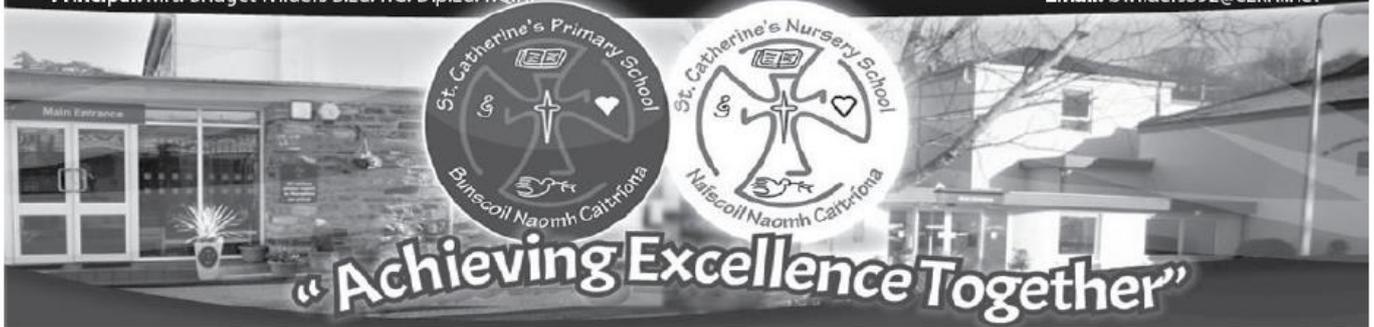


# St. Catherine's Primary School

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 6<sup>th</sup> February 2023**

**Check us out on our website: [www.stcatherinesps.co.uk](http://www.stcatherinesps.co.uk)**

## School Money App is LIVE!!

This means that you will now have the facility to make payments for school expenses, such as trips, online with your debit or credit card. Initially, as this is a pilot at present, it has been set up to facilitate payments for **SCHOOL DINNERS and MILK MONEY only**. All being well, we will increase the facility to include payments for all events that occur in school.

You won't need to sign up to this system as this is done automatically through the school and as long as you have provided us with up to date contact details we will send you a password within the next few days. This password will give you access to your **SchoolMoney** account where you can pay for any items we have requested from you.

To log into **SchoolMoney**, visit the website [www.eduspot.co.uk](http://www.eduspot.co.uk) and click on the sign in button in the top right hand corner. In the drop down, select the **SchoolMoney Parent Login** option and this will send you through to a page where you need to enter your mobile number, email address, the password we have sent to you, and your child's first name.

**If for any reason you are struggling to log in, it may be because you have not provided us with the correct contact details. Please let us know immediately if either your mobile number or email address changes. If you feel you would like more support with this feel free to contact any of the clerical staff on either the Junior or Senior School Site and they will be only too happy to help you get registered!**

We appreciate your cooperation in the early stages of rolling this system out to you.



**Prayer of the Month**  
**February : Family Prayer**

Lord, we thank you for  
our family  
For the talents and good  
things that you have given  
each of us  
Please guide us, protect us  
and equip us  
This day and every day  
As we grow together in  
Your love  
  
Amen.

**PATHS Programme in  
St. Catherine's**

(Promoting Alternative Thinking  
Strategies)

PATHS Quote of the Month February

Remember to compliment yourself,  
you are awesome. By being  
yourself you put something  
beautiful and unique into the  
world.

Think of all your lovely qualities  
and give yourself a compliment  
today.

**Family Prayer**



**Compliment Yourself!**



## Attention Year 7 Parents:

### Year 7 Post Primary Applications

If you are the parent of a pupil in Year 7, you will be required to make an application for their new Post Primary School using an ONLINE system this year (just like the one that the parents of Nursery and Year 1 Pupils use). The Online Portal will open for applications on Tuesday 1<sup>st</sup> February 2022 at 12 Noon until Wednesday 23<sup>rd</sup> February. Further information on the process will be available from the EA Website in due course.

As we get more information in school we will share this with you.

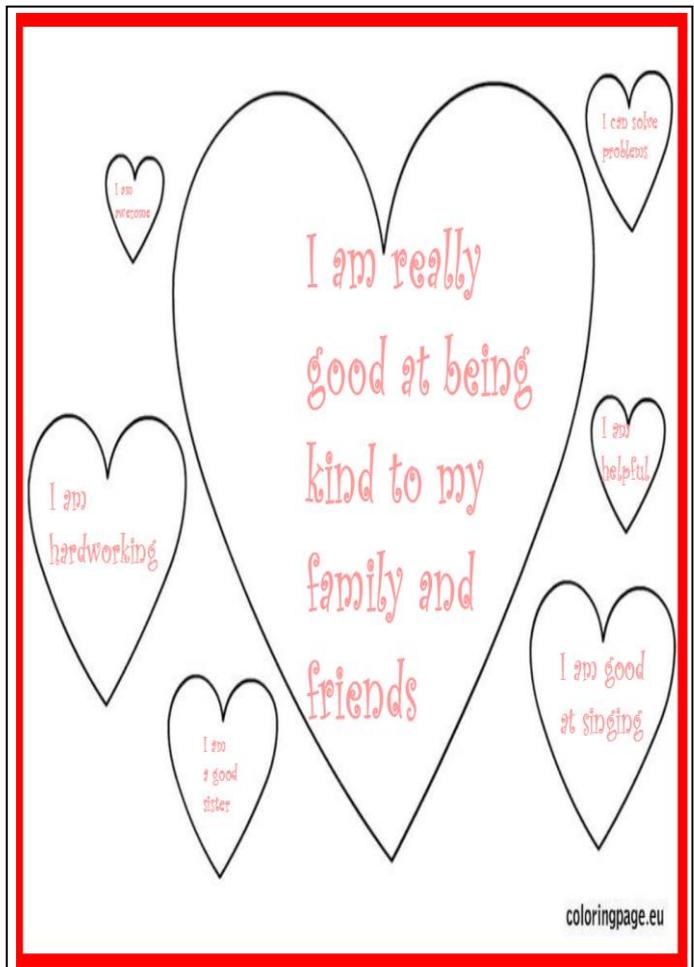
If your child has a statement of Special Educational Needs you will go to school in the usual way to complete a Transfer Review and you do not have to apply online.

If any parent would like to meet with Principal / Year 7 Staff ahead of the Online admissions process please email Principal Mrs B Wilders at [bwilders592@c2kni.net](mailto:bwilders592@c2kni.net) and an appointment can be arranged.



## PATHS COMPLIMENTS

For Valentine's day  
this year we want  
you to show kindness  
and love to yourself  
by designing a heart  
that is full of all your  
lovely qualities,  
talents and positive  
attributes.



## Traffic

We are aware of the ongoing Traffic Concerns and congestion that can occur at our two sites during drop off and collection times. We are actively liaising with agencies to undertake a traffic management review and to try to improve the issue. We appreciate your patience and support while this matter is ongoing. To that end, keeping the flow of traffic in Newtownkenedy Street and Barrack Street is crucial. We respectfully request that parents do not park on double yellow lines or double park in the road to cause congestion so that traffic flow can be sustained. We are fortunate to have School Crossing Patrol People at both sites who are actively doing their best to keep our little children safe however double parking can cause vision obstructions for our children who need to cross the road. We thank you once again for your patience, support, understanding and tolerance.



## Family Club

(For pupils in Year 1 or 2 who have older siblings at our school)

Gentle Reminder:

Fee for Family Club is £2 per week to be made payable on the MONDAY of the week. Please send £2 in with your child in an envelope with their name and FAMILY CLUB clearly marked on it so that this can be passed to our Family Club Team. This very small fee is to cover costs of snacks in the club. School subsidizes the cost of staffing so that minimal expense is incurred to our parents.



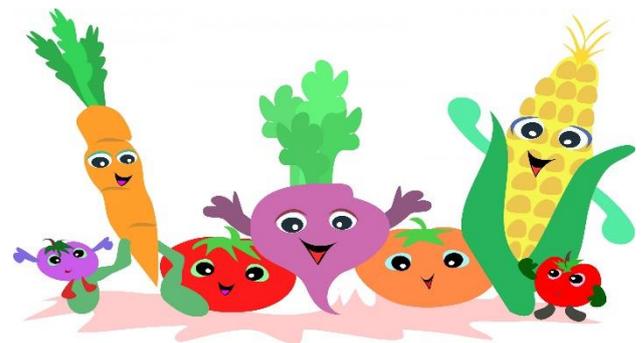
## Promoting the importance and benefits of eating vegetables in our diet.

Our school canteens will be promoting and encouraging our children to TRY vegetables as part of a healthy diet. We will be taking part in a programme called EAT THEM TO DEFEAT THEM. Canteen staff will have little fun activities for our little children to take part in. More details to follow. Below is a link to a short video promoting eating vegetables.

Please click on the link below



<https://vegpower.org.uk/eat-them-to-defeat-them/>



### School Closure for Mid Term Break

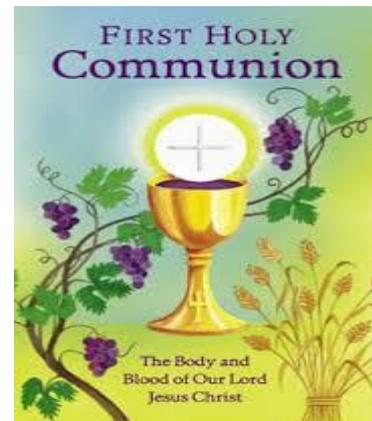
**Gentle reminder: School will be closed from Monday 13<sup>th</sup> February to Friday 17<sup>th</sup> February inclusive for the Spring Mid Term Break. School will reopen as usual on Monday 20<sup>th</sup> February. Have a great Spring Break everyone.**



### Year 4 Online Holy Communion Preparation

In addition to the Do This in Memory Programme Year 4 pupils will have the opportunity to partake in ONLINE Holy Communion Preparation sessions with Derry Diocesan Team. These will take place during school time in school on Monday 27<sup>th</sup> and Tuesday 28<sup>th</sup> February.

Year 7 have engaged in these for their sacrament preparation and have found them very beneficial and enjoyable indeed. Now for Year 4 Pupils' turn!!



### St Patricks Day

**Gentle reminder: School will be closed on Friday 17<sup>th</sup> March for St. Patrick's Day. Happy St. Patrick's Day to everyone!**



### Year 7 Robotics

**Our Year 7 Lego Robotics (STEM) Programme will begin on Thursday 23<sup>rd</sup> February and Friday 24<sup>th</sup> February. We are so excited to launch this very exciting programme for Year 7 in our school. Watch out for updates!!**



## 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 11<sup>th</sup> March at 11am

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

Year 7 B (Miss Keyes' Class) : Saturday 25<sup>th</sup> March at 11am

More details will follow closer to the time.



## First Holy Communion Dates

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 22<sup>nd</sup> April at 11am

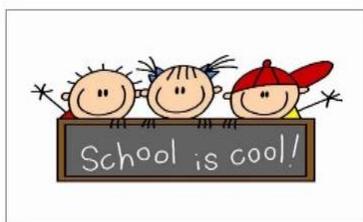
Year 4 B (Mrs Connolly's Class) : Saturday 22<sup>nd</sup> April at 2pm

More details will follow closer to the time.



## 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!



## Autism Award for Nursery!

Delighted to share that our Nursery Staff and pupils have achieved the

**AUTISM NI IMPACT AWARD.** This is in recognition of the commitment of our staff and pupils to understanding about Autism and how to support Autistic Pupils and Staff alike. We pride ourselves on being an inclusive school family with a confident staff team who provide an excellent educational service. Our award will be presented at a ceremony shortly....watch this space!



**SUPERHERO WEEK**  
 Northern Ireland's Autism Charity

**6TH - 10TH FEBRUARY 2023**

Get your school's superheroes to assemble for Autism NI's **SUPERHERO WEEK** and help raise autism awareness in your school and at home!

**FUN**

**Wow!**

**BAM!**

**POW!**

**BOOM!**

**cool!**

- Each pupil will be given five superhero tasks to do at home.
- Once all pupils complete their superhero tasks, they will receive their Superhero Status from Autism NI and hold a dress up day.



### Superhero Week: 6<sup>th</sup> – 10<sup>th</sup> February 2023

Help us join primary schools across Northern Ireland and get our school's Superheroes to assemble for Autism NI's Superhero Week running from 6<sup>th</sup> – 10<sup>th</sup> February 2023, to help raise awareness of Autism in school and at home and earn points for your House!

To take part, each pupil will be given five Superhero Tasks to do at home. Then, on day five, our school will hold a Superhero Dress-Up Day with each pupil coming to school dressed as their favourite Superhero! They will bring in £1.00 to donate to Autism NI.

They will earn 10 points for their TEAM Houses for each completed task!!

They can earn up to 50 House points by Friday!!!

# Autism Social Café



**Date: Friday 24 February 2023**

**Time: 10 am - 12 Noon**

**Venue: Melvin Sports Complex, Melvin Rd, Strabane BT82 9PP**

We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
- are awaiting an assessment
- are displaying early indicators (Suggesting their child may be Neurodiverse)

To attend our next Autism Social Café with local support groups, information stalls and short informal workshops.

**Booking is welcome but not essential!**

**For further information contact or to book your place contact  
[Lisa.storey@westerntrust.hscni.net](mailto:Lisa.storey@westerntrust.hscni.net)**

## Community Support Notice

If your family or any family that you know needs any emergency help now in the New Year

Help can be sought by contacting the Society of St. Vincent De Paul.

The helpline number is 02871 384488.

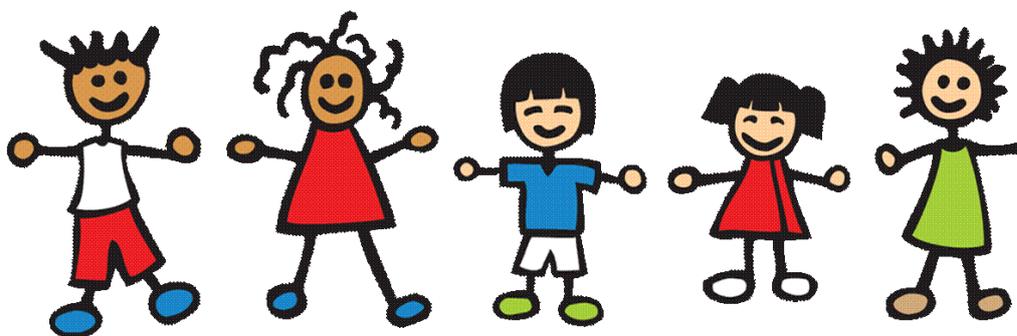
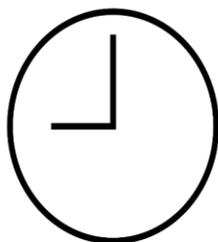
When the helpline number is rung; please leave the name, address and telephone number in a message seeking help and the type of assistance needed. (For example food vouchers, oil vouchers etc).



## 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 (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	8.50am-9am	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)



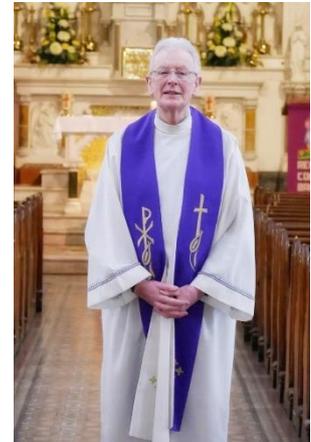
## Staff roles and Email addresses.

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 Laughlin	Year 2 A	amcglynn388@c2kni.net jmclaughlin485@c2kni.net
Ms Y Mc Gowan	Year 2 B	ymcgowan609@c2kni.net
Mrs M Mc Brien/ Miss E Mc Kane	Year 3 A	emckane477@c2kni.net
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



# 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 April 2023 at 12 Noon*

*Saturday, 22 April 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*



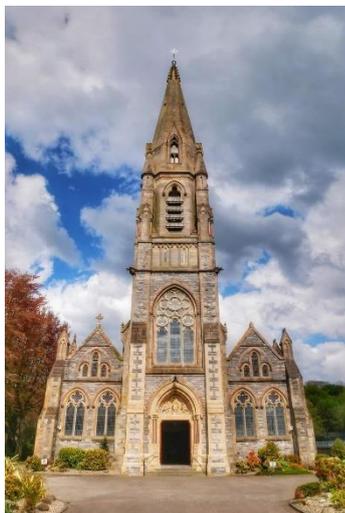
# Confirmation Preparation Masses 2022 2023 for our Year 7 Pupils and their families.

Preparing children for the sacrament of Confirmation is a shared responsibility and we feel that it is vitally important that you are invited to become involved from the very beginning. Confirmation marks a time for children when they are preparing to move from one stage of their lives to the next. You as parents will have many fears and concerns about how your children will cope in the coming years with the choices they will have to make. Through your involvement in your child's Confirmation, you are being offered the chance to discuss with them their values, attitudes and beliefs. We want to reassure you of the important role you play in developing your child's faith.

*Here are some practical ways to get involved:*

- Bring your child to Mass on a Saturday evening/Sunday morning with the rest of your family.
- Help your child to learn the prayers which are being taught in school and discuss the Confirmation work they are doing in class.
- As a family light a candle and say a prayer each day with your child in preparation for Confirmation.
- Read together the story of Pentecost and talk about how the Apostles felt before and after receiving the Holy Spirit.
- Talk about your child's Baptism and Holy Communion – when and where they took place, who was there etc.
- Attend Masses and any special liturgies which are organised in connection with Confirmation.
- Help your child choose a suitable Confirmation name. If he or she chooses the name of a saint or family member, talk about the person whose name they have taken.

**Confirmation Liturgy Team**



**Enkindling the Spirit**  
Saturday 10 December 2022  
6.30pm Mass

**Moved by the Spirit**  
Sunday 15 January 2022  
10.00am Mass

**Called by Name**  
Sunday 5 February 2022  
12.00 noon Mass

**Confirmation Retreat**  
Wednesday 1 March 2022  
9.30am – 12.00 noon

**Confirmation Practice**  
Thursday 9 March 2022  
(For Year 7 A and C Families)  
7.00pm in Church

Thursday 23 March 2022  
(For Year 7 B Families)  
7.00pm in Church

**Confirmation**  
Saturday 11 March 2022  
(For Year 7 A @11am and Year 7 C @2pm)

Saturday 25 March 2022  
(For Year 7 B @11am)



## 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.**





February 2023 Updates :



**NEXT MEETING: Thursday 2<sup>nd</sup> March @6.30pm JS**

**If anyone would like to join our P.T.F.A. to give a little time to helping raise much needed funds for our little children in school, you are more than welcome....always happy to have more in the team!**

**Sincerely Yours in Community Spirit,**

**St. Catherine's Primary and Nursery School P.T.F.A.**

# Surestart Message of the Month

February 2023

Crawlers to walkers babblers  
to talkers... talking is as important as  
walking



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

# Promoting Internet Safety Awareness with Your Child

Although we appreciate that the Internet is a wonderful technological invention and a source of great knowledge for us all, we also appreciate that for our young people, internet and the world of social media can be a more dangerous place unless children are very aware of what is appropriate behaviour and what is safe for them. To support our parents we have included a Safety Help Poster for parents so that you, with us, can educate our little children better regarding safety on the internet and social media. Thank you for your continued support.



**National Online Safety**

## 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday 

- 1**



**Which apps/games are you using at the moment?**

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.
- 2**



**Which websites do you enjoy using and why?**

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.
- 3**



**How does this game/app work? Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.
- 4**



**Do you have any online friends?**

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER, YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.
- 5**



**Do you know where to go for help?**

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER, HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.
- 6**



**Do you know what your personal information is?**

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED, HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT, IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.
- 7**



**Do you know your limits?**

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES, YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

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

## February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29. 10am P4 Do This in Memory Mass in Church of the Immaculate Conception.	30. <b>Catholic Schools Week</b> <b>Theme: Walking Together in Faith and Love.</b>	31.	1. <b>Year 7 Parents note: EA Online Admissions Portal for Post Primary opens at 12 noon</b> Nursery Programme: GRTL Happy Healthy Kids 1pm Draw and Talk Therapy Junior School 10am Young Enterprise Year 6B	2. Draw and Talk Therapy Senior School	3.	4. Results AQE & GL
5. 12pm P7 Confirmation Preparation Mass Called by Name Mass in Church of the Immaculate Conception.	6. <b>AutismNI Superhero Week</b> <b>Children's Mental Health Week</b>	7. <b>AutismNI Superhero Week</b> <b>Children's Mental Health Week</b>  <b>Safer Internet Day:</b>	8. <b>AutismNI Superhero Week</b> <b>Children's Mental Health Week</b> Draw and Talk Therapy Junior School	9. <b>AutismNI Superhero Week</b> <b>Children's Mental Health Week</b> Draw and Talk Therapy Senior School	10. <b>AutismNI Superhero Week</b>  Superhero Dress-Up Day  <b>Children's Mental Health Week</b>	11.
12. <b>Midterm Break</b>	13. <b>Midterm Break</b>	14. <b>Midterm Break</b>	15. <b>Midterm Break</b>	16. <b>Midterm Break</b>	17. <b>Midterm Break</b>	18.. <b>Midterm Break</b>
19..	20. Chinese Activity Events Junior School	21.	22. Nursery Programme: GRTL Ages & Stages 1pm  Draw and Talk Therapy Junior School	23. <b>Year 7 Parents note: EA Online Admissions Portal for Post Primary closes at 12 noon</b>  Draw and Talk Therapy Senior School	24. P7A Robotics 9.30am - 11am  P7C Robotics 11.15am – 1.30pm	25. 6.30pm P4 Do This in Memory Mass in Church of the Immaculate Conception.
26.	27. Chinese Activity Events Senior School Year 4 Online Holy Communion Preparation St Patrick's Day Parade workshops	28. Year 4 Online Holy Communion Preparation St Patrick's Day Parade workshops				

Happiness is being among friends.



**School Dinner Menu – January 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)**

<h2 style="text-align: center;">St Catherine's Nursery Dinner Menu</h2>						
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK 1</b> 9 <sup>th</sup> Jan 6 <sup>th</sup> Feb 6 <sup>th</sup> Mar 3 <sup>rd</sup> April 1 <sup>st</sup> May 29 <sup>th</sup> May 26 <sup>th</sup> June	<b>Breast of Chicken Curry with Boiled Rice &amp; Naan Bread or</b>  Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas  <b>Chocolate &amp; Pear Sponge with Custard</b>	<b>Margherita Pizza</b>  Potato Wedges Sweetcorn Potato Salad  <b>Raspberry Ripple Ice Cream &amp; Watermelon</b>	<b>Roast Loin of Pork</b>  Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato  <b>Cookies with Custard Fruit</b>	<b>Chicken Goujons</b>  Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy  <b>Frozen Smoothies &amp; Fresh Fruit</b>	<b>Fish Fingers</b>  Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato  <b>Fresh Fruit Selection &amp; Yoghurts</b>	<div style="border: 1px solid black; border-radius: 15px; background-color: #d9ead3; padding: 10px; text-align: center;"> <i>Breads</i>  <i>Milk, Water</i>  <i>A Choice of Fresh Fruit &amp; Yoghurt</i>  <i>Available Daily</i> </div> <div style="border: 1px solid black; border-radius: 15px; background-color: #fff2cc; padding: 10px; text-align: center; margin-top: 10px;"> <i>If you require any additional information on Allergens or Special Diets, please contact the school to complete a Special Diets Application Form</i> </div> <div style="border: 1px solid black; border-radius: 15px; background-color: #d9ead3; padding: 10px; text-align: center; margin-top: 10px;"> <i>Potatoes/Gravy/ Pasta</i>  <i>Available Daily</i> </div>
<b>WEEK 2</b> 16 <sup>th</sup> Jan 13 <sup>th</sup> Feb 13 <sup>th</sup> Mar 10 <sup>th</sup> April 8 <sup>th</sup> May 5 <sup>th</sup> June	<b>Margherita Pizza</b>  Potato Wedges Garden Peas, Baked Potato Tossed Salad  <b>Apple Sponge &amp; Custard</b>	<b>Breaded Fish Fillets</b>  Sweetcorn & Peas/Coleslaw Mashed Potato  <b>Pineapple Chunks</b> <b>Frozen Yoghurt</b>	<b>Roast Breast of Chicken</b>  Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato  <b>Chocolate Brownie with Custard</b>	<b>Oven Baked Sausages</b>  Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes  <b>Arctic Roll with Sliced Peaches</b>	<b>Steak Burger &amp; Bap</b>  Chipped/Baked Potato Tossed Salad Coleslaw  <b>Flake Meal Biscuit &amp; Fruit &amp; Custard</b>	
<b>WEEK 3</b> 23 <sup>rd</sup> Jan 20 <sup>th</sup> Feb 20 <sup>th</sup> Mar 17 <sup>th</sup> April 15 <sup>th</sup> May 12 <sup>th</sup> June	<b>Oven Baked Beef Burger</b>  Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad  <b>Frozen Yoghurt &amp; Fresh Fruit Selection</b>	<b>Fish Fingers</b>  Carrots/Sweetcorn Mashed Potato Tossed Salad  <b>Fruit Sponge &amp; Custard</b>	<b>Roast Gammon</b>  Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes  <b>Date Square &amp; Custard</b>	<b>Breaded Chicken Goujons</b>  Pasta Salad Sweetcorn, Homemade Chilli Wedges  <b>Vanilla Ice Cream, Pears, &amp; Chocolate Sauce</b>	<b>Hot Dog</b>  Baked Beans Tossed Salad Chips Baked Potato  <b>Shortbread Biscuits &amp; Fresh Fruit</b>	
<b>WEEK 4</b> 30 <sup>th</sup> Jan 27 <sup>th</sup> Feb 27 <sup>th</sup> Mar 24 <sup>th</sup> April 22 <sup>nd</sup> May 19 <sup>th</sup> June	<b>Spaghetti Bolognaise Crusty Bread</b>  Wedges/Mashed Potatoes Gravy ½ Baked Potato with filling Sweetcorn  <b>Honey Dew Melon Wedges and Cookie</b>	<b>Breast of Chicken Curry with Boiled Rice &amp; Naan Bread, or Fish Fingers</b>  Garden Peas Mashed Potato  <b>Fruit Sponge &amp; Custard</b>	<b>Roast Turkey</b>  Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato  <b>Chocolate Brownie and Fresh Fruit</b>	<b>Oven Baked Sausages</b>  Broccoli Mashed Potatoes Vegetables & Gravy  <b>Fruit Muffin &amp; Milkshake</b>	<b>HM Breaded Chicken Bites</b>  Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw  <b>Jelly, Ice Cream &amp; Fresh Fruit</b>	



## St Catherine's Primary School Dinner Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 9 <sup>th</sup> Jan 6 <sup>th</sup> Feb 6 <sup>th</sup> Mar 3 <sup>rd</sup> April 1 <sup>st</sup> May 29 <sup>th</sup> May 26 <sup>th</sup> June	Breast of Chicken Curry with Boiled Rice & Naan Bread <i>or</i> Chicken & Cheese Panini Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas  <b>Chocolate &amp; Pear Sponge with Custard</b>	Margherita Pizza <i>or</i> Spaghetti Bolognaise Crusty bread  Potato Wedges Sweetcorn Potato Salad  <b>Raspberry Ripple Ice Cream &amp; Watermelon</b>	Roast Loin of Pork <i>or</i> Salmon Fish Cake  Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato  <b>Cookies with Custard Fruit</b>	Chicken Goujons <i>or</i> Chicken Stir Fry  Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy  <b>Frozen Smoothies &amp; Fresh Fruit</b>	Fish Fingers <i>or</i> Cheese/Burger in a Bap  Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato  <b>Fresh Fruit Selection &amp; Yoghurts</b>
<b>WEEK 2</b> 16 <sup>th</sup> Jan 13 <sup>th</sup> Feb 13 <sup>th</sup> Mar 10 <sup>th</sup> April 8 <sup>th</sup> May 5 <sup>th</sup> June	Chicken Tikka with Boiled Rice & Naan Bread <i>or</i> Margherita Pizza  Potato Wedges Garden Peas, Baked Potato Tossed Salad  <b>Apple Sponge &amp; Custard</b>	Breaded Fish Fillets <i>or</i> Lasagne & Crusty Bread  Sweetcorn & Peas/Coleslaw Mashed Potato  <b>Pineapple Chunks Frozen Yoghurt</b>	Roast Breast of Chicken <i>or</i> Fish Bites  Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato  <b>Chocolate Brownie with Custard</b>	Oven Baked Sausages <i>or</i> Homemade Chilli Chicken  Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes  <b>Arctic Roll with Sliced Peaches</b>	Steak Burger & Bap <i>or</i> Chicken & Cheese Panini  Chipped/Baked Potato Tossed Salad Coleslaw  <b>Flakermeal Biscuit &amp; Fruit &amp; Custard</b>
<b>WEEK 3</b> 23 <sup>rd</sup> Jan 20 <sup>th</sup> Feb 20 <sup>th</sup> Mar 17 <sup>th</sup> April 15 <sup>th</sup> May 12 <sup>th</sup> June	Breast of Chicken Curry & Rice, Naan Bread, <i>or</i> Oven Baked Beef Burger  Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad  <b>Frozen Yoghurt &amp; Fresh Fruit Selection</b>	Fish Fingers <i>or</i> Irish Stew & Wheaten Bread  Carrots/Sweetcorn Mashed Potato Tossed Salad  <b>Fruit Sponge &amp; Custard</b>	Roast Gammon <i>or</i> Salmon Fish Cake  Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes  <b>Date Square &amp; Custard</b>	Breaded Chicken Goujons <i>or</i> Arabitata Chicken in a Warm Tortilla Wrap  Pasta Salad Sweetcorn, Homemade Chilli Wedges  <b>Vanilla Ice Cream, Pears, &amp; Chocolate Sauce</b>	Hot Dog <i>or</i> Pasta Bake  Baked Beans Tossed Salad Chips Baked Potato  <b>Shortbread Biscuits &amp; Fresh Fruit</b>
<b>WEEK 4</b> 30 <sup>th</sup> Jan 27 <sup>th</sup> Feb 27 <sup>th</sup> Mar 24 <sup>th</sup> April 22 <sup>nd</sup> May 19 <sup>th</sup> June	Spaghetti Bolognaise Crusty Bread <i>or</i> Cheese & Tomato Pizza Wedges/Mashed Potatoes Gravy ½ Baked Potato with filling Sweetcorn  <b>Honey Dew Melon Wedges and Cookie</b>	Breast of Chicken Curry with Boiled Rice & Naan Bread, <i>or</i> Fish Fingers  Garden Peas Mashed Potato  <b>Fruit Sponge &amp; Custard</b>	Roast Turkey <i>or</i> Soup & Sandwiches  Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato  <b>Chocolate Brownie and Fresh Fruit</b>	Oven Baked Sausages <i>or</i> Cottage Pie  Broccoli Mashed Potatoes Vegetables & Gravy  <b>Fruit Muffin &amp; Milkshake</b>	HIM Breaded Chicken Bites <i>or</i> Chicken and Cheese Panini  Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw  <b>Jelly, Ice Cream &amp; Fresh Fruit</b>

*Breads  
Milk, Water  
A Choice of Fresh  
Fruit & Yoghurt  
Available Daily*

*If you require any  
additional  
information on  
Allergens or  
Special Diets,  
please contact the  
school to  
complete a  
Special Diets  
Application Form*

*Potatoes/Gravy/  
Pasta  
Available Daily*

