

# St. Catherine's Nursery School

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## WEEKLY NOTE - Monday 23rd April 2018

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



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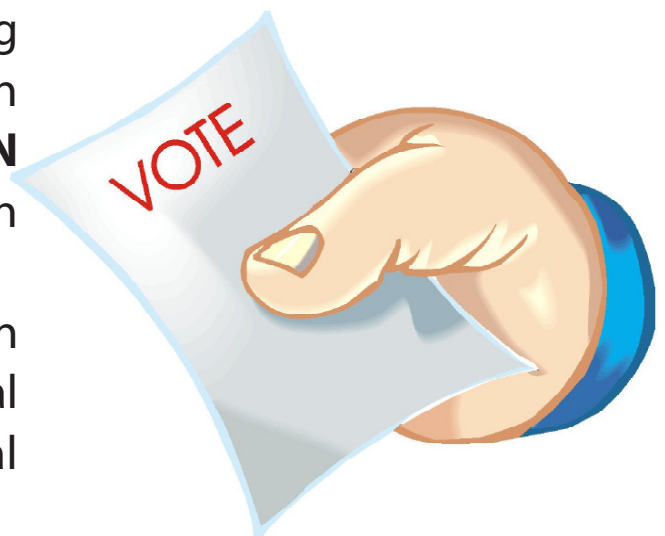


Follow us on Instagram : St Catherine's Primary School

# Bank Holiday and Election Day School Closure

As our school is used as a polling station, we will be closed on **Thursday 3rd May due to ELECTION DAY**. School will reopen as usual on Friday 4th May.

However School will close on **Monday 7th May** due to the annual Bank Holiday but will open as usual on Tuesday 8th May.



*God bless you all! Bridget Wilders, Principal*

# **Mini Me Yoga (For pupils and their Grandparent or Parent) Wow!!**

## **Laughter & Yoga @ St Catherine's Nursery and Primary School**

**On Monday 30th April, we are delighted to be hosting a special event in our school for our pupils, parents and particularly grandparents.**

This event, Laughter & Yoga @ St. Catherine's is being organised in conjunction with LGNI (Linking Generations NI) as part of #All Ages April, a month to bring all ages together – to share, connect, learn and have fun.

We are encouraging as many grandparents as possible (and/or parents should grandparents not be able to make it!) to join their grandchildren in school for a fun introduction to Yoga, through the Mini Me Yoga Programme. The programme is all about Positive Thinking, Mindfulness and Meditation.

It is a simple and fun programme and there is absolutely no experience of yoga necessary for participants.

Grandparents and/or parents can come along, in casual and comfortable clothes (suitable for very light exercise), join their grandchildren for a Mini Me Yoga session in the school hall and enjoy a cup of tea/coffee and a chat as well.

There will be two sessions taking place and both will be delivered by qualified Life Coach, Denise Devlin (Positive Parties) in the JUNIOR SCHOOL SITE

### **Session 1:- Nursery -P3 pupils: 10:30am – 11.30am**

### **Session 2:- P4-7 pupils: 2pm-3pm**

Grandparents and/or parents are welcome to attend both sessions should they have a child/grandchild in both sessions.

We are sure that you agree...this promises to be a wonderful event which will provide lots of fun and laughter for all members of our school community and allow our pupils to spend time with family members, in their school environment, in a relaxed atmosphere. We look forward to welcoming people of #All Ages to join us on the day.

To help us organise – please indicate (on the attached slip) if there will be a parent/grandparent attending for your child/children and return this to the office or your child's teacher on or before Friday 27th April.

Children should also bring Beach Towel and a Cuddly Toy to use during the activity.



# P.T.F.A. Fun Event

PTFA are hosting a **DENIM MOVIE Day** on Friday 4th May.

All children should wear **DENIM** and casual "Cool" Clothes to school on this day. A movie will be shown for each class.

Children should donate £1 to school funds.

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## Uniform NEWS!!

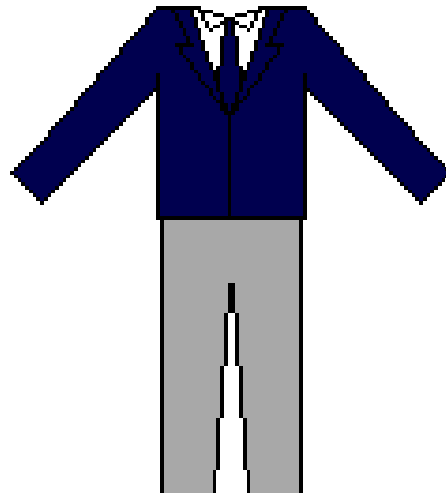
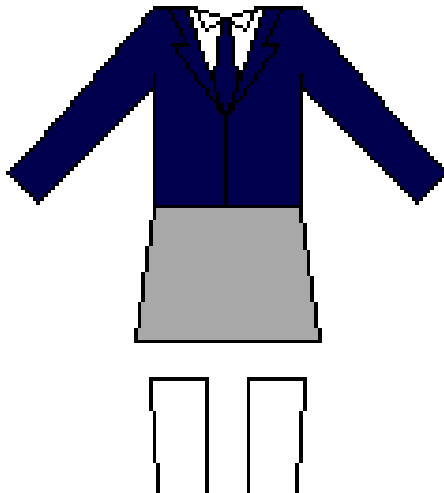
As you know, our Uniform Supplier is SELECT KIDZ who are based in Derry.

They have asked us to let parents know that they have now moved premises to their new shop at 105 Spencer Road, Derry BT47 6AE.

The staff from Select Kidz will be running

a Uniform Savings Club again this year in St Catherine's for any parent who would like to join.

Parents report to us every year that they like the idea of saving for the uniforms and for getting the chance to fit children with items in the school.



To this end, Staff from SELECT KIDZ will visit our school on the following dates to run the Uniform Savings Club:

- Wednesday 2nd May 9.30am-10.30am in the Assembly Hall in the JUNIOR SCHOOL
- Wednesday 16th May 9.30am-10.30am in the Assembly Hall in the JUNIOR SCHOOL
- Wednesday 30th May 9.30am-10.30am in the Assembly Hall in the JUNIOR SCHOOL
- Wednesday 13th June 9.30am-10.30am in the Assembly Hall in the JUNIOR SCHOOL
- Wednesday 27th June 9.30am-10.30am in the Assembly Hall in the JUNIOR SCHOOL



# New Bicycle Parking Stands for St. Catherine's!



Our Sustrans Officer, Mr Ronan Mc Laughlin, has very kindly donated bicycle parking stands to our Senior Site. They are located in the main playground beside the Year 5 C classroom! We are delighted to report that there are now Bicycle Parking Stands on both sites as in the Junior School they are located at the top of the main playground also!

Now is the time in the better weather to get walking, cycling or scooting to and from school!  
#getactive

## The Big Pedal 2018

We will be participating in the exciting annual Big Pedal Competition which will run from the 23rd April until 4th May 2018. We will be competing against other schools in the UK. There are lots of amazing prizes to be won! Let's get more active and help our environment by walking, cycling and scooting to school. Keep an eye out for further details of Big Pedal Events.



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 26th April  
at 7pm in the Junior School.**

# BIG PEDAL NEWSFLASH

## The Big Street Survey

We (the Senior Eco team) have been very busy exploring our local area especially around our school. We have conducted a survey to work out the safest route to school.

***We surveyed four areas:***

- Mount Carmel Heights
- The new bridge
- Fountain Street
- Bowling Green

***We studied each of these areas very carefully.***

- We explored the volume of traffic, counted pedestrians and cyclists.
- We observed and recorded what we were able to see and hear at the four locations.
- We looked at how many parked cars there were and we observed how much space had been used for car parks.
  - From all of the information which we recorded we found that the area surrounding Mount Carmel Heights was the quietest at that time.
  - We conducted our survey at 9.30am and we realised that this time did have an impact on our results as we know how busy this area is at school times.

From our findings we have created a Manifesto. There are number things that we would like to see change in our local area.

1. Bins to be in place for the correct disposal of dog waste. We found it very difficult when we were walking around the streets as there was lots of dog waste on the footpaths. We noticed how unpleasant this was and quite dangerous too.
2. Removal of graffiti from the walls in the surrounding areas. Some of us remarked on the inappropriate language which has been sprayed on some of the walls. We felt that this was ruining our lovely environment.
3. A Cyclist lane: We would love to see a cyclist lane in our local area. We think this would help to encourage more cyclists and help reduce pollution.
4. Lower Speed Limit: We noticed that some cars were driving very fast and that it was dangerous for pedestrians.
5. Less space being used for car parks: We noticed that a lot of space in our local area is being used as car parks. We were able to see how big the car park at the Credit Union was as it was being resurfaced.

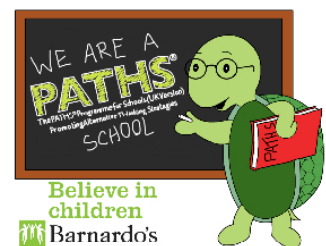
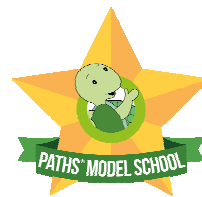
**This made us think... imagine that space being used as a play park, running track or an Eco garden!!!!**

**We will keep you updated on any developments. A very special word of thanks to our Eco team for working so hard on this matter. Keep up the brilliant work!!**

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

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

*Remember that there are many kinds of compliments.  
Compliments can be about how a person looks, the things  
they have, the things they do, and the way a person is.  
Challenge yourself to give at least one of each of these  
compliments today.*



## **Prayer of the Month April**

### ***PRAYER TO JESUS***

*Christ be with me.  
Christ be beside me.  
Christ be before me.  
Christ be behind me.  
Christ be at my right hand.  
Christ be at my left hand.  
Christ be with me everywhere I go,  
Christ be my friend for ever and ever,  
AMEN*





# All Ages April

## Laughter & Yoga @ St Catherine's Nursery and Primary School

I would really like to attend the Mini Me Yoga Session with my child/grandchild.

I will attend:      Session 1 : 10.30am-11.30am

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Session 2: 2pm-3pm

☐

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

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

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

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