

St. Catherine's Primary School

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

Email: bwilders592@c2kni.net



JUNIOR SITE

Phone: (028) 7138 2272

Fax: (028) 7138 2139

Strabane
Co. Tyrone
BT82 8HT

SENIOR SITE

Phone: (028) 7138 2614

Fax: (028) 7138 2482

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

Monthly Note: Monday 4th September 2023

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

Welcome Back to School!



It is with great excitement and joy that I, coupled with the entire staff and Governors, welcome you and your child(ren) to St. Catherine's Primary School. We value each and every little child and we will work so hard to ensure that your child's educational experience at St. Catherine's will indeed be a valuable and beneficial one preparing them for the future. Thank you for entrusting your child to us. We are very proud of all our children and look forward to this year with much excitement, hope and enthusiasm. Thank you for your support to date and we appreciate your patience, understanding and dedication as we embark on this new school year 2022 2023! Communication with each other therefore remains vital going forward so please keep in touch!

God bless you all!

Please note: Our monthly newsletter will give you all the school information that you require for each month ahead. There is a calendar will give you an overview of the MAIN events happening in school in the month ahead. If arrangements change during the month we will text you to update you regarding this. This newsletter will be emailed out to parents instead of sending home a paper copy. It will also be uploaded and available to our parents on our website and also available on our FREE School APP which you can download to your phone. (Details of these are on the letter head above). It is vital that we hold your current email address and mobile phone number or you may not receive vital school updates.

After School Clubs Term 1

We will send out an Extended Schools Update Letter during the next two weeks of September detailing any after school clubs that we can offer to pupils going forward.

Breakfast Club started on Friday 1st September on both sites from 8.15am-8.50am every morning!

Family Club will begin on Monday 4th September and letters have been sent out.

Nut Allergy/ Healthy Breaks

In the interests of Health & Safety we ask our parents/ carers/ pupils not to allow any break/ lunch items that may contain nuts or kiwi.

We do have children in the school who have a nut allergy and as you may be aware if there are any foods with nuts at all, this may prove very serious for this child. Therefore any food item which has a chocolate trace to it is unacceptable as there can often be nut traces contained therein. Children should only bring a healthy break to school eg. Sandwich, cheese strings, fruit, yoghurt. No crisps/chocolate bars allowed as we are a Healthy Eating School.

All children from Year 2-7 should bring their own healthy breaks.

For their first year in school our Year 1 children will be provided with Free Fruit to encourage and promote Healthy Eating.

We really appreciate your cooperation and support in this matter.



Updating our School Records

As I am sure you will appreciate, it is vitally important that we hold accurate records, contact numbers and details of any health issues about all our pupils in the event of an emergency, Therefore we ask you to complete a "Data Capture Form" for each child so that the information we hold about our pupils is correct. Please complete and return this form immediately. Sometimes parents do not receive text messages and this can be because parents mobile numbers may have been changed. If your mobile phone number, home address, email address or any of your contact details have changed please let us know immediately. Sometimes parents do not receive written notifications as they may have moved house and forgotten to let us know their new address! Please keep us up to date.

Photo Permissions and Medical Information

Every year we ask for parental permission with regard to photography of your children and we also ask to be made aware of your child's medical needs. Your child will receive forms today for you to complete and send back into school via their class teacher. We ask for you to complete these forms and return to school by Monday 19th September. Your support in this matter is greatly appreciated.



Milk Money (PRIMARY PUPILS ONLY)

Years 1-7: Milk starts on Monday 11th September. The cost of milk from Monday 11th September until 27th October is £9.52. Milk money is due on or before Monday 7th September so that orders can be placed to the dairy. Milk money should be placed in the SCHOOL MONEY APP.

School Dinners

Children may bring their own lunch or they may have a school dinner prepared by our kitchen staff in the two sites of St. Catherine's. Meals will be served in the canteen with only two class bubbles in the canteen at any given time. Both canteens have acquired 5 Star status and we are very proud of them indeed. The cost of school dinner this year will be £ 2.60 per day and should be paid via the SCHOOL MONEY APP. There are NEW DINNER MENUS attached to this newsletter...one for each week of the month. Dates are in the top corner of the menu. Please read carefully.

For any child who is entitled to Free School Meals ... parents should apply to the Education Authority (EA), Omagh. Phone 02882 411411. If you haven't applied or your application has not yet been processed please ring EA immediately.

The Education Authority has advised us that it should be noted that if you have not applied for Free School Meals yet the application if approved will NOT be backdated. If your child's application has not been approved yet parents can either send a wee packed lunch with your child or alternatively pay for school dinner until the application has been approved.



School Lunches

As mentioned earlier we are a "Healthy Eating School" and in keeping with our Food in Schools Policy we would ask you to provide a healthy break for your child and a healthy lunchbox. A list of acceptable foods are listed at the back of this note



Physical Education (Primary School ONLY)

It is crucial that our children have opportunities for physical fitness and learning more about their bodies and having a healthy lifestyle.

Our children will have opportunities to play at breaktime and lunchtime in their bubble groups(Weather permitting)

As soon as our little children settle in at school, we will begin PE lessons also.

Staff in each class will let you know when PE will begin and on which days it will take place. Children may wear their PE Gear to school on PE Days instead of their full uniform. The purpose of this is to minimise changing in school and help control the spread of infection.

If in doubt regarding PE time, you can email your child's teacher and they will be happy to give clarity.



P.T.F.A.

We have a P.T.F.A. (Parents, Teachers, Friends Association) whose members work so hard to raise funds for our school in order to best support our little children. We invite everyone that is available to come along and join our wee group. The work of the PTFA involves mainly fundraising activities for our wee pupils so that we can provide the little extras for them in school!!! Everyone is welcome! Your child's school needs you!! Our first PTFA Meeting this school year will take place on **Wednesday 20th September at 6.30pm in Junior School**. We look forward to seeing you there! All are welcome!



**School Rules and Guides to making
school life a happy experience for
everyone!**

We have three simple school rules in St. Catherine's which everyone should adhere to and they are

- 1. WORK HARD.**
- 2. ALWAYS DO YOUR BEST.**
- 3. TREAT EVERYONE AND EVERYTHING WITH RESPECT.**

Staff Training Day

School will be closed on Friday 15th September due to a staff training day.



School Photographer

Our school photographer will be in school to take our children's photographs on

Monday 2nd October: Years 1-4 (Junior School)

Tuesday 3rd October : Nursery, Year 5, Year 6 and Year 7 (Senior School)

Wednesday 4th October: Family PRE BOOKED photo shoots . A family member must come to the school to collect family members, take them to the photo session in the SENIOR SCHOOL HALL and then return the children to class again. **A letter will be sent out to parents with booking links.**

Individual photos and class group photos will be organised by staff. All children will have their photos taken in Nursery, Year 1 and Year 7. All classes will be taken in their class groups. If any parent of a child from Years 2-6 would like individual photos of their child you must also let the teacher know.

Parents will have a proof sent to them and you may purchase if you wish to but you are under no obligation to purchase photos for your child.



Swimming Lessons for Year 5 Pupils begin again!!

Year 5 A Swimming Lessons : Monday 4th September – Monday 23rd October (Inclusive)

Year 5 B Swimming Lessons : Monday 6th November- Monday 15th January (Inclusive)

The cost of the whole block of lessons for each child is £25 including transport.

Please send this money in full / permission note or a £10 deposit with your child no later than Monday 4th September to secure a place. We are very excited that swimming has begun again for our little pupils. Pupils should wear their swim costume to school on the day of their swimming lesson underneath their uniform. Pupils should also bring a swim hat and may bring goggles. Pupils should also bring a towel and a hairbrush (plus fresh underwear for changing in to afterwards.)

We are very excited to be offering this exciting opportunity again to our Year 5 Pupils as part of their PE Curriculum.



***** COMMUNITY NOTICE *****

SPRINGHILL YOUTH CLUB

Youth Programme

After School Programme MONDAY TO THURSDAY 3pm-4.45pm

(MONDAYS AND WEDNESDAYS Years 1-3 Pupils ONLY)

(TUESDAYS AND THURSDAYS Years 4-7 Pupils ONLY)

The staff at the Afterschool Club assist with homework, give children a warm meal and complete little projects and trips around topics of interest.

Cost £10

If you are interested in this facility please contact Leader in Charge Ms Terri Logue at 113A Springhill Park

Strabane

02871 382878

Or email springhillpark.c@yahoo.com

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

For the first time we are delighted to facilitate a NEW SLIMMING WORLD Group in St. Catherine's Junior School every Wednesday from 5.30pm-7.30pm every WEDNESDAY right throughout the year! 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!



COME AND JOIN US 

*Every Wednesday from 5.30pm
St Catherine's (junior site)*

no booking required!

Weigh opens 5.30-6pm
Group talk 6.05-6.45pm
Late weigh 6.50-7.15pm

Contact Allison on 07856710051
FB: slimworld Allison Strabane & dromore

read Joe, Sapphire and Abby's stories here
slimmingworld.co.uk

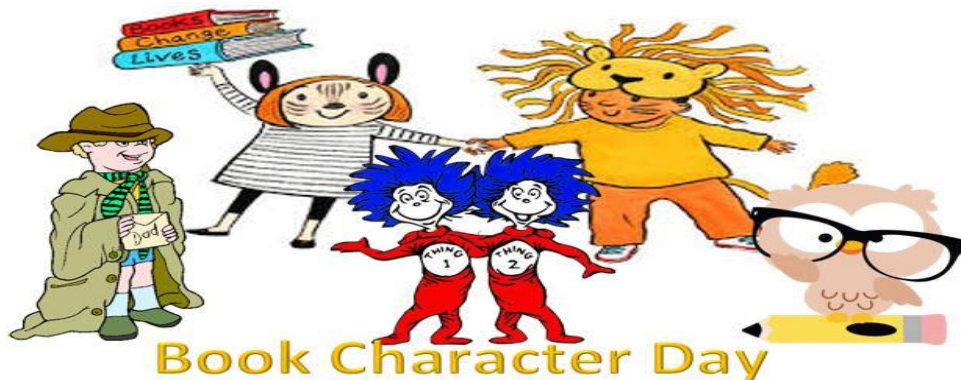
*Price shown is RRP. Terms and conditions apply. Visit slimmingworld.co.uk/offers for more information.



A message from our Literacy Leader Mrs Connolly.....

Book Character Day Friday 13th October 2023

We are delighted to be celebrating Book Week from Monday 9th October until Friday 13th October! Children throughout the years have loved dressing up for Book Character Day and gain so much from it in terms of a love of reading and literature. We understand that these are very challenging times for everyone and we would remind parents that simple, homemade costumes are very often the best! Children can come to school dressed as a character from a fairy tale, book or a Nursery Rhyme. Every child will go home with a little token of appreciation for their efforts. They will have a fun filled day in school! Keep an eye on social media for some photos of their day.



Book Fair Monday 9th October-Friday 13th October

Our annual book fair will be here this year again! Your child will have the opportunity to purchase a book at the Book Fair. If you would like your child to purchase a book, simply send their money to school with them in an envelope with their name marked on it. They will have an opportunity to browse the book fair and bring the book home with them the day. We would like to thank you for your continued support as every purchase made provides funding towards books for the children in school! More details will follow!



Primary School Curriculum Information (Years 2-7):

Reading Books to be sent home	Wednesday 6 th September
Spellings/ Tables/ Number Facts to be given out to children	Monday 11 th September
End of Week Spellings/ Numeracy Assessments to begin. (Every class teacher will assess spellings/ tables/ Number facts on Fridays)	Friday 15 th September
Written Homework to start (using Homework Diaries P2 - P7)	Monday 18 th September

Homework:

Written Homework reinforces learning from school. Post covid we have changed homework so that it is given out at the start of the week and collected at the end of the week. This is to give greater freedom to pupils who attend out of school clubs, coaching, drama classes etc. However it is **CRUCIAL** that children read a little every night to enhance their reading skills and also for enjoyment. Please ensure that your child reads a little every single night both school reading book, comics, novels etc. This year we will have a focus on **READING** and will be changing one of the monthly awards to **READER OF THE MONTH** to promote this. Thank you for supporting us in this initiative.

September is Blood Cancer Awareness Month

Please consider donating blood if you can to support all patients with Blood Cancer.



Cross Country!

More details to follow from Miss Keyes

Our PE/ Health and Safety Leader!!



**CUMANN
LUTHCLEAS NA
MBUNSCOIL**

**22nd ANNUAL PRIMARY
SCHOOLS CROSS-COUNTRY**

**19th September 2023
11.30am**

PRIZE STRUCTURE
1st 6 in each race
Overall schools category
(Large School 250+, Medium
School 100-250
Small School 0-100)

AGE GROUPS
U9 Born 2015/2016 - 600m
U11 Born 2014/2013 - 800m
U13 Born 2012/2011 - 1000m

PROGRAMME
U9 Girls, U9 Boys, U11 Girls, U11 Boys, U13 Girls, U13 Boys
EMAIL: patsymcgonagle@hotmail.com

Teams are evaluated
on their top 3
athletes in each
particular race.

ENQUIRIES
ANN: 086 8679169
DERMOT: 087 2682856

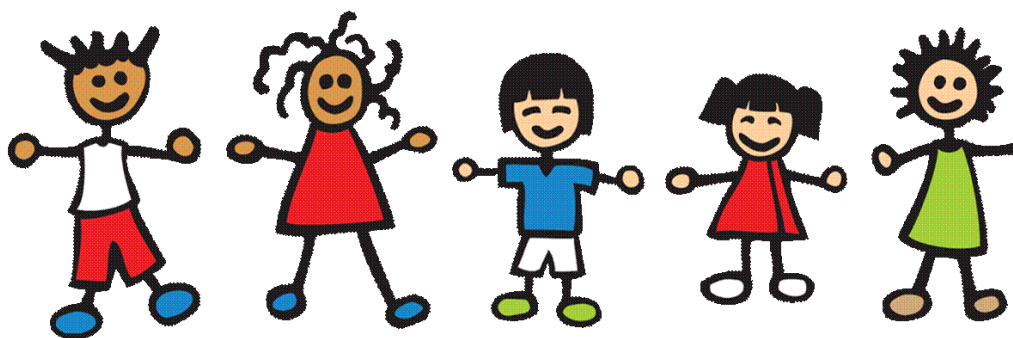
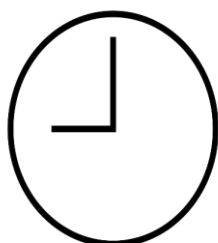
**Entry
€3**



School Start Times and Collection Times

Year Group	Drop off / Collection Point	Start Time	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 (Junior School) (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 & 4 Pupils except Feel Good Friday)
Year 3 A (Miss M Maguire)	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/ Mrs L DOWney)	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 (Miss E Mathers)	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 (Ms B Kelly)	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 5 A (Ms C Gallagher/ 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 A Kerr/ Mrs S O'Kane)	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 (Miss E Keyes)	Enter Double Gate at front of Senior School site nearest to the Main Front Door 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 C Deery)	Enter Double Gate at front of Senior School site nearest to the Main Front Door 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 Gillespie)	Enter Gate at the right hand side of the Senior School 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 (Mrs B Daly)	Enter Gate at the right hand side of the Senior School 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)
Learning Centre (Senior School)	Enter Gate at the right hand side of the Senior School and line up at Learning Centre 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 K Carlin	Nursery Room 2	kcarlin208@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	Year 2 A	amcglynn388@c2kni.net
Ms Y Mc Gowan	Year 2 B	ymcgowan609@c2kni.net
Miss M Maguire	Year 3 A	mmaguire497@c2kni.net
Mrs S Vaughan/ Mrs L Downey	Year 3 B	svaughan325@c2kni.net ldowney759@c2kni.net
Miss E Mathers	Year 4 A	emathers571@c2kni.net
Ms B Kelly	Year 4 B	bkelly663@c2kni.net
Ms C Gallagher	Year 5 A	cgallagher328@c2kni.net
Miss A Kerr	Year 5 B	akerr341@c2kni.net
Miss E Keyes	Year 6 A	ekeyes746@c2kni.net
Mrs C Deery	Year 6 B	cdeery318@c2kni.net
Mrs C. Gillespie	Year 7 A	cgillespie221@c2kni.net
Mrs B Daly	Year 7 B	bdaly611@c2kni.net
Mrs C Connolly	Learning Centre (Senior School)	cconnolly309@c2kni.net
Mrs. C. Hamilton	Learning Centre (Junior School)	chamilton290@c2kni.net



Settling In period for Nursery and Year 1 Pupils

Nursery Settling In Plan Times of School

Week 1-3 : Friday 1st-Friday 15th September 9.00am-11.30am

Week 4 : Monday 18th -Friday 22nd September 9.00am-12.30pm.

Lunch/Dinner will commence this week

Week 5 : Monday 25th September -Full Nursery Day commences.

Pick-up time 1.30pm

Year 1 Settling In Plan Times of School

Week 1 (1st-8th September) - 8:50 am-12 Noon

Week 2 (11th-15th September) – 8:50am- 12 Noon

Week 3 (18th -22nd September) – 8:50am- 12.45pm (Including Lunch)

Week 4 (25th September onwards)- 8.50am-2.15pm (Full day)



School Meals and Snacks

School Dinner costs £2.60 in Primary School and £2.50 in Nursery)

Children should bring healthy snacks for break and if taking packed lunch; should bring a healthy lunch as per our Food in Schools Policy.



Child Protection and Safeguarding

We will be sending out our UPDATED Child Protection and Safeguarding Policy next week .Please read this policy and return the parent form that comes with it [to the class teacher by Wednesday 21st September] to let us know that you have received the policy. We thank you for your support and understanding in this matter.

School Closures

We have attached a list of school closures for this year.

Complaints Policy and Procedures

We welcome comments, suggestions and compliments at any time! You can also contact the Principal or Senior Member of staff by phoning the school and making an appointment at any time. You may also email the principal at the email address stipulated with teaching staff emails on this newsletter.

Thank you!

Prayer of the Month for September

Prayer for Return to School

God our Father, we thank you for our children as they return to our school community. We entrust them to the tender care of your son Jesus, their brother and their friend. May they know that he is with them each day- in their joy, in their learning, in their friendships, and in the times when they are unsure or afraid.

We ask your blessing on all who will support and encourage them throughout the year and pray that we will always be open to the gift of the Holy Spirit, to guide us in the ways of Jesus.

Amen.



PATHS Quote of the Month September



We are delighted that our school is a PATHS Model School and that PATHS is taught in all classes from Nursery right through to Primary 7. The PATHS programme involves lots of fun activities dealing with important issues such as Feelings, Behaviours, Solving Problems, Making Friends and Self-Esteem. It links directly with our Personal Development and Mutual Understanding curriculum and aims to help children develop the fundamental skills needed for life. From time to time your child will have fun home activities to complete relating to the programme. Get involved! Ask your child in the coming weeks about our fantastic PATHS programme and help prepare them with the essential skills they need for their life ahead. There will be an inspirational PATHS quote each month in our newsletter highlighting key PATHS ideas.

Check out September's quote...The Golden Rule.....

Being kind should be a goal for everyone everyday.
It is not difficult to be kind, in fact it is easy. So be kind to your family, your friends, the adults in school, your football coach, your dance teacher, your bus driver; share your kindness with everyone. You have a lot of kindness in you and you never know who might need it today.

Always treat people the way you want to be treated.



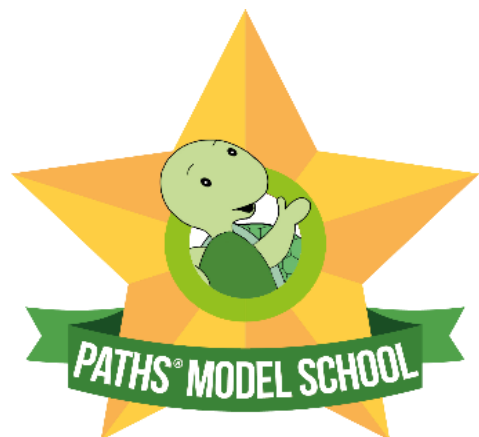
Talk to people the way you want to be talked to.



Respect is earned
not given.



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St. Catherine's Primary School



Holiday List for 2023/ 2024

The school will be **closed** on:

Five Allocated Staff Training Days which have been allocated throughout the Year.

Friday 15th September 2023 (**Staff Training Day 1**)

Hallowe'en – Mid Term Break

Monday 30th October 2023 – Friday 3rd November 2023

(Reopens on Monday 6th November 2023)

Christmas Break

School closes on Friday 22nd December 2023 at 12 Noon – Monday 8th January 2024

(School Reopens for our everyone on Tuesday 9th January 2024)

Spring Term Break

Monday 12th February 2024 until Friday 16th February 2024

(School Reopens for our pupils on Monday 19th February 2024)

St. Patrick's Day Break

Monday 18th March 2024 (St. Patrick's Day Public Holiday)

(School Reopens for our pupils on Tuesday 19th March 2024)

Easter Break

School closes on Holy Thursday 28th March 2024 at 12 Noon

School Reopens on Monday 8th April 2024

May Breaks

Monday 6th May 2024 (Bank Holiday)

Monday 27th May 2024: **Staff Training Day 5 (SDD 5)** School Closed to pupils

School Closes on Friday 28th June 2024 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.



Avian Flu Guidance from the Education Authority

(Please see below)



22 August 2023

Dear Principal

Ref: Avian Influenza Advice

We would be grateful for your support in communicating the current public health guidance around Avian Influenza with your colleagues.

The Public Health Agency (PHA) has advised that human infections with Avian Influenza are rare as it is primarily a disease of birds with the risk to the health of the general public, being very low.

However, the PHA encourages all members of the public to observe the following guidance when maintaining outdoor areas, including school grounds:

- Do not pick up or touch sick, dying, or dead poultry or wild birds and keep pets away from them.
- Avoid contact with surfaces contaminated with bird faeces.
- Avoid untreated bird feathers (such as those found in the environment) and other bird waste.
- Maintain good personal hygiene with regular hand washing with soap and use of alcohol-based hand rubs.

In addition to sharing this guidance with your school staff, the attached poster from the Department of Agriculture, Environment and Rural Affairs (DAERA), may also be useful.

The public can report any findings of dead wild birds through a new online reporting form. The reporting tool can be accessed by scanning the QR code on the poster, or on the DAERA website - [click here](#).

You can find further information and frequently asked questions on matters such as Disposal Methods of dead birds via the DAERA website - [click here](#).

Thank you for your continued support.

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Paul Crooks'.

Paul Crooks | Assistant Director
Facilities Management
Operations and Estates

"To inspire, support and challenge all our Children and Young People to be the best that they can be."

Education Authority

3 Charlemont Place, The Mall, Armagh BT61 9AX

T: 028 37512535 E: dale.hanna@eani.org.uk W: www.eani.org.uk

Link to DAERA website: <https://www.daera-ni.gov.uk/articles/frequently-asked-questions-0>

Surestart Message of the Month

September



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.

<i>Foods we consider acceptable:</i>	<i>Foods that are not acceptable:</i>
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 peanut butter)	Chocolate biscuits
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 / Dairy Lea Triangles / Cheese Slices / Baby Bel / Cheese Strings	
Breadsticks / Pretzels	
Rice Cakes	
Snack a Jacks	

<i>Foods that are not acceptable:</i>	<i>Reason Why:</i>
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

Healthy
Habits



St. Catherine's Nursery & Primary School September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	September is Blood Cancer Awareness Month				1. Back to School Yr 2 – Yr7. Nursery & Yr 1 staggered intake. Nursery Home time: 11.30am Year 1 Home time: 12 noon	2.
3.	4. Monthly Newsletter sent out. Family Club begins for Yr 2. Nursery Home time: 11.30am Year 1 Home time: 12 noon Swimming Year 5A Session 1 of 8	5. Nursery Home time: 11.30am Year 1 Home time: 12 noon	6. Reading Books to be sent home - Years 2-7 Nursery Home time: 11.30am Year 1 Home time: 12 noon Slimming World (JS) 5.30pm – 7.30pm	7. Nursery Home time: 11.30am Year 1 Home time: 12 noon	8. Nursery Home time: 11.30am Year 1 Home time: 12 noon	9.
10.	11. Spellings/ Tables begin Yrs 3 – 7. Nursery Home time: 11.30am Year 1 Home time: 12 noon Swimming Year 5A Session 2 of 8	12. Nursery Home time: 11.30am Year 1 Home time: 12 noon	13. Nursery Home time: 11.30am Year 1 Home time: 12 noon Slimming World (JS) 5.30pm – 7.30pm	14. Nursery Hometime: 11.30am Year 1 Home time: 12 noon	15. Staff Development Day 1 School closed to pupils.	16.
17.	18. Written homework begins Yrs 2 – 7. Nursery Home time: 11.30am	19. Nursery Home time: 11.30am Year 1 Home time:	20. Nursery Home time: 11.30am Year 1 Home time: 12.45pm	21. Nursery Hometime: 11.30am Year 1 Hometime: 12.45pm	22. Nursery Home time: 11.30am Year 1 Home time: 12.45pm	23.
24.	25. Family Club begins for Year 1 & 2. Nursery Hometime: 12.30pm Year 1 Home time: 2.15pm Swimming Year 5A Session 4 of 8	26. Nursery Home time: 12.30pm Year 1 Home time: 2.15pm	27. Nursery Hometime: 12.30pm Year 1 Home time: 2.15pm Slimming World (JS) 5.30pm – 7.30pm	28. Nursery Hometime: 12.30pm Year 1 Home time: 2.15pm	29. Nursery Home time: 12.30pm Year 1 Home time: 2.15pm	30.

FIRSTS ARE BEST BECAUSE THEY ARE BEGINNINGS.

Upcoming in October: School Photographer: Mon 2nd, Tues 3rd, Wed 4th October; Book Character Day: Friday 13th October



School Dinner Menu – September 2023 onwards (Please note that soup/ sandwiches are also available daily upon request if pupils do not wish to avail of the hot food choices)



EAT SMART WITH THE LUNCH BUNCH

**ea catering
WEEK 1**

Week commencing
AUG 28, SEPT 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Savoury
Mince

Or

Italian Chicken &
Tomato Pasta & Garlic
Bread

SIDES

Baton Carrot/Salad

Mashed Potatoes

DESSERT

Banana Yoghurt Pot

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Fish Goujon in Soft Shell
Taco & Zingy Tomato
Salsa

SIDES

Baked
Beans/Salad/Coleslaw

Chipped Potatoes/
Baked Potato

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini

SIDES

Garden Peas/Sweetcorn

Steamed Rice/Oven
Baked Wedges

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

Or

Chicken Casserole

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/Oven
Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog

Or

Crispy Cod Fishcakes

SIDES

Tomato
Ketchup/Coleslaw/Salad

Chipped Potatoes/Baked
Potato

DESSERT

Fresh Fruit Pot &
Biscuit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 2

WEEK COMMENCING:
SEP 04, OCT 02, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet and Sour
Chicken

SIDES

Spaghetti Hoops &
Garden Peas

Chipped
Potatoes/Rice

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognaise with
Garlic Bread

Or

BBQ Chicken Pizza

SIDES

Sweetcorn/Salad

Oven Roasted Potato
Wedges

DESSERT

Zesty Orange Sponge
& Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Salad filled Pitta with
Pulled Pork and Coleslaw

SIDES

Garden Peas

Rice

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast of the Day with
Stuffing & Gravy

Or

Poached Salmon

SIDES

Cauliflower or Broccoli
and Carrots

Mashed Potatoes/Oven
Roasted Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Pepper Chicken &
Rice

SIDES

Sweetcorn/Salad

Chipped Potatoes/Rice

DESSERT

Flakemeal Biscuit &
Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

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EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 3

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

Or

Mighty Mac 'n' Cheese
with Garlic Bread Slice

SIDES

Baked
Beans/Coleslaw

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Artic Roll with
Peaches & Pears

TUESDAY

MAIN COURSES

Italian Beef with Crusty
Roll

Or

Pepperoni/Margherita
Pizza

SIDES

Garden Peas/Salad

Homemade Diced
Potatoes

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Steak Burger in a Bap &
Cheese

SIDES

Steamed Rice/Salad

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

Or

Savory Mince

SIDES

Carrot &
Parsnip/Cauliflower
Cheese

Mashed Potatoes/Oven
Roast Potato

DESSERT

Melon Wedge

FRIDAY

MAIN COURSES

Tasty Pork Sausages
with Tomato
Ketchup/Gravy

Or

Salt N Chilli Chicken
Wrap with Garlic
Mayo

SIDES

Mini Corn on the
Cob/Spaghetti Hoops

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Decorated Fairy Cake

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

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EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 4

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Beef Bolognese with
Garlic Bread

Or

Cod Fishcakes with
Tartare Sauce

SIDES

Garden Peas

Oven Baked Potato
Wedges

DESSERT

Melon, Mandarin &
Pineapple Pots with
Yoghurt Dip

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic
Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Sweetcorn and Red
Pepper/Coleslaw

Chipped
Potatoes/Baked Potato

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

BBQ Chicken Wrap with
Crunchy Salad

SIDES

Green Beans

Steamed Rice

DESSERT

Cornflake Tart &
Custard

THURSDAY

MAIN COURSES

Roast of the Day

Or

Stuffed Chicken

SIDES

Broccoli/Turnip

Mashed Potatoes/Oven
Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

Or

Sweet Chilli Chicken
Panini

SIDES

Salad/Baked Beans

Chipped
Potatoes/Mashed
Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

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