection	Tossed Salad	Oven Dry Roast & Mashed	Sweetcorn,	Baked Potato	
n		rosseu salau	Potatoes	Homemade Chilli Wedges	bakeu Potato	
lan	Frozen Yoghurt & Fresh Fruit	Sponge filled with Yoghurt &	Rice Pudding & Melody of Fruit	Vanilla Ice Cream, Pears, &	Flakemeal Biscuits & Fresh	
	Selection	Fruit	Rice Fudding & Welday of Frait	Chocolate Sauce	Fruit Chunks	Potatoes/Gro
	Spaghetti Bolognaise with	BUFFET:	Roast Beef	Breast of Chicken Curry with	Breaded Chicken Bites	Pasta
Κ4	Crusty Bread	Selection of Sandwiches	or	Boiled Rice & Naan Bread	or	Available Do
	or or	(Chicken/Cheese/Tuna)	Salmon Tails	or	Chicken and Cheese Panini	Available Do
Sept	Tuna or Chicken & Sweetcorn	Fish Bite	Traditional Stuffing/Gravy	Beef Burger & Gravy	Chickeri and Cheese i anni	
Oct	Wrap	Pizza Fingers	Cauliflower Cheese	beer banger at erary	Baked Beans	
VoV		Cocktail Sausages	Fresh Diced Carrots	Garden Peas	Chipped/Baked Potato	
Dec	Tossed Salad	Carrot Sticks	Oven Dry Roast & Mashed	Mashed Potato	Tossed Salad/Coleslaw	
n			Potato			
eb	Honey Dew Melon Wedges	Fruit Muffin & Milkshake	Chocolate Brownie and Banana	Fruit Crumble & Custard	Jelly, Ice Cream & Fresh Fruit	
	and Ginger Cookie		chunk	_		

St Catherin	e's Nursery	- Lu	nch Menu
Tuesday	Wednesday		Thursday

Roast Loin of Pork

Potato

Raspberry Milkshake

Fresh Diced Carrots

Oven Dry Roast & Mashed

Potato

Chocolate Brownie and Banana

chunk

Breast of Chicken Curry with

Boiled Rice & Naan Bread

Tossed Salad & Coleslaw

Garden Peas

Chocolate & Pear Sponge with

Apple Sponge & Custard

Sponge filled with Yoghurt &

Fruit

BUFFET:

Selection of Sandwiches

(Chicken/Cheese/Tuna)

Fish Bite

Pizza Fingers

Cocktail Sausages

Carrot Sticks

Fruit Muffin & Milkshake



Milk. Water A Choice of Fresh **Available Daily**

ea Education Authority

16th Jan **Watermelon Chunks** Custard Slices & Black Grapes Fruit Fresh Fruit Selection, Icecream or Frozen Mousse Oven Baked Sausages Chicken Tikka with Boiled Rice Roast Breast of Chicken **Breaded Fish Fillets** & Naan Bread, Garden Peas French Bread Pizza WEEK 2 Traditional Stuffing/Gravy Sweetcorn & Peas/ Asian Slaw 5th Sept Savoy cabbage/Diced Carrots Baked Beans/Tossed Salad Herb Dice Mashed Potato Chipped/Baked Potato 3rd Oct Mashed Potatoes Garden Peas Oven Roast Dry & Mashed **Tossed Salad** 31st Oct Baked Potato Coleslaw Potato 28th Nov Tossed Salad Chocolate Brownie with Pineapple Chunks 26th Dec

If you require any additional information on Allergens or Special Diets, please contact the School to complete a Special Diets

Chunks **Breaded Chicken Goujons** Steak Burger with Bap Fish Fingers Roast Gammon **Beef Burger & Gravy Potatoes** Baked Beans/Sweetcorn Traditional Stuffing, Gravy Pasta Salad Tossed Salad/Coleslaw Salad Selection/peas Mashed Potato Baton Carrots/Broccoli Chips Sweetcorn, Tossed Salad Oven Dry Roast & Mashed Homemade Chilli Wedges Baked Potato Potatoes

> Potatoes/Gravy/ Pasta Available Daily

Application Form

Rice Pudding & Melody of Fruit Vanilla Ice Cream, Pears, & Flakemeal Biscuits & Fresh Chocolate Sauce Fruit Chunks

Frozen Yoghurt

Breaded Chicken Bites Roast Beef Beef Burger & Gravy Traditional Stuffing/Gravy **Baked Beans** Cauliflower Cheese Garden Peas Chipped/Baked Potato

Mashed Potato

Fruit Crumble & Custard

Jelly, Ice Cream & Fresh Fruit

Tossed Salad/Coleslaw

Flakemeal Biscuit & Fruit

Menu choices subject to deliveries

Monday

Margherita Pizza

Crusty bread

Sweetcorn Salsa/Potato Salad

Herb Dice Potatoes

Raspberry Ripple Ice Cream &

Arctic Roll with Sliced Peaches

Frozen Yoghurt & Fresh Fruit

Selection

Spaghetti Bolognaise with

Crusty Bread

Tossed Salad

Honey Dew Melon Wedges

and Ginger Cookie

WEEK 1

29th Aug

26th Sept

24th Oct

21st Nov

19th Dec

23rd Jan

WEEK 3

12th Sept

10th Oct

7th Nov

5th Dec

2nd Jan

30th Jan

WEEK 4

19th Sept

17th Oct

14th Nov

12th Dec

9th Jan

6th Feb

